



HSC SWIM CLUB TRAVEL TRIP RULES AND REGULATIONS

The following rules and regulations will be in effect for the Hinsdale Swim Club Swim Season 2023-2024 for all Team Travel Trips. Anyone who, in the opinion of the coaching staff, acts in a manner that would interfere with the travel objectives listed below, will be subject to immediate return home (**at the expense of the parent and/or swimmer**) and other punishments including barring from future travel meets or other competition, suspension from practice, or dismissal from the team.

1. All HSC Swim Club team members should be respectful of their peers, coaches, and parents. Any HSC team member not acting in such a manner will be asked to change or stop that behavior. If that team member fails to comply, they will be asked to leave the meet.
2. HSC will travel as a team in order to compete with the best and further strive to better competition. Everyone is expected to behave in an exemplary manner. The reputation of HSC, as well as the other athletes with you, is dependent on your behavior.
3. The coaching staff holds the final word on any rules, regulations, or disciplinary action.
4. The consumption or purchase of alcohol, smoking, vaping or chewing tobacco, or use of any other illegal drugs, or USOC banned substance of any kind will not be allowed. In addition any team member found or suspected to be in the **presence of others** (regardless of team affiliation) partaking in any of the above activities will be subject to disciplinary action as outlined above.
5. At no time will male and female athletes be in the same room together unless the door is open. This applies to HSC members or any other team.
6. Any damages or thievery incurred at the hotel will be at the expense of the swimmers assigned to that room and further disciplinary action will be taken. No loud behavior will be tolerated in the hallways or public areas and such behavior should be kept to a minimum in your rooms.
7. Swimmers will be assigned team roommate(s) by the coaches and given keys to their Team Room. All swimmers are expected to sleep in their assigned Team Room and adhere to the Room Curfews. Any swimmers found to be sleeping in other rooms or violating Room Curfews will be subject to disciplinary action as outlined above.