

DOVER AREA AQUATIC CLUB

HONOR CODE

As a member of or participating parent of the Dover Area aquatic Club, I understand the following guidelines as set forth by the Coaching Staff and the Dover Area Aquatic Club.

1. The possession of, or the illegal use of drugs tobacco or alcoholic beverages shall be prohibited at all practices and team functions.
2. All members and properties should be treated with dignity and respect. Vandalism of any kind may be disciplined.
3. The area for any meet or event shall be left as it was found.
4. A parent or team member will at all times show good sportsmanlike conduct and acceptable behavior to officials, coaches, team members and opponents. Any disagreements should be handled in private sessions with the coaches.
5. To insure the propriety of the athletes and to protect the staff, there will be no male athletes or visitors in female athletes' rooms and there will be no female athletes or visitors in the male athletes' rooms including overnight stays.
6. As a member of any Dover swim club, please attempt to follow the technical advice or suggestions given by the Dover coaches.
7. A Dover Are Aquatic Club member shall not represent any other team or club within the First Capital Swim League or Capital Area Swim League. A Dover Area Aquatic Club member must represent Dover Area Aquatic Club in any invitational meet or swim "unattached". Violation of this regulation shall result in forfeiture of membership.

To help prevent and minimize possible risks, athletes should understand and abide by all rules and guidelines pertaining to swimming.

1. Follow all pool rules as stated on board by coaches' office in pool area.
2. Follow all school rules as stated by Dover Intermediate School handbook.
3. Avoid eating a heavy meal 3 hours prior to activity.
4. Be both physically and mentally prepared for all practices and competitions.
5. Never engage in horseplay in pool area, locker rooms or hallways.
6. Always stretch on your own prior to and directly after each physical activity.
7. Avoid any physical activity unless the activity is properly supervised, i.e., the weight room, the gym, the pool.
8. Report any injury to the coaching staff immediately, no matter how trivial the injury may seem.
9. Avoid smoking, drinking alcohol and/or the recreational use of any drug.
10. Follow all training rules outlined as directed by coaches.

Failure to comply with the Honor Code as set forth in this document may result in disciplinary action as determined by the coaches. Such discipline may include, but not be limited to:

1. Verbal warning.
2. Time out on bench.
3. Parent call and/or coach/parent(guardian) conference.
4. Parent supervision at practice and/or in the locker room.
5. Disqualification from future competition.
6. Disqualification from future DAAC competition.
7. Dismissal from the team and/or immediate return home.

Player Agreement

While participating in the Dover Area Aquatic Club's program, I agree to abide by the Honor Code as written in the Club Handbook. I understand that violation of any of these rules will result in my being disciplined.

_____ Date _____ Swimmer's Signature

Did you swim for DAAC before? Yes No

If yes, when did you start? Spring Fall _____(year)

Parent/Guardian Permission and Release of Claims

The undersigned Parent/Guardian warrants that he/she has granted permission to the undersigned swimmer to swim with the Dover Area Aquatic Club. In consideration of permission granted to the swimmer by the club in the DAAC program during the season, I release and discharge the Club, their agents and officers from all claims, demands, actions, judgments and executions which the undersigned or the swimmer had, has or may have, against the Club, their agents and officers, heirs, executors, administrators, successors and assigns, for all personal injuries caused by or arising out of the swimmer's participation in practice or play with said Club or going to or from the grounds on which DAAC meet or practice may be conducted. The undersigned Parent/Guardian agrees that any reference to, or use of, the Club's name, without the expressed written consent of the Club is prohibited.

I agree to pay the \$35.00 monthly fee no later than the 15th day of each month. I understand that a late fee of \$5.00 will be added to the monthly invoice if not paid on time.

_____ Parent/Guardian Signature