



BNSC Code of Conduct for 18+ Swimmers

As a member of BNSC, we understand you have the right to:

- Enjoy the time you spend with us and know that you are safe.
- Be told who you can talk to if something's not right.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected by us, and other team members, and be treated fairly.
- Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
- Be encouraged and develop your swimming with our help and support.
- Be looked after if there's an accident or injury, and know your emergency contact has been informed

As a member of BNSC we expect you to:

Essentials

- 1 Keep yourself safe by listening to the session coach, behave responsibly and speak out when something isn't right.
- 2 Take care of our equipment and premises as if they were your own.
- 3 Make it to training and competitions on time and if you're running late, let a member of the club know.
- 4 Bring the right kit to training and competitions.
- 5 Follow the rules of the club, squad or activity at all times.
- 6 Respect the privacy of others especially in the changing rooms.
- 7 Not stop and stand in the lane, or obstruct others from completing their training. If you need to stop to allow someone to pass, you will do so at the wall, giving the incoming swimmer space to tumble turn properly.

- 8 Not climb or pull on the ropes as this may injure other swimmers and/or break the ropes.
- 9 Inform the session coach at the beginning of the session if you need to leave early.
- 10 When representing BNSC at events I will:
 - a. Report to the coach/ team manager as soon as I arrive poolside
 - b. Warm up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race.
 - c. If I have to leave poolside for any reason, I will inform, and in some cases, get the consent of the team manager/coach before doing so.
 - d. I will listen for race announcements and the Team Manager to instruct me to go to the marshalling area in time and report in.
 - e. I will take my hat, goggles, warm uniform and drink with me.
 - f. Report to my coach for feedback after my race.
 - g. Support my team mates throughout the competition. Everyone likes to be supported and they will be supporting me in return.
 - h. My behaviour in the swim down facility must be appropriate and respectful to other users at all times.

Behaviour

- 1 Make BNSC a fun, happy, friendly and welcoming place to be.
- 2 Respect and celebrate difference in our club or activity and not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith or ability.
- 3 Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the club.
- 4 Never use a phone or mobile device in the changing rooms and report any concerns you have about others using mobile phones or other devices or taking photographs or footage of others in the changing rooms or poolside.
- 5 Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
- 6 Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which may be a criminal offence will be reported to police by the club.
- 7 Ensure that on club social media you do not post any messages that you would not want to receive or are offensive.
- 8 Report any incidents of bullying or unkind behaviour to the club, even if you're just a witness.
- 9 Treat other swimmers with respect and appreciate that everyone has a different level of skill or talent.
- 10 Support and encourage your team mates, tell them when they've done well and be there for them when they are struggling.

- 11 Respect the other swimmers and volunteers of other teams at competitions.
- 12 Respect the committee members, coaching and teaching team and all volunteer helpers at BNSC.
- 13 Understand that occasionally Coaches/ teachers might need to manipulate/support you with stroke techniques.
- 14 Get involved in club decisions, it's your sport too.

Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee.

Signature of the Swimmer

Date

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Contacts: Welfare Officer