



## Code of Conduct for Swimmers 2016

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### All swimmers agree to adhere to the following:

#### General behaviour

- 1) Treat all members of the club - fellow swimmers, coaches, officials with respect.
- 2) Treat all competitors and representatives from competing clubs with respect.
- 3) The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and will result in action being taken through the club disciplinary or child welfare policy.
- 4) Alcohol and smoking are forbidden for athletes in accordance with ASA regulations.
- 5) Consistent disruptive behaviour or dangerous behaviour will lead to the swimmer being asked to leave the session or poolside.
- 6) No photographs or video are to be taken in the changing rooms or on poolside unless prior consent has been obtained from the club. This includes the use of camera phones.
- 7) A positive attitude must be maintained at all times. Listen to and follow instructions carefully and try your hardest and do what is asked of you.
- 8) At all times you are representing the club, good behaviour shows the club in a good light.

#### Training

- 9) Attend sessions regularly and tell your coach if you are going to miss a number of sessions (e.g holiday or sickness). You may lose your place on a team if you do not attend regularly.
- 10) Arrive in good time to get ready for warm up/ flexibility and have all your equipment with you - goggles, hat, fins, kick board, water bottle.
- 11) Use the toilet before you start training and always inform the coach if you need to leave the pool during a session.
- 12) Remove jewellery before coming onto poolside.
- 13) Listen to what the coach is telling you.
- 14) Always swim to the wall as in a race and practise turns as instructed. If you need to stop to allow someone to pass, do so at the wall, giving the incoming swimmer space to tumble turn properly.
- 15) Do not stand and stop in the lane or you may be injured. Do not swim down the centre of the lane; swim up one side and down the other as instructed by your coach. Give yourself and fellow swimmers space to train effectively.
- 16) Do not pull/ climb on the ropes as this may injure other swimmers.
- 17) Do not skip lengths or sets - you are only cheating yourself.
- 18) Think about what you are doing during training. If you have any problems discuss them with your coach at an appropriate time.
- 19) If you need to get out early please inform the coach at the beginning of the session and wait poolside for collection after changing.
- 20) Swimmers should be respectful to those running the session and staffing the pool and change reasonably quickly to allow others to leave promptly.
- 21) Swimmers should behave sensibly in changing areas and always look after the facilities.
- 22) Tell the head coach if you are training elsewhere (swimming or another sport).
- 23) Refrain from doing anything that might give you an unfair advantage and you must make sure you are aware of anti-doping guidance.
- 24) Take your drink and toilet breaks at appropriate times.

#### Competition

- 25) You must wear club uniform and hats when representing the club.
- 26) You must swim events and galas the head coach has entered /selected for you unless agreed otherwise by prior agreement with the relevant club official.
- 27) At open meets, check when you should post your cards or sign in and be sure to be on time.

- 28) Warm up before the event. Prepare yourself for your race.
- 29) Warm up properly by swimming, not playing or stopping in the middle of the lane. Turning practise should take place during your normal training session.
- 30) Listen for race announcements and the Team Manager to instruct you to go to the marshalling area in time and report in. Take your hat, goggles, warm uniform and drink with you.
- 31) Swim down after the race, if possible. Do not use this as a play time.
- 32) Report to your coach before your race and immediately after your race to receive feedback on your race and splits.
- 33) Be part of the team during galas, support your team mates, everyone likes to be supported. Stay with the team poolside. If you must leave for any reason tell the coach/ team manager you are leaving. This will keep you safe and mean you do not miss a swim.
- 34) If there is anything you do not understand you must ask a coach or the welfare officer.

### **Coaches to away Galas**

Swimmers must:

- 35) Remain seated throughout the journey.
- 36) Not interfere with any safety equipment including alarm buttons, switches handles etc.
- 37) Use the seat belts at all times where provided.
- 38) Respect the condition of the coach and place any rubbish into bags that may be provided.
- 39) Comply with any instruction from the coach driver.

### **Sanctions/ punishment**

Failure to comply with these codes will result in the appropriate disciplinary action.

A verbal warning is the first stage, issued by the Head Coach.

A verbal warning will be followed by a written letter from the committee to advise parents.

If this is ineffective the following actions will follow:

1. Temporary exclusion
2. Written warning
3. Membership Withdrawal

In accordance with the Club's constitution, only the Committee can ultimately withdraw the membership of a swimmer - a decision not taken lightly, but taken in the interests of the safety and well-being of the swimmers and club as a whole. Serious incidents will be reported to the ASA in accordance with ASA guidelines.

### **Dear Parents...**

Bristol North SC has established a Code of Conduct for its swimmers. This code takes on the format of Rights and Responsibilities. Please take this opportunity to review this with your swimmer.

If you have any questions regarding this 'Code', please contact the Head Coach or Welfare Officer and we will be pleased to further discuss the matter.

Once you and your swimmer have read this document, please tick the appropriate box at the bottom of Page 1 of the Membership Application Form to indicate that you understand your rights and responsibilities as a member of Bristol North Swimming Club.