



Code of Conduct for Swimmers from all disciplines

The purpose of this document is to establish a set of guidelines and procedures which outline the responsibilities and behaviour of swimmers who are members of Bramcote Swimming Club. It is expected that the principles of the Code of Conduct should be followed at all events and training sessions. A copy of this code is available on the club website under 'Club Info' <http://swim-to-win.com/conduct-guides/>

General behaviour

A swimmer should:

1. Treat all members of and persons associated with the ASA with due dignity and respect.
2. 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.
3. 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.
4. Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate club officer.
5. Recognise and celebrate the good performance and success of fellow club and team members.
6. Respect the privacy of others, especially in the use of changing facilities.

Swimming training

As a swimmer, you should:

1. Treat your coach and fellow swimmers with respect.
2. Make your coach aware if you have difficulties in attending training sessions as laid down for your squad.
3. Arrive in good time on poolside before the training session starts to complete poolside warm up as directed by your coach.
4. If you arrive late report to your coach before entering the pool.
5. Ensure you have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc.
6. If you need to leave the pool for any reason during training inform your coach before doing so.
7. Listen to what your coach is telling you at all times and obey instructions given.
8. Always swim to the wall as you do in a race, and practice turns as instructed.
9. Do not stop and stand in the lane, or obstruct others from completing their training.
10. Do not pull on the ropes as this may injure other swimmers.
11. Do not skip lengths or sets - you are only cheating yourself.
12. Think about what you are doing during training and if you have any problems discuss them with your coach at an appropriate time.
13. If you have any problems with the behaviour of fellow club members report them at the time to an appropriate adult.

Competition

As a swimmer, you should:

1. At competitions whether they be open meets, national events or club galas always behave in a manner that shows respect to both your club coach, officers and team mates and the members of all competing clubs
2. You will be required to attend events and galas that the Chief Coach has entered/selected you for unless previously agreed otherwise with the relevant club official and coach.
3. You must wear appropriate swimwear, tracksuits, T shirts/shorts and hats as laid down by the club.
4. Report to your club coach and/or Team manager on arrival on poolside.
5. Warm-up before the event as directed by the coach in charge on that day and ensure you fully prepare yourself for the race.
6. Be Part of the Team. Stay with the Team on poolside. If you have to leave poolside for any reason inform and in some cases get the consent of the Team manager/coach before doing so.
7. After your race report to your coach for feedback.
8. Support your team mates. Everyone likes to be supported and they will be supporting you.
9. Swim down after the race, if possible again as advised by your coach. Your behaviour in the swim down facility must be appropriate and respectful to other users at all times.
10. Never leave an event until either the gala is complete or you have the explicit agreement of the club coach or team manager

In addition to this code of conduct, it is expected that all members of Bramcote Swimming Club will:

Comply with the codes, rules and laws within the guidelines set out by the ASA Behave without discrimination on the grounds of race, colour, language, religion or social status as set out in the equal opportunities policy

Respect the basic human rights, worth and dignity of each club member

Not encourage swimmers, volunteers, officials or parents to violate the rules of the club or the sport

Observe the authority and the decisions of all officials

Encourage all swimmers to obey the spirit of the rules and laws both in and out of the pool

Treat other competitors and teams with respect, in victory and defeat.

Sanctions: Breaches of the code of conduct shall be dealt with in the first instance by the coach, teacher or team manager. Any incidents shall be reported to the committee of the club, who shall take further action as it is deemed necessary.

Name (please print).....

Signed **Date**.....

For members under 12 years old

As the parent/carer of the above named member, I hereby confirm that I have explained the contents and implications of this Code of Conduct to the above named member.

Name (please print).....

Signed **Date**.....