



CODE OF CONDUCT FOR SWIMMERS

All Swimmers representing the club must:

1. At all times be expected to show respect and consideration to each other, their Coaches and all others associated with the Club.
2. Not show behaviour designed to upset or intimidate (whether physically or psychologically) towards any Club member, as it is entirely unacceptable and may result in disciplinary action.
3. Inform your coach (or the Club Welfare Officer) of any concerns you may have.

TRAINING

Make sure you have all your training equipment – hat, goggles, fins, kickboard etc with you and try to achieve the following:

1. Use the lavatory before training.
2. Arrive in good time to stretch.
3. Be ready to enter the water when told.
4. Listen to the what your coach is telling you.
5. Always swim to the wall, as you would do in a race.
6. Don't stop or stand up during a training set – unless told to do so.
7. Think about what you are doing in training.
8. Do not obstruct other swimmers.
9. Swim round other swimmers, not over or under, if the need arises.
10. Do not lark around in the training session. Chat means you are not listening to the coach.
11. Do not lark around either on poolside or in the changing rooms.

COMPETITIONS

1. Report to Coach/team manager upon arrival
2. Warm ups must be done as they are an integral part of training and competing.
3. You must swim the events entered unless it has been discussed beforehand with your coach
4. At open meets, check when you should post your cards or sign in(if applicable) and do either on time.
5. Be part of a team and stay with the Club and support and encourage your team mates. If you leave poolside, for any reason, you must tell one of the coaches or Team Manager where you are going. Keep visits to parents to a minimum.
6. Find out when your race is due and ensure you report on time to the race officials.
7. After your race/swim down, report to your coach, not your parents
8. Only go into the spectator area if you are dry and suitably dressed ie T-shirt, pool shoes.
9. Be responsible for own equipment – hat, goggles etc. AND your own rubbish.
10. Let your coach know before you leave at the end of the session/gala.
11. Behaviour and personal conduct must be of a high standard at all times and reflect favourably on the sport and the Club. Language in public or relevant group situations must always be appropriate and socially acceptable.
12. Illegal and performance enhancing drugs and substances are strictly forbidden. Swimmers are expected to be aware of the current list of banned substances as advised by the ASA and particular care must be exercised if anyone is on medication prior to, or during, a meet.

Any persistent, repeated flouting any of the above guidelines will lead to discussions between coach and parents and ultimately in the more serious cases, could mean exclusion from training and/or the club.