



CHULA VISTA ELITE ATHLETE TRAINING CENTER CODE OF CONDUCT

Updated as of January 1, 2021 to include additional requirements in response to COVID 19

The COVID 19 related requirements in this Code of Conduct will be revised as Federal, State, County Health Officials modify their mandates and recommendations

Elite Athlete Services LLC (“EAS”) endeavors to provide a safe environment for all athletes and other individuals who reside, train, work or compete at the Chula Vista Elite Athlete Training Center (“CVEATC”). All individuals consent to sign and abide by the guidelines and protocols described below for athletes, coaches and participants (collectively or individually, “Participants”) of the CVEATC and the same may be modified from time to time by EAS.

(initials) **I understand that any violation of the Code of Conduct policies and/or the COVID-19 Protocols may result in me losing selected privileges or even dismissal from CVEATC campus. Any such penalty will be determined at the sole discretion of Elite Athlete Services.**

1. **Compliance with Law.** All Participants agree to comply with federal, state and local laws/ordinances.
2. **Misconduct.** EAS requires order and discipline to succeed and to promote efficiency, productivity and cooperation. Although it is not possible to provide an exhaustive list of all types of impermissible conduct and performance, the following are some examples that may lead to legal action and/or corrective action, up to and including immediate dismissal from campus:

All forms of misconduct are strictly prohibited, including, but not limited to, bullying, emotional and physical misconduct, harassment (including sexual harassment), hazing, emotional misconduct, and sexual misconduct (including child sexual abuse). Prohibited misconduct shall include, without limitation, romantic or sexual relationships, which began during the sport relationship, between athletes or other Participants and those individuals (i) with direct supervisory or evaluative control, or (ii) who are in a position of power and trust over the athlete or other participant. Except in circumstances where no imbalance of power exists, coaches have this direct supervisory or evaluative control and are in a position of power and trust over those athletes or Participants they coach. The prohibition on romantic or sexual relationships does not include those relationships where it can be demonstrated that there is no imbalance of power. For example, this prohibition does not apply to a pre-existing relationship between spouses or life partners.

3. **No Alcohol permitted on campus.** The transportation, possession or unauthorized use of alcoholic beverages on the premises is prohibited, unless at official functions approved by EAS. Moderate consumption of alcoholic beverages in conjunction with professional conduct at designated special events is the only exception when authorized by EAS and arrangements have been made so that you are not driving or otherwise jeopardizing safety.

4. **No Smoking / No Tobacco.** Tobacco, tobacco products and smoking paraphernalia; vaping products and paraphernalia; and marijuana in any form are not permitted in the CVEATC dormitories or facilities. *Smoking is NOT ALLOWED* anywhere at CVEATC.

5. **Illegal Drugs / Banned Substances.** The transportation, possession, or unauthorized use of illegal drugs, drug paraphernalia, banned substances, prohibited methods and/or paraphernalia related to prohibited methods, as defined by the National Collegiate Athletic Association (NCAA), International Olympic Committee (IOC), International Paralympic Committee (IPC), World Anti-Doping Agency (WADA) United States Anti-Doping Agency (USADA) or United States Olympic Committee (USOC) rules, is prohibited on the premises. Participants with valid Therapeutic Use Exemptions (TUE) may make use of substances or methods consistent with their TUE only.

6. **Visitors.** Visitors/unregistered individuals are prohibited in the dormitory areas or on the premises between 11:00 p.m. and 7:00 a.m. daily. When onsite, visitors must be accompanied by the Participant at all times.

7. Quiet hours are from 10:00 p.m. to 7:00 a.m. daily. This rule is strictly enforced. ***COVID 19 Protocol: NO VISITORS are allowed on CVEATC Campus until further notice.**

8. **Access Cards.** Your Access Card identifies you and provides you entry to designated areas and facilities you are approved to access. You must keep your Access Card with you at all times.



(initials) Scanning an Access Card by an unauthorized person(s) for any reason is prohibited. You are the only person who can use your access card.

This includes passing cards to others to allow them access to the dining hall. If it is determined that Participant's Access Card has been improperly used in this or similar fashion EAS shall have the right to immediately and permanently remove the Participant from the CVEATC. The person allowing their access card to be used for improper access AND the person(s) improperly using someone else's access card for access may both be subject to penalties.

~ Do Not prop dorm room doors or other doors open to avoid having to scan access card to enter room or facility

~ Never allow your access card to be used by others to access Dining Hall, Strength & Conditioning, Easton Archery Center or other CVEATC facilities on campus

~ Always scan your access card:

- at the Security Booth when entering CVEATC campus
- when entering any facility (even if person in front of you holds the door open)
- when entering the Dining Hall (Never jump the turnstile or squeeze around it or enter other doorways or move stanchions/barriers to gain access. You must always scan your card at the turnstile. Otherwise, you are subject to losing dining privileges)

- ~ If you lose your Access Card a \$5 fee is required to provide you with a new one
- ~ Temporary Access Cards:
 - o EAS will grant a temporary access card for a 24-hour period for any misplaced card. After 24 hours, this card will deactivate and must be returned to EAS. A \$5 reactivation fee will be required if the original access card cannot be found and a new one is required.
 - o Temporary access cards are only granted during ACI hours of operation.

9. **Physical Damage to Property.** Any physical damage to a facility or loss of items from a dormitory room (e.g., blankets, lamps, etc.) will be charged to the Participants assigned to the room in which the damage or loss occurs, or to the athlete who had occupied the premises, at EAS' sole discretion. In addition to any other provision herein, the signatory hereto agrees to immediately indemnify EAS against any and all loss or damage caused by the signatory hereto to the facilities of EAS or of any building, structure or facility at the CVEATC.

10. **Personal Property.** The CVEATC is not responsible for loss or damage to the personal property of athletes, coaches, officials, trainers, managers, Participants or residents on-site. It is recommended that Participants residing on-site purchase tenant or renter's insurance to cover loss of their personal property.

11. **Prohibited Equipment.** Except for items provided by EAS, space heaters, electric frying pans, toaster ovens, microwaves, hot plates, or any appliances or equipment rated above 6 amps and/or 1000 watts are strictly prohibited in the dormitories.

12. **No Extension Cords / Adapters.** If additional outlets are needed, a multiple-outlet strip is required at the Participant's expense. Extension cords and plug-in adapters not acceptable. CVEATC is not responsible for any loss or damage to personal property due to power surges or related incidents.

13. **No Candles or Flame Based Products.** Candles, incense, flame-based aromatherapy devices or any other type of open flame items are prohibited in the dormitories.

14. **No Weapons.** Tactical sports equipment (e.g., archery arrows and bows) must be stored in the appropriate location at the CVEATC. Oversized sports equipment may not be stored in the dormitory and must be stored in the appropriate location at the CVEATC. FIREARMS, AMMUNITION AND TACTICAL WEAPONS ARE NOT ALLOWED. ARROWS AND BOWS CAN BE STORED AT EASTON ARCHERY CENTER ONLY.

15. **Hallways Clear.** The dormitory hallways must remain clear of debris at all times. No athlete may store bicycles, furniture, clothing or other items in the hallways. If you require bicycle storage or need an item of furniture removed, please contact the front desk.

16. **No Pets.** Animals are strictly prohibited in the dorms and on-site, with the exception of Service Animals. All service animals must be reported upon check-in. Similar to the Department of Transportation, EAS does not recognize Emotional Support Animals as Service Animals and as such are not allowed at CVEATC.

17. **Checkout 10am.** Checkout from the dorms on the day of departure is at 10:00 AM. All belongings must be removed from the room prior to 10:00 AM. Additional charges may be incurred if rooms are not vacated before 10:00 AM on the required day.

18. **Return Access Cards.** At your final departure date, your Access Card must be returned to the front desk before leaving the CVEATC premises.

19. **No Tampering With Fire Alarm or Security System.** The willful disabling of any smoke detector or tampering or interfering in any way with any fire alarm system or security system, including causing a false fire alarm (by pulling the fire alarm handle), will result in immediate dismissal from the CVEATC.

20. **Vehicles and Equipment.** Driving and parking any motor vehicle on campus is a privilege that may be restricted or denied for irresponsible or illegal operation of personal vehicles, golf carts or other motor driven implements. All who wish to drive and park on site must complete and submit the CVEATC Driving and Parking Policy agreement to Security. The form may be found at Policies and Waivers at the bottom of the webpage at: www.trainatchulavista.com.

21. **Bicycles, Scooters and Skateboards.** The terms and conditions set forth in the "Bicycles and Skateboards Policy at CVEATC" available on the CVEATC website at www.trainatchulavista.com/Policies are incorporated by reference herein and each Participant hereby agrees to comply with the terms of such policy.

22. **Mail.** Receiving personal mail delivery at CVEATC is available for On-Site Resident athletes only. Off-Site athletes and coaches should have personal mail delivered to their place of residence. If needed, there is a Postal Annex a short drive from CVEATC at 1741 Eastlake Pkwy. Ste 102, Chula Vista.

23. **Minors.** Minor children who are not Participants are permitted to enter the CVEATC only on the condition that their parents or legal guardians review, agree and execute the "Liability Waiver and Release Form (Minor Child)" available on the CVEATC website at www.trainatchulavista.com/Policies, the terms of which are incorporated by reference herein. ***COVID 19 Protocol: NO Minor Children, who are not Participants, are allowed on CVEATC Campus until further notice.**

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**Additional Code of Conduct Requirements in Response to COVID 19**

These COVID 19 related requirements will be revised as Federal, State, County Health Officials modify their mandates and recommendations.

All rules, procedures and expectations put in place are intended to protect the health and safety of ALL who work and train at CVEATC.

**ANY VIOLATION OF THESE PROTOCOL MAY RESULT IN LOSS OF PRIVLIGES OR EVEN DISMISSAL FROM CVEATC**

1. **ALL USOPC NGB Athletes** are required to check with their leadership and/or Sports Med to review onboarding steps and protocol prior to initiating training at CVEATC.

## 2. Access to CVEATC / Screening

- A. Access to the CVEATC will be available exclusively through the Athlete Entrance on Wueste Road. Do not attempt to enter via any other access point without prior authorization from EAS.
- B. All who enter the Training Center are required to pass a brief health screening or they will be denied access. This may include a temperature check (by non-touch thermometer) and/or a series of health screening questions. A temperature of 100° F or higher will be denied entry.

## 3. Health & Safety

- a. Personal Protective Equipment (PPE): **Masks are required to be worn by all athletes, coaches, staff and vendors when in public spaces on CVETAC campus and within 6 feet of others.** They may be removed when eating/drinking and when not in proximity to others.
- b. Mask wearing during training, at a training venue, will be at the discretion of and according to the respective NGB / university / team / league training protocols.
- c. Always maintain a 6 ft. distance between you and others
- d. Avoid handshaking, fist-bumps or touching others. Use another, non-contact method of greeting (wave, bow, nod)
- e. Wash your hands often with soap and water for a minimum of 20 seconds. Immediately wash your hands after you have been in a public space, have blown your nose, coughed or sneezed.
- f. Cover your mouth and nose when you cough or sneeze and use a tissue or inside of your elbow when you do.
- g. If no soap or water is available, use hand sanitizer that contains at least 60% alcohol
- h. Avoid touching your face including eyes, nose, mouth and hair with unwashed hands
- i. Disinfect your phone, computer keyboard and other personal items on a routine basis
- j. Avoid social interaction. Minimize community exposure
  - i. **No Guests are permitted on site at CVEATC until further notice**
  - ii. **Off-Site Athletes are not to socialize with On-Site Athletes (such as visit in dorm rooms)**
  - iii. We encourage athletes to use their best judgement when leaving CVEATC for any reason and practice all safety precautions when off site: social distancing, wearing masks, minimize time spent in public spaces such as grocery stores, avoid groups and crowds, etc.
  - iv. We request that you limit food delivery to the CVEATC.
- k. NGBs / Universities / Teams / Leagues:
  - i. All will train according to their respective NGB / University / Team / League training protocols
  - ii. All are required to train only with and among their specific groups – not with others outside their NGB / University / Team / League.

#### 4. Quarantine and Isolation

*(initials) I have read and understand this clause.*

**If you are placed in QUARANTINE** because:

~ you tested positive for COVID-19

OR

~ due to exposure to someone who tested positive for COVID-19

**DO NOT LEAVE YOUR ROOM OR THE CVEATC CAMPUS** UNDER ANY CIRCUMSTANCES (except an emergency) UNLESS CLEARED BY SPORTS MED (for USOPC team members) or the MEDICAL PROFESSIONAL MANAGING YOUR CARE.

**Violation this COVID-19 Protocol will result immediate dismissal from CVEATC campus.**

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*(initials) I have read and understand this clause.*

**If you are placed in ISOLATION** as part of reintroduction to training at CVEATC **DO NOT LEAVE THE CVEATC CAMPUS** UNDER ANY CIRCUMSTANCES (except an emergency) UNLESS CLEARED BY SPORTS MED (for USOPC team members) or the MEDICAL PROFESSIONAL MANAGING YOUR CARE.

**Violation this COVID-19 Protocol will result immediate dismissal from CVEATC campus.**

#### 5. Ongoing Health Monitoring / COVID-19

- a. USOPC / NGBs athletes will follow USOPC protocol by self-monitoring daily and report to USOPC Sports Med staff regarding their health status.
- b. All other groups/organizations/athletes (non-USOPC/NGBs) will designate a manager in charge of monitoring the health of their athletes and group members.
  - i. All such groups (or individual if lone athlete) will be required to complete a Pre-Arrival Health Status Form in advance of arrival at CVEATC.
  - ii. Each such group (or individual athlete) will be required to provide a CVEATC / Daily Health Verification Form reporting daily on the health of its group members to EAS documenting that all members of the group are healthy and displaying no symptoms of COVID-19.

#### 6. Accessible Facilities

All outdoor facilities will be open for training on site: Track, Fields, BMX, Tennis, Rowing, Volleyball, etc. –

The following facilities may be open or closed pending County Health mandates, COVID-19 case status on site or in the region or any number of other factors:

- a. Strength & Conditioning Facilities (weight room)
  - b. All on site weight rooms (Boathouse, Track & Field, South Field)
- **When Open** - The Strength & Conditioning facilities must operate under strict protocol. To Access these facilities, you must review and sign a separate waiver and commitment document that explains all rules and expectations.
    - Key protocols for S&C are provided below.
    - Work out sessions must be scheduled with EAS Guest Services in advance

- No drop-in / unscheduled workouts
- Maximum of 15 people within each facility at one time. This includes coaches and trainers
- Increase social distancing to 12 feet while in S&C
- Training sessions will have a time limit of ONE (1) Hour

*(initials) I have read and understand this clause.*

- **ALL ARE REQUIRED TO SCAN THEIR ACCESS CARDS before entering either S&C facilities (whether the door is open or not) Failure to scan your card may lead to suspension of your access to the S&C facilities**

Athletes and trainers using the S&C facilities will be expected to:

- Never use the facilities if sick
- Wash hands prior to training session and immediately after
- All users of the facilities are required to assist in keeping the equipment clean by wiping down and disinfecting all touched, shared surfaces of equipment after use

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The Strength & Conditioning facilities will remain open unless we are notified otherwise by San Diego County. Please abide strictly to the protocols in an effort keep this facility from being in jeopardy of closing.
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## 7. Dining Hall

- **Entrance:** Please enter the Dining Hall only through the double doors on the first level. *If you are in Return to Training isolation or Isolation due to exposure* to COVID-19 you will be instructed to enter the Dining Hall on the second level to retrieve your To Go meals. All others - Do Not enter second level doors (you will not be able to access the Dining Hall from the second level).

*(initials) I have read and understand this clause.*

**ALL ARE REQUIRED TO SCAN THEIR ACCESS CARDS before entering the dining hall** (whether the door is open or not) Failure to scan your card may lead to suspension of your access.

- **Social Distancing:** As you enter the Dining Hall you will notice Social Distance signage on the floor. Please use these markers as guides to keep you distant from others in line. Advance to the next Dot/Arrow once it is not occupied by another person (always remaining at least 6ft apart).
- **Ordering Food:** As you advance through the line you will find you are separated from the food serving stations by a series of tables. Behind these tables are Servers who will retrieve the food you request and place it on your tray. The Servers will provide a tray for your meal. You will advance through the various serving areas: Cereals, Sandwiches, Salads, Grill and Main Courses, Desserts and Drinks. Servers will retrieve your requests at each station and place the items on your tray.
  - Pending CDC and County Health mandates – the indoor and/or outdoor Dining Facilities may be closed or limited



- If the indoor or outdoor Dining Hall seating area is permitted - Once you have your meal you will then advance to the Dining Hall.
- Otherwise, your meal will be prepared To-Go.
- When Meals are provided on To-Go basis:
  - Do not eat your meals in a group outside.
  - On-site Residents please take your meals to your room.
  - Off-Site athletes please eat your meals individually

- **Dining Tables:** When Indoor or Outdoor dining is permitted you may use the tables in place. Tables have arranged and spaced according to CDC guidelines. Do not move tables or seating closer together. You will see plexiglass dividers have been placed on each table that allow for a maximum of 4 people at each table and provide a barrier as a means of providing an extra level of health protection. Please do not remove these barriers or seat more than 4 per table. While you are expected to wear your mask in the Dining Hall, you can obviously remove it to eat or drink.
- **Like a second portion?** Service staff will be stationed in the dining area. These staff can be flagged down and you may make a request for a second serving or something supplemental. Do NOT return to the food service area. Service staff will retrieve supplemental items for you.
- **Clean Up:** Once you have completed your meal please take your tray and trash to the disposal stations provided (they will be apparent). DO NOT return to the Main Dining Hall to take your tray to the dishwashing drop off. Please leave the red card on the table where you ate to indicate it is ready for cleaning and disinfecting.
- **Exiting:** Once you have eaten your meal and deposited your trash and tray – you will exit the patio area through the doors at the far corner of the Dining Hall (under the USA Flag - the corner closest to the BMX track). This exit will be marked. This will take you back into the Dining Hall where you will walk past a snack table to grab any such items you may want for later – then exit the facility. (please do not leave anything on this table).
- **Not a Social Center:** We have limited seating and need to allow others to dine and also allow time to clean tables between diners. As a result - please don't consider the Dining Hall a Social Center. We are not asking you to race through your meal, but we are asking that you not “hang out” and linger for an extended amount of time.

8. **No Meetings or Workstation Space:** The Dining Hall can no longer serve as a meeting site or as a workstation. It is not a place to camp out for an extended amount of time – indoors or outdoors. The Dining Hall will serve exclusively as a dining facility. The Dining Hall is not to be used as a workstation, for meetings, socializing, or any gathering.



(initials) I have read and understand this clause.

**DO NOT MOVE ANY BARRICADES / STANCHIONS / BARRIERS THAT HAVE BEEN PUT IN PLACE ANYWHERE ON CVEATC CAMPUS TO LIMIT ACCESS OR REDIRECT FOOT TRAFFIC.**

**DO NOT SLIP BY/GO AROUND/JUMP OVER THE DINING HALL TURNSTILE.**

Enter all facilities through doorways and turnstiles where access card scanning is apparent and required.

**Violation may result in loss of privileges or even dismissal from CVEATC campus.**



**I have read and understand the Code of Conduct and COVID-19 Protocol and agree to abide by the Code and Protocol. I understand that violation of the Code of Conduct and/or COVID-19 Protocol Violation may result in loss of privileges or even dismissal from CVEATC campus at the sole discretion of Elite Athlete Services.**

**Name (print) :** \_\_\_\_\_

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_



**CHULA VISTA ELITE ATHLETE TRAINING CENTER  
CODE OF CONDUCT  
AND COVID-19 PROTOCOL  
As of January 1, 2021**