

**Code of Conduct for
High Meadow Ranch “Mustangs” Swim Team**

The undersigned swimmer(s) and attending family and friends participating in all events associated with the High Meadow Ranch “Mustangs” Swim Team agrees to abide by the standards of conduct outlined below in addition to established rules at each location visited.

1. When representing High Meadow Ranch “Mustangs” Swim Team, all swimmers (and attending family and friends) are expected to behave in an exemplary manner. The reputation of High Meadow Ranch “Mustangs” Swim Team is dependent on your behavior.
2. All swimmers are required to attend all team practices and meets. **Please make a commitment to be a dependable part of the team.** If a swimmer cannot attend a meet, the swimmer (or parent) must notify the coach by entering the swimmer’s name in the Practice and Meet Log by Tuesday of the week of the missed event.
3. First impressions are very important to the swimmer’s personal image as well as to High Meadow Ranch “Mustangs” Swim Team and the sport of swimming, Swimmers must dress appropriately during an event, whether it is swim related or a special function. Do not wear apparel to meets that represents other teams. A High Meadow Ranch “Mustangs” Swim Team t-shirt is recommended.
4. High Meadow Ranch “Mustangs” Swim Team swimmers are expected, at all times, to follow the directions of the coaching staff. At no time will disrespectful attitudes be tolerated from any swimmer. Such behavior may result in expulsion from the team.
5. Please respect the property and equipment of the High Meadow Ranch Homeowners Association and general pool safety rules. If a swimmer is responsible for theft or vandalism, such acts can result in expulsion from the team and possible legal action.
6. The High Meadow Ranch “Mustangs” Swim Team coaching staff holds the final word on any rules, disciplinary actions and placement of swimmers into meet events.
7. Inappropriate behavior could result in expulsion from the team.

My signature below indicates that I have read and understand the responsibility to abide by (and the consequences of violating) the Code of Conduct set forth in this document by the High Meadow Ranch “Mustangs” Swim Team

Swimmer’s Signature

Date

Swimmer’s Signature

Date

Swimmer’s Signature

Date

Parent’s Signature

Date

---CONFIDENTIAL---
High Meadow Ranch "Mustangs" Swim Team
Emergency Medical Authorization Form

I hereby grant permission, in case of injury, to have a representative of High Meadow Ranch "Mustangs" Swim Team or a medical doctor, depending upon the extent of the injury, provide my child with medical assistance and/or treatment during an organized activity if I cannot be reached.

Name of Swimmer(s): _____
(Please print neatly); if more than one swimmer, divide information with a "/"

Parent Signature: _____ Date: _____

If swimmer is covered by any insurance company, please complete the following:

Name of Carrier: _____ Policy #: _____ ID#: _____

Pertinent Medical History

DOB: _____ Gender: _____

Parent(s) Name: _____

Address: _____
Street City,State Zip

Family Physician: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Please circle correct answer:

- | | | |
|-----|----|---|
| Yes | No | 1. Has swimmer ever had hospitalizations, surgery, serious injury or illness? |
| Yes | No | 2. Is swimmer currently under the care of a physician or taking medication? |
| Yes | No | 3. Has any physician ever recommended or do you feel there should be limits placed on the swimmers participation in competitive sports? |
| Yes | No | 4. Does this athlete have any known allergies? If yes, list: _____ |
| Yes | No | 5. Does swimmer wear glasses or contact lenses? |
| Yes | No | 6. Has swimmer ever lost consciousness during physical activity? |

Please explain where "Yes" was marked above. If more than one swimmer, note swimmer name before explanation

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____