



# Newbury District Swimming Club

Affiliated to South East Region Swim England

## Code of Conduct for all Swimmers

### *General behaviour*

1. I will treat all members of, and persons associated with, the swimming club and the ASA with due dignity and respect.
2. I will treat everyone equally and never discriminate against another person associated with the swimming club or the ASA on any grounds including that of age, ethnic origin, faith, gender, nationality or sexual orientation.
3. I understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence **will not be tolerated** and could result in action being taken in line with the club's behaviour policy and I may be asked to participate in a managed Behaviour Plan as defined in the policy.
4. I will display a high standard of behaviour at all times, remembering that my behaviour reflects favourably or unfavourably on Newbury District Swimming Club.
5. I will always report any poor behaviour by others to an appropriate officer or member of staff.
6. I will recognise and celebrate the good performance and success of fellow club and team members.
7. I will not consume alcohol or smoke while on route, prior to, during or following competition, training or other team activity.
8. I will not use illegal drugs or substances, even though they may not appear to be on the official banned list in respect of performance enhancing drugs. Use of these will result in suspension from the activities of Newbury District Swimming Club.
9. I will respect the privacy of others, especially in the use of changing facilities and comply with the Swimmer Responsibility and Changing Room Policy.

### *During training*

1. I will treat my coach and fellow members with respect.
2. I will make my coach aware if I have difficulties in attending training sessions in accordance with the rules laid down for my squad.
3. I will arrive on poolside, in accordance with the Swimmer Responsibility and Changing Room policy, before the training session starts to complete my poolside warm up as directed by my coach.
4. I understand that if I arrive late, I must report to my coach before entering the pool.
5. I will ensure that I have all of my equipment with me in accordance with the club kit policy.
6. If I need to leave the pool for any reason during training, I will inform my coach before doing so.
7. I will listen to what my coach is telling me at all times and obey any instructions given.
8. I will always swim to the wall as I would do in a race, and I will practice turns as instructed.
9. I will not stop and stand in the lane, or obstruct others from completing their training.
10. I will not pull on the ropes as this may injure other members.

11. I will not skip lengths or sets – to do so is not only cheating yourself, but also has a detrimental impact on the other swimmers in your lane.
12. I will think about what I am doing during training, and if I have any problems, I will discuss them with my coach before leaving that session.
13. If I have any problems with the behaviour of fellow members, I will report them at the time to an appropriate adult.

### ***At competitions***

1. At competitions, whether they be open meets, national events or club galas, I will always behave in a manner that shows respect to my coach, the officers, my team mates and the members of all competing organisations.
2. I understand that I will be required to attend events and galas that the Head Coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official and coach.
3. I understand that I must wear appropriate swimwear, tracksuits, T-shirt and hat as per the rules laid down by the Club Kit Policy.
4. I will report to my coach and/or team manager on arrival on poolside and if I need to withdraw from the meet I will let my coach know in advance.
5. I will warm up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race.
6. I will be part of the team. This means I will stay with the team on poolside.
7. 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.
8. After my race, I will report to my coach for feedback.
9. I will support my team mates. Everyone likes to be supported and they will be supporting me in return.
10. I will swim down after the race if possible, as advised by my coach.
11. My behaviour in the swim down facility must be appropriate and respectful to other users at all times.
12. I will never leave an event until either the gala is complete or I have the explicit agreement of the coach or team manager.

Signed:

Print name:

Date: