



Travel Policy

Lakeside has adopted the following travel policy from USA-S:

305.5 Travel

- .1 Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete unless the coach is the parent, guardian, sibling, or spouse of that particular athlete.
- .2 Team managers and chaperones must be members of USA Swimming and have successfully passed a USA Swimming-required criminal background check.
- .3 When only one athlete and one coach travel to a competition, the athlete must have his/her parent's (or legal guardian's) written permission in advance to travel alone with the coach.
- .4 Clubs and LSCs shall develop their own travel policies.

Additionally, LAT has adopted the following club travel policies:

1. Upon registering your child electronically to be a member of this team, your agreement and acknowledgement of this document serves as an electronic signature by all athletes, parents, coaches, and other adults traveling with the club at all times.
2. During team travel, open and observable environments should be maintained when doing room checks, attending team meets, and/or other activities.
3. Athletes should not ride in a coach's vehicle without another adult present, unless prior parental permission is obtained.
4. During overnight team travel, athletes should be paired with other athletes of the same gender and age when parents are not traveling. All arrangements must be approved by the athlete's parent/guardian when parents are not traveling.
5. To ensure the propriety of athletes and to protect the staff, there will be no male athletes in female athlete's rooms and no female athletes in male athlete's rooms (unless the other athlete is a sibling or spouse of that particular athlete).
6. The Code of Conduct shall be honored during all team travel.
7. Teams should obtain a signed Liability Release and/or Indemnification Form for each athlete that is traveling.
8. Teams should carry a signed Medical Consent or Authorization to Treat Form for each athlete.
9. Curfews shall be established by the team or LSC staff each day of the trip and honored by the athlete.
10. Team members and staff traveling with the team will attend all team functions including meetings, practices, meals, meet sessions, etc unless otherwise excused or instructed by the head coach or his/her designee.

11. The directions and decisions of the coaches/chaperones are final.
12. Athletes are expected to remain with the team at all times during the trip. Swimmers are not to leave the competition venue, hotel, restaurant, or any other place at which the team has gathered without the explicit permission/knowledge of the coach or chaperone.
13. When visiting public places such as shopping malls, movie theatres, etc. swimmers will stay in groups of no less than three persons. 12 & under athletes will be accompanied by a chaperone.
14. The head coach or his/her designee shall make a written report of any travel policy or code of conduct violations and notify parent/guardian or LSC leadership of any affected minor athlete.

Behavior

1. Be quiet and respect the rights of teammates and others in hotel;
2. Be prompt and on time;
3. Follow cell phone usage guidelines;
4. Follow computer use guidelines including social media;
5. Respect travel vehicles;
6. Establish travel dress code;
7. Use appropriate behavior in public facilities;
8. Establish two different curfews – in own rooms and lights out;
9. Must stay in assigned hotel room; and
10. Needs and wellbeing of the team come first.

Financial

1. No room service without permission;
2. Swimmers responsible for all incidental charges;
3. Swimmers responsible for any damages or thievery at hotel;
4. Must participate in contracted group meals; and
5. Communicate travel reimbursement information and policies.

General

1. Establish fair trip eligibility requirements;
2. Establish age guidelines for travel trips;
3. Parent(s) responsible for getting swimmer(s) to stated departure point; and
4. Requirements for families to attend "Team Travel Meets."

Team Travel Honor Code

1. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors and the public at all times.
2. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team or be detrimental to its performance objectives.
3. The possession or use of alcohol or tobacco products by any athlete is prohibited.
4. The possession, use, or sale/distribution of any controlled or illegal substance or any form of weapon is strictly forbidden.
5. No "deck changes" are permitted. Athletes are expected to use available change facilities.
6. Team members are reminded that when competing in meets, traveling on trips, and attending other meet-related functions, they are representing both themselves and LAT. Athlete behavior must positively reflect the high standards of LAT and Louisiana Swimming.

Additional Considerations:

- a. Failure to comply with the Honor Code as set forth in this document 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;
 - Proceedings for an LSC or USA Swimming National Board of Review.
- b. Swimmers are to refrain from inappropriate physical contact at team activities and events.
- c. Swimmers are to refrain from use of inappropriate language.