

CODE OF CONDUCT FOR SWIMMERS

Please read the following code of conduct and then, signify your agreement to the codes of behaviour and conduct by ticking the electronic box at the bottom of the page.

GENERAL BEHAVIOUR

1. Treat all members of the club with due respect, fellow Swimmers, Coaches and Officials.
2. Treat all competitors and representatives from competing clubs with respect.
3. Swimmers must behave in a safe, responsible and orderly manner in the shower area and changing rooms, including changing as quickly as possible, and swimming pool.
4. Swimmers must respect the property of other swimmers and of Places for People Leisure.
5. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated. This extends to contact over social media including cyber bullying. See section on sanctions below.
6. Do not say or do anything that will bring the club into disrepute.

SWIMMING TRAINING

1. Arrive at the changing rooms and be ready 10 minutes before training start time, in good time to warm up.
2. Have all your club kit with you.
3. Give your best effort in both training and competition.
4. Ensure you bring a full drinks bottle to every training session.
5. Use the lavatory before training and inform the coach if you need to go during training.
6. Listen to what your coach is telling you and inform your coach if you are unwell or injured.
7. Always swim to the wall as you do in a race and practice turns as instructed and leave room for others to do the same.
8. Do not jump into the pool in a dangerous manner.
9. Do not go underwater at the end of the lane where there is a risk of coming up under other swimmers. Also, swimmers may not hear instructions from coaches/teachers.
10. Do not stop in the lane, you may get injured or injure other swimmers.
11. Do not pull or sit on the lane ropes as this may injure other swimmers.
12. Do not skip lengths or sets as you are only cheating yourself and may interfere with other swimmers.
13. Behave responsibly in the changing rooms. Inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken, see below.

COMPETITION

1. Arrive before your meet is scheduled and in good time to warm up or as instructed by your coach.
2. You must swim in events and galas that you have been entered/selected you for unless agreed otherwise prior to the event.
3. Warm up properly before the event. Prepare yourself for the race.
4. Congratulate other swimmers after the race regardless of your own result.
5. You are part of the team. Stay with the team on poolside and if you must leave for any reason, you must tell the Coach and/or Team Manager.
6. Listen for your race to be announced and go to the marshalling area in time and report in.
7. Support your teammates. Everyone likes to be supported.
8. You must wear club uniform and club hats when representing the club.
9. Where possible, swim down after the race.
10. After your race report to the coach and/or team manager.

SANCTIONS

- Any swimmer whose behaviour or conduct does not match the standards described above will be subject to action being taken in accordance within the disciplinary provisions of the club's constitution. At the discretion of the coaches, any swimmer breaking these rules will:
- In the first instance, receive a formal verbal warning from either the coaches or the team manager.
- A further infringement, within the same session, will result in the swimmer being excluded from the training session for a period of ten minutes (Yellow Card)
- A third infringement will result in exclusion from the training session for the equivalent of one week's sessions (Red Card). In such cases, there will be no refund of fees. Likewise, swimmers may be excluded from part or all of a gala. If excluded from swimming at a session, the swimmer must remain within the building until the end of the session/gala.
- Persistent offenders, such as multiple Red Cards, or anyone committing a serious offence will receive a written warning from the Committee which may include that the swimmer is either temporarily or permanently excluded from the Club. Before this action is taken, the swimmer and his/her parent will have the right to put their case to the Club Committee.

I _____ agree to abide by the above codes of conduct.

Signed _____ Date _____