

Code of Conduct

Swimmers

Cleethorpes and District Swimming Club Ltd.

1. Your rights as a member:

As a member of our club, we understand you have the right to the following principles:

1. To enjoy the time, you spend with us and know that you are safe.
2. To be able to talk to someone if something is not right.
3. To be listened to.
4. To be respected by the club and other team members and be treated fairly.
5. To feel welcomed, valued, and never judged on your race, gender, sexuality, or ability.
6. To be encouraged and develop your swimming skills with our help and support.
7. To be looked after if there is an accident or injury.
8. To feel part of an inclusive and peer orientated swimming team.

2. General Behaviour:

As a swimmer of the club, you will ensure that you:

- Treat everyone equally and never discriminate against another person associated with Swim England on any grounds including that of age, sexual orientation, gender, faith, ethnic origin, or nationality.
- Treat all competitors and representatives from competing clubs with due respect.
- Refrain from using inappropriate or abusive language, bully, harass, discriminate, or physically attack other members of the club, as violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
- Report any incidents of bullying or unkind behaviour to the club, even if just a witness.
- Report any problems with the behaviour of fellow members to an appropriate adult.
- Treat other children with respect and appreciate that everyone has a different level of skill or talent within the club environment.
- Refrain from using any devices to take photographs or footage of others in the changing rooms or cubicles and report any concerns of others taking photographs or footage to the respective adult in charge.

Swimming Training:

Training is the most important stage of your training and therefore as a swimmer of the Club, you will be expected to:

- Make your coach aware if you have difficulties in attending training sessions as per the training programme devised for your squad.
- Arrive in good time before your session, 15 - 20 minutes before start time.
- Understand that if you arrive late, you must report to your coach before entering the water.
- Have all equipment with you, including paddles, kick boards, hats, goggles & drinks.
- Use the toilet before training begins, at the end of sets or during the rest period and always inform your coach / team manager if you need to leave the pool during training.
- Listen to what your coach is telling you throughout your sessions.
- Consistently swim to the wall as you would do in a race, and practice turns as instructed.
- Not stop or stand up in the lanes as you may be injured or cause obstruction.
- Refrain from pulling on the ropes as this may injure other swimmers and break equipment.
- Refrain from skipping lengths or sets, as you are only cheating yourself.
- Respect other swimmers' space in the pool, distancing appropriately.
- Think about what you are doing during training.
- Always display a high standard of work ethic and commitment.

3. Competition or Gala:

During any competition or gala, you are representing your club and therefore are expected to:

- Swim events, galas, and races which your Coach has entered or selected you for unless agreed otherwise by prior agreement.
- Always behave in a manner that shows respect to the coach, officers, teammates, and members of all competing organisations.
- Report to your coach and/or team manager on arrival poolside.
- Warm-up before the event. Prepare yourself for the race.
- Warm up properly by swimming, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions.
- Be part of the team and remain with your team on poolside. If you do need to leave for any reason you must tell the Coach and/or Team Manager where you are going and have the agreement of the coach or team manager. (swimmers are not expected to continuously visit parents / guardians during events.)
- Listen for your race to be announced and go to the marshalling area in time reporting in, ensuring you take your hat and goggles with you.
- Support your teammates throughout the event.
- Wear full club uniform and club branded hats when representing the club.

- Swim down after the race, if possible and not use this time to play.
- Ensure behaviour in the warm-up/swim down facility is always appropriate and respectful to other users.
- Report to the coach directly after every race and not your parents, so that you can receive essential feedback on your races and splits.
- The use of mobile phones on poolside for texting/gaming is not allowed and devices taken onto poolside are for listening to music only.

4. Agreement:

As a member of Cleethorpes & District Swimming Club swimmers are required to:

1. Comply with the codes, rules and laws defined within guidelines set out by the ASA.
2. Behave without discrimination on the grounds of sex, race, colour, language, religion, birth, or social status as set out in the equal opportunities policy.
3. Respect the basic human rights, worth and dignity of each member.
4. Encourage others to obey the spirit of the rules and laws both in and out of the pool.
5. Treat other competitors and teams with respect, in victory and defeat.

5. Swimmers Declaration:

I am aware that breaches of the code shall be dealt with by the Head Coach in the first instance and should they deem it necessary they shall report the incident to the Club Secretary who shall take further action as appropriate are defined in our Club Rules.

Therefore, as a member of Cleethorpes and District Swimming Club I, as a member of the club agree to adhere to the Code of Conduct as written above at all times.

Signature of Swimmer

Printed Name

Squad

Date

Parent Name (if under 18)

Signature