



CODE OF CONDUCT for swimmers from ALL disciplines

General behaviour

1. I will treat all members of the club with due respect including fellow swimmers, coaches and officials.
2. I will treat everyone equally and never discriminate against another person associated with Swim England on any grounds including that of age, sexual orientation, gender, faith, ethnic origin, or nationality.
3. I understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the disciplinary or child welfare policies.
4. I will always display a high standard of behaviour.
5. I will always report any poor behaviour by others to an appropriate officer or member of staff.
6. I will recognise and celebrate the good performance and success of fellow club and team members
7. I will respect the privacy of others, especially in the use of changing facilities.
8. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.

Swimming training

1. I will arrive in good time to stretch before start time.
2. I will have all my equipment with me, i.e. paddles, kick boards, hats, goggles etc.
3. I will use the lavatory before training begins and always inform the coach if you need to leave the pool during training.
4. I will listen to what the coach is telling me.
5. I will always swim to the wall as I would do in a race and practice turns as instructed.
6. I will not stop and stand in the lane, so I don't get injured.
7. I will not pull on the ropes as this may injure other swimmers.
8. I will not skip lengths or sets, to do so means I would only be cheating myself.
9. I will think about think about what I'm doing during training and if I have problems, I will discuss them with my coach.
10. If I have problems with the behaviour of fellow members, I will report them at the time to an appropriate adult.



Competitions

1. I will swim in events and galas that the Chief Coach has entered/selected me for unless agreed otherwise by prior agreement with the relevant club official.
2. At Open Meets, I will check when you should post your cards and be sure to post them on time.
3. I understand that I must warm up before the event and prepare myself for the event by warming up properly by swimming, not playing or stopping in the lane. Turning practice should have taken place during normal training session.
4. I will be part of the team. Stay with the team on poolside. I will not leave for any reason without telling the Coach and Team Manager where I'm going.
5. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
6. Support my teammates. Everyone likes to be supported.
7. I will wear club uniform and hats when representing the club.
8. I will swim down after the race, if possible and not use this time to play.
9. After my race report to the coach, not my parents. Receive feedback on my race and splits.
10. I will never leave an event until either the gala is complete, or I have explicit agreement of the coach or team manager.

Signed: _____

Date: _____