

CRAA Team Travel Policy

All CRAA team members, coaches, parents and volunteers, whether or not participating in CRAA Team Travel, are reminded that when competing in meets, traveling on trips, and attending other CRAA-related functions, they are representing both themselves and CRAA. Athlete behavior must positively reflect the high standards of the club.

- All CRAA team members must display proper respect and sportsmanship toward coaches, officials, administrators, teammates, competitors and the public at all times.
- Team members and staff will refrain from illegal and inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
- The possession or use of alcohol or tobacco products by any athlete is prohibited.
- The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
- No “deck” changes are permitted. Athletes are expected to use available change facilities.
- Swimmers should use appropriate language. Swearing and inappropriate gestures will not be permitted at any time by swimmers, coaches, parents and volunteers. Additionally, individuals should not say comments that could be deemed as hurtful to another teammate, competitor, coach or individual.

All team members, team staff, and parents of minors are apprised in writing of this CRAA Team Travel Policy document, the CRAA Code of Conduct and the USA Swimming Code of Conduct. CRAA team members traveling with team travel trips must agree to abide by the following rules:

- 1) All swimmers understand that the needs of the team come first.
- 2) Parents are responsible for transporting swimmers to team pick-up site and meeting swimmers at pick-up site at the designated time once the team arrives back to Cedar Rapids.
- 3) Coaches will establish a trip itinerary with trip related timetables as needed.
 - a. Swimmers will be prompt and on time.
 - b. All swimmers are expected to strictly adhere to the curfew established by the coaching staff. Two curfew times will be developed for trips with motel stays. The first curfew will be the time that each athlete should be in their assigned room. The second curfew time will be the time for lights out, television off and phones and laptop turned off.
 - c. All swimmers and chaperones traveling with the team will attend all team functions. Each individual is expected to know the travel and meeting schedules and strictly adhere to them.
 - d. Swimmers are expected to remain with the team at all times during a trip unless receiving permission from the CRAA coach present at the meet. Swimmers should not leave the competition venue, the hotel, a restaurant, or any other place where the team has gathered without permission and knowledge of the CRAA coach.
- 4) Swimmers should keep their belongings together and all trash should be deposited appropriately.
- 5) Swimmers are to refrain from inappropriate physical contact.

- 6) When traveling by van or car, swimmers must wear seat belts and remain seated at all times. Swimmers should respect team vehicles and pick up after themselves.
- 7) Swimmers are expected to be quiet and respect the rights of others while in the hotel.
- 8) Swimmers will respect the privacy of others at all times.
- 9) Male swimmers are not allowed in female swimmers' hotel rooms, nor are female swimmers allowed in male swimmers' hotel rooms.
- 10) Swimmers must sleep in assigned rooms unless first receiving permission to change rooms from a CRAA coach or CRAA chaperone.
- 11) CRAA members participating with CRAA Team Travel understand that they are financially responsible for their share of the club's team travel expenses as set by the CRAA coaching staff. An estimate of the expected fees will be presented prior to the team travel event and additional charges may be added if this estimate does not cover the club's team travel related expenses. Additionally, team members will also be responsible for the following financial obligations:
 - a. Members will be financially responsible for all room charges. Room service will not be permitted without first receiving permission from the CRAA coach or CRAA chaperone. Additionally, ordering movies or other digital room services will not be permitted without first receiving permission from the CRAA coach or CRAA chaperone.
 - b. Members will be financially responsible for any damage to rooms, vehicles or other property will be the responsibility of the parties involved.
 - c. Members will be financially responsible for all telephone and any incidental room charges. These charges will be the responsibility of the swimmers staying the room incurring such charges.
 - d. Chaperones riding in team vehicles do not have to pay a portion of the vehicle cost.
- 12) Any additional guidelines for the team will be established as needed by the CRAA coach at the meet or team travel event.

Failure to comply with any of these rules may result in disciplinary action. Such discipline may include, but may not be limited to:

- Dismissal from the trip and immediate return home at the athlete's expense
- Disqualification from one or more events, or all events of competition
- Disqualification from future team travel meets
- Financial penalties
- Dismissal from the team
- Proceedings for a LSC or USA Swimming Board of Review