

# Dragon Swim Club (DRGN) Member Rules

## 1. General Conduct

**Respect:** Treat all fellow members, coaches, staff, and visitors with respect at all times.

**Behavior:** Maintain a positive and sportsmanlike attitude during all club activities.

**Dress Code:** Wear appropriate swim attire and maintain good personal hygiene.

**Language:** Use appropriate and respectful language. Offensive or abusive language will not be tolerated.

## 2. Practice and Training

**Attendance:** Attend all scheduled practices and arrive on time. If you cannot attend, inform your coach in advance.

**Effort:** Participate fully and put forth your best effort in all practices and training sessions.

**Safety:** Follow all safety guidelines and instructions from coaches. Do not engage in unsafe behaviors.

**Equipment:** Bring necessary equipment to every practice and take care of club property and your personal belongings.

**Club Attire:** Wear club clothes and swim caps during every training session to promote team unity and club identity.

## 3. Competitions and Events

**Participation:** Commit to attending scheduled competitions and events. Notify your coach in advance if you cannot participate.

**Punctuality:** Arrive at competitions and events on time and be ready to perform.

**Team Spirit:** Support your teammates and represent DGN with pride and integrity.

**Rules:** Adhere to the rules and regulations of the competition and respect officials' decisions.

## 4. Communication

**Updates:** Stay informed about club news, schedules, and announcements through the official communication channels.

**Concerns:** Address any concerns or issues with coaches or club officials respectfully and promptly.

Parents/Guardians: Parents and guardians are encouraged to communicate openly with coaches about their child's progress and any relevant information.

## 5. Health and Wellness

Medical Information: Inform coaches of any medical conditions or injuries that may affect participation.

Hydration and Nutrition: Maintain proper hydration and nutrition to support your training and performance.

Rest: Ensure adequate rest and recovery to prevent overtraining and injuries.

## 6. Financial Obligations

Fees: Pay all membership fees, competition fees, and other financial obligations on time. Otherwise, you will have to pay a fine of 15% of the debt amount.

Refunds: Understand the club's refund policy and adhere to it.

## 7. Club Property

Facilities: Respect and take care of the facilities provided by the club. Report any damage or issues immediately.

Equipment: Use club equipment responsibly and return it in good condition after use.

## 8. Disciplinary Actions

Violations of these rules may result in disciplinary actions, including warnings, suspension, or termination of membership. The severity of the action will depend on the nature and frequency of the violations.

## 9. Reporting Issues

Members are encouraged to report any violations of these rules or any concerning behavior to a coach or club official. All reports will be handled confidentially and investigated thoroughly.

## 10. Acknowledgment

All members are required to read, understand, and agree to abide by these rules as a condition of membership.

#### 11. Missed Classes and Make-Up Policy

**Absences:** If you are unable to attend a scheduled class, please inform the coaches at least 12 hours before the class starts.

**Make-Up Classes:** The club will make every effort to arrange a make-up class if space is available in another group.

**Limit:** You may request a maximum of 2 make-up classes per month.