RT Athletics Athlete Handbook & Code of Conduct

Welcome to RT Athletics

RT Athletics LLC provides coaching instruction in tennis, pickleball, and volleyball for athletes ages 5 through adult and senior participants. Our mission is to create a positive, disciplined, respectful, and competitive athletic environment where athletes can improve skills, build confidence, and demonstrate sportsmanship.

All participation in RT Athletics programs is voluntary. By participating in coaching sessions, athletes and parents/guardians agree to follow the policies, expectations, and standards outlined in this handbook.

RT Athletics operates within community facilities governed by HOA and CDD regulations. All athletes, spectators, coaches, and staff must comply with all HOA and CDD facility rules in addition to RT Athletics policies.

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Athlete Expectations

Athletes participating in RT Athletics programs are expected to:

- Arrive on time and prepared for coaching sessions.
- Check in directly with their coach upon arrival.
- Wear proper athletic attire appropriate for the sport and weather conditions. (Outlined by the CDD)
- Bring personal water or hydration to every session.
- Demonstrate respect toward coaches, teammates, opponents, parents, and facilities.
- Follow all instructions provided by coaches and staff.
- Practice good sportsmanship at all times.
- Maintain a positive and encouraging environment for all participants.
- Take responsibility for their own personal belongings, hydration, restroom use, and personal needs.
- Come prepared with the appropriate sporting equipment, including pickleball paddle or tennis racket.
- Bikes are not authorized in the coaching areas, and are only permitted in non restricted areas designated by the CDD.

Required Athletic Attire

For safety and participation, all athletes must wear:

- Athletic court shoes appropriate for tennis and pickleball
- Socks (Where required)
- Athletic shirts
- Athletic shorts, athletic pants, leggings, or joggers
- Sport-appropriate athletic clothing
- Come with your own Paddle for Pickleball instruction.
- Come with your own Tennis racket for Tennis instruction.

The following are prohibited during coaching sessions:

- Open-toed shoes, sandals, slides, or Crocs
- Jeans or non-athletic attire
- Offensive or inappropriate clothing
- Jewelry or accessories that may create a safety hazard

RT Athletics coaches reserve the right to restrict participation if attire is deemed unsafe, inappropriate or against CDD guidelines.

Water, Food, and Hydration

Athletes are required to bring their own water or hydration to each session.

Food is not permitted on the practice courts. Non-alcoholic beverages and food for energy replenishment may be consumed off court in designated areas when permitted by facility rules.

RT Athletics is not responsible for supplying food, beverages, or hydration.

Athlete Conduct & Sportsmanship

RT Athletics maintains a zero-tolerance policy for bullying, harassment, discrimination, and abusive conduct.

Athletes shall not:

- Bully or intimidate other participants
- Put down, insult, or demean other athletes
- Use offensive, discriminatory, or inappropriate language
- Engage in physical aggression or threatening behavior
- Damage facility property or equipment
- Disrupt coaching instruction

Athletes are expected to:

- Encourage and support fellow participants
- Accept coaching feedback respectfully
- Demonstrate honesty, accountability, and self-control
- Contribute to a safe and positive environment

Failure to comply with conduct expectations may result in removal from practice, suspension, or dismissal from RT Athletics programs.

Electronic Device Policy

Cell phones, headphones, tablets, smart watches used for distraction, or other electronic devices are not permitted during active coaching sessions unless approved by coaching staff for emergencies or coaching-related purposes.

Athletes are expected to remain fully engaged during instruction and activities.

Social Media Conduct

Athletes, parents, guardians, coaches, and staff are expected to conduct themselves respectfully on social media and online platforms.

Harassment, bullying, threats, defamatory comments, inappropriate posts, or public attacks involving RT Athletics participants, staff, or facilities may result in disciplinary action or removal from programs.

Parent & Spectator Expectations

Parents and spectators are expected to maintain a respectful and supportive environment.

Parents and spectators shall not:

- Interrupt coaching instruction
- Coach athletes from the sidelines
- Engage directly with athletes during sessions unless requested by coaching staff
- Create distractions or disruptions during practices

For volleyball sessions conducted at River Lodge before Lodge opening hours, coaching sessions are athlete-only environments. Parents and spectators **will not be permitted** in the coaching area during these designated sessions unless specifically authorized by RT Athletics staff.

Attendance, Participation, & Supervision

Participation in RT Athletics programs is voluntary.

Athletes may be dropped off without parents or guardians present. However:

- RT Athletics is not a daycare or babysitting service.
- Coaches and staff are not responsible for supervising athletes before or after scheduled coaching sessions.
- Athletes are responsible for managing their own restroom use, hydration, personal hygiene, and personal needs during sessions.
- Transportation is not provided by RT Athletics.
- Athletes who leave the coaching area, courts, or facility without permission do so at their own risk and responsibility.

If an athlete voluntarily leaves a coaching session or facility, responsibility transfers to the athlete and/or parent or guardian, not RT Athletics, its coaches, assistant coaches, contractors, or staff.

Parents and guardians are responsible for ensuring timely pickup and transportation arrangements.

Weather & Cancellation Policy

Cancel 48+ hours ahead: plan credits return within the same billing cycle; paid drop-ins get an equivalent replacement, not a cash refund. No refunds for missed or late-canceled sessions.

If we cancel, including for weather, you receive one equivalent replacement session valid for 30 days from cancellation, even beyond your billing cycle. Contact admin@rtathletics.com.

Medical & Emergency Policy

RT Athletics maintains a basic first aid kit for minor injuries.

In the event of illness, injury, or emergency, RT Athletics staff reserve the right to contact emergency medical services if deemed necessary for athlete safety.

Participation in athletic activities involves inherent risks, including the possibility of injury. Athletes and parents/guardians voluntarily assume all risks associated with participation.

Insurance & Facility Compliance

RT Athletics LLC maintains liability insurance coverage. The applicable Community Development District (CDD) is listed as an additionally insured entity where required.

All participants must comply with:

- RT Athletics policies
- HOA rules
- CDD facility rules
- Posted facility regulations

Failure to comply may result in suspension or removal from participation privileges.

Discipline & Removal from Programs

RT Athletics reserves the right to remove, suspend, or dismiss any athlete, parent, or spectator whose behavior is determined to:

- Be unsafe
- Be disruptive
- Violate handbook policies
- Interfere with coaching operations
- Create a hostile or inappropriate environment

Disciplinary action may occur immediately depending on the severity of conduct.

No refunds will be issued for disciplinary removals.

Acknowledgment & Agreement

By participating in RT Athletics programs, athletes and parents/guardians acknowledge that they have read, understand, and agree to comply with this Athlete Handbook & Code of Conduct.

Athlete Name: _____

Athlete Signature: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____