



## Code of Conduct for Swimmers

- Arrive for competition in good time to stretch (5- 10 minutes before start time), prepared and with the correct kit as requested by the Coach.
- Do not enter the water until the coach has instructed you to do so.
- Report to the coach/team manager on arrival on poolside.
- Inform the Coach before the start of the competition if you have any illness / injury which may affect your performance.
- Ensure you bring a full drinks bottle to every training session.
- Use the lavatory before the competition and ask the coach if you need to leave the pool during training.
- Look at and listen to the Coach when they are speaking and follow the instructions given at competition.
- Behave appropriately in the water. Always report any poor behaviour by others to an appropriate officer or member of staff.
- Treat all members of the club with due respect and dignity. This includes swimmers, coaches, officials, volunteers and anyone associated with Swim England
- Treat all competitors and representatives from competing clubs with respect.
- Respect fellow swimmers at all times. Bullying in any form (whether that be emotional, physical, racist, sexual, homophobic or verbal but not limited to these) will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
- Respect the privacy of others, especially in the use of changing facilities.
- Take care of equipment and facilities as if they were your own.
- Notify the Team Manager/Coach as soon as possible if you cannot attend a gala for which you have been selected.
- Be proud to wear your team kit. You must wear club uniform and club hats when representing the club.
- If you arrive late, report to your coach before entering the pool
- Ensure you have all of your equipment with you, e.g. appropriate swimwear, t-shirts, shorts/tracksuits and hats as per the rules laid down by the organisation.
- Inform your coach if you need to leave the pool for any reason during the competition.
- If you have any problems with the behaviour of fellow members, report them at the time to an appropriate adult.
- Warm up before the event. Prepare yourself for the race.
- Swim down after the race, if possible. Do not use this time to play.
- Warm up and swim down properly under Coaches' guidelines and be respectful to other users at all times.
- When swimming for your club, stay with your team on poolside.
- Inform the coach or team manager where you are going if leave the poolside.



- Support your teammates. Everyone likes to be supported.
- Always congratulate other swimmers after the race regardless of your own result.
- Do and say nothing that will bring the club into disrepute.
- Personal conduct must at all times be of a high standard and reflect favourably on the sport and the club. Bad language in public or relevant group situations is not acceptable.
- Speak to the Coach to get feedback after every race.
- Enjoy your swimming and be a good sport whether you win or lose.
- Performance enhancing drugs and substances are strictly forbidden.
- Illegal drugs and substances: The use of these, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.
- Always give 100% of your best in both training and competition.

Breaches of the Code for Swimmers will be dealt with in the first instance by the Coach. This may include a verbal warning followed by sitting out for a 'time out'. The Coach may also require the swimmer to get dressed and sit back on poolside, if a parent or other responsible adult is not present. If the Coach considers the breach (or breaches) merits this, the Coach will report the incident to the secretary of the Club's management committee.

#### You have a right to:

1. Enjoy the time you spend with us and know that you are safe.
2. Be told who you can talk to if something's not right.
3. Be listened to.
4. Be involved and contribute towards decisions within the club or activity.
5. Be respected by us and other team members and be treated fairly.
6. Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
7. Be encouraged and develop your swimming with our help and support.
8. Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate.