

Code of Conduct for Swimmers

General behaviour

1. Treat all members of the club with due respect including: Fellow swimmers, Coaches and Officials.
2. Treat all competitors and representatives from competing clubs with due respect.
3. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy. This includes comments made via computers, mobile phones- all other electronic devices.

Swimming training

1. Always sign the register when you arrive on poolside.
2. Arrive in good time to stretch, 10 minutes before start time.
3. Do not leave bags or clothing in the changing rooms.
4. In the case of swimmers aged 18 years or older, use changing facilities or areas separate from under 14 swimmers wherever possible.
5. Ensure you always have a drink with you on poolside and required named equipment i.e. kick boards, pull buoy, hat, goggles etc.
6. Use the lavatory before training begins and always inform the coach if you need to leave the pool during training.
7. Listen to and follow instructions from your coach at all times .
8. Always swim to the wall as you do in a race, and practice turns as instructed.
9. Do not stop or stand in the lane as this is disruptive to other swimmers and potentially dangerous.
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.
13. In the case that the swimmer is 18 year of age or older and not CRB cleared, swim in separate lanes from swimmers who are under 14 years of age.

Competition

1. You must swim events and galas that the Head coach or his / her representative has entered/selected you for unless agreed otherwise by prior agreement with the relevant club official.
2. Warm up properly by swimming, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions.
3. Be part of the team. Stay with the team on poolside. If you leave for any reason you must tell the team coach who is supervising you.
4. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
5. Support your team mates. Everyone likes to be supported.
6. You must wear club uniform and hats when representing the club.
7. Swim down after the race, if possible. Do not use this time to play.
8. After your race report to the coach, not your parents.

I acknowledge receipt of the rules of Carnforth and District Otters Swimming Club and confirm my understanding and acceptance that such rules (as amended from time to time) shall govern my membership of the Club. I further acknowledge and accept the responsibilities of membership upon members as set out in these rules.

Signed: _____ Date: _____