

PLAYER NAME: _____ TEAM: _____

Return completed form to your team coach or chaperone

**CASCADE VOLLEYBALL CLUB OF SEATTLE
TRAVEL CODE OF CONDUCT**

When teams travel to an out-of-region tournament, the club has a greater responsibility to help ensure the safety and well-being of all players. As a USAV organization we abide by the rules/guidelines and penalties of the USAV Code of Conduct. Given past experience we have developed the following travel code of conduct to clearly lay out expectations so that players, parents and club representatives can all be in agreement about the ground rules. We appreciate your understanding and cooperation: our goals are for each team to maintain a positive image when traveling and maximize their competitive edge while on the road.

1. **Report to chaperones and coaches:** If you are traveling without a parent you are under the sole supervision of the chaperone(s) and coach(es). Even if you are traveling with a parent, you must have the permission of your team chaperone or coach to leave the hotel or playing site at any time. You are not allowed to ride in cars with anyone other than the chaperone, coach, your parent or other driver previously approved by your parent.
2. **No members of opposite sex in player rooms:** You will be sleeping in a player room (unless special arrangements have been made). Absolutely no members of the opposite sex may be in your rooms at any time. This restriction applies to family members of the opposite sex if other players are in your room at the time.
3. **Lights out:** All players must be in their rooms at the time designated by the coach and/or chaperone with lights out (this means no lights, no TV, no computers, no cell phones, etc.)
4. **Be on time and make sure your teammates are as well:** Players are mutually responsible for making sure everyone makes it on time to meetings, matches, meals, rides, lights out, etc.
5. **Be considerate of other guests:** Absolutely no yelling, running or slamming of doors during our stay in the hotel.
6. **Clean up:** All players are mutually responsible for the cleanliness of our team spaces. Multiple players will be sharing rooms: clean up your space and be courteous of other's space. At the playing sites, be sure our team area is tidy and clean – help pick up trash – even if you personally didn't leave it there! You and your team are representatives of our club and the sport of volleyball.
7. **Absolutely no illegal drugs, alcohol or gambling** will be allowed in the presence of any of our athletes. If a player is around or associated with people with drugs, alcohol or gambling we will assume that the player is participating in these acts and will be sent home at the expense and responsibility of the family.
8. **Buddy system:** You must always be with at least one other person if you leave your room. There must be three players together if you are not at the playing site or hotel. If you leave your room to do anything (i.e., walk to the vending machines, go to a parent/coach/chaperone room) bring a buddy with you. NO EXCEPTIONS.
9. **Dress Code:** As a representative of our club, we ask that you dress appropriately and with respect at all times when on the road. Some coaches may have additional specific dress code guidelines when traveling.

We expect our players to show respect for themselves, their team, the club, the coaches, the chaperones and others around them at all times. While we do not anticipate there will be any issues, if any major problems do arise, we will not hesitate to send a player home at the family's expense. Our goal is to make sure that everyone has a fun, safe and great competitive experience. Thank you in advance for your cooperation.

Player Name _____ Signature _____ Date _____

Parent Name _____ Signature _____ Date _____

PLAYER NAME: _____ TEAM: _____

Return completed form to your team coach or chaperone.

**CASCADE VOLLEYBALL CLUB OF SEATTLE
SUPPLEMENTAL TRAVEL FORM: CARPOOL PERMISSIONS**

This form is a supplement to the Cascade Volleyball Club Travel Code of Conduct. Please fill out this portion of the form if the player will be carpooling with someone other than the coach, team official, USAV registered chaperone or his/her own parent. Note that Cascade players are not allowed to drive to or at overnight tournaments. While traveling to/from or during this tournament, my child has my permission to carpool with the following people:

Adults: _____ Cell Phone Number: _____

Adults: _____ Cell Phone Number: _____

Parent Name _____ Signature _____ Date _____

**CASCADE VOLLEYBALL CLUB OF SEATTLE
SUPPLEMENTAL TRAVEL FORM: PERMISSION TO RECEIVE OTC PAIN-RELIEF MEDICINE**

I _____ hereby give permission for
_____ to receive pain-relief medicine from the

team first aid kit such as Ibuprofen(for example, Advil) or Acetaminophen(for example, Tylenol) at practices and tournaments for the current club season. If there are types she cannot have for any reason, they shall be listed here:

Signature of parent/guardian: _____ Date: _____

PLAYER NAME: _____ TEAM: _____

Return completed form to your team coach or chaperone.

**CASCADE VOLLEYBALL CLUB OF SEATTLE
SUPPLEMENTAL TRAVEL FORM: ROOMING ARRANGEMENTS**

This form is a supplement to the Cascade Volleyball Club Travel Code of Conduct. Please fill out this portion of the form if the player is not staying in one of the club organized team player hotel or will be leaving the hotel or playing site with an adult and will miss one or more team events.

During this tournament my child will be watched over by one of his/her parents or the adult listed below with whom we have made arrangements for his/her care. We understand that our child's transportation, lodging and/or well being will now be our responsibility but that we must remain in communication with the coaches and team chaperone in order to get her to the proper court venue on time.

While traveling to/from or at this tournament, my child will be under the care of the following person (not a parent, team coach or team chaperone)

Name of Adult: _____ Cell Phone Number: _____

While at this tournament in lieu of the team room, my child will be sleeping at:

Name of hotel or residence: _____

Address: _____

Phone Number: _____ Cell Phone Number: _____

This agreement does not change the commitment of the player to participate in all team functions during this tournament including matches, team dinner and team social events unless the coaches and team chaperone have been notified. Also, it does not relieve the family of the financial cost of their share of the team costs including tournament fee, coach and chaperone expenses and cost of the team room. Player will miss the following team events: _____

Parent Name _____ Signature _____ Date _____