

Code of Conduct for Swimmers

General Behaviour

- Treat all members of and persons associated with the ASA with due dignity and respect
- Treat everyone equally and never discriminate against another person associated with the ASA on any grounds including that of age, sexual orientation, ethnic origin or nationality
- 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 club disciplinary or child welfare policy
- Display a high standard of behaviour at all times.
- Always report any poor behaviour by others to an appropriate club officer
- Recognise and celebrate the good performance and success of fellow club and team members

Swimming training

- Treat your coach and fellow swimmers with respect
- Make your coach aware if you have difficulties in attending training sessions as laid down for your squad. Inform your coach if you cannot attend a specific session by text or email as a matter of courtesy
- Arrive in good time on poolside before the training session starts to complete poolside warm up as directed by your coach.
- If you arrive late report to your coach before entering the pool
- Ensure you have all your equipment with you i.e. all training aids relevant to your squad requirements, hat and goggles etc.
- If you need to leave the pool for any reason during training inform your coach before doing so
- Listen to what your coach is telling you at all times and obey instructions given
- Always swim to the wall as you would do in a race and practice turns as instructed
- Do not stop and stand in the lane or obstruct others from completing their training
- Do not pull on the ropes as this may injure other swimmers
- Do not skip lengths or sets – you are only cheating yourself
- Think about what you are doing during training and if you have any problems discuss them with your coach at an appropriate time
- If you have any problems with the behaviour of fellow club members to report them at the time to an appropriate adult

Competition

- At competitions, whether they be open meets, national events or club galas always behave in a manner that shows respect to your coach, team manager, officials, team mates and the members of all competing clubs
- You will be required to attend events and galas that the head Coach has entered/selected you for unless previously agreed otherwise with the relevant club official and coach
- You must wear appropriate swimwear, tracksuits, T-shirts/shorts and hats as laid down by the club. You must not enter public areas including the spectator gallery without, at the very least, T shirt, shorts and footwear
- Report to your team manager on arrival on poolside
- Warm up before the event as directed by the coach in charge on that day and ensure you fully prepared yourself for each race
- Be part of the team. Stay with the team on poolside. If you have to leave poolside for any reason get the consent of the Team Manager before doing so and report back to the Team Manager when you return to poolside
- After your race report to your coach for feedback
- Support your team mates. Everyone likes to be supported and they will be supporting you
- Swim down after a race, if possible, as advised by your coach. Your behaviour in the swim down facility must be appropriate and respectful to other users at all times
- Never leave an event until the gala is complete of you have the explicit agreement of the Team Manager. Swimmers will not be permitted to leave a meet until the Team
- Manager has acknowledged that they are with an appropriate adult
- In keeping with the ASA Good Practice Guidelines on the use of Social Networking Sites by ASA Clubs and Club Members, CBHSC request that you do not use social media sites whilst in the care of the club
- Food and drink at poolside shall not include sweets, chocolates, fizzy drinks and energy drinks which are high in caffeine. Food and drink should not be shared in case of incompatibility with the dietary requirements of other swimmers

Signed:

Print:

Date: