

Code of Conduct for Swimmers

General Behaviour

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, gender, faith, ethnic origin or nationality.
3. 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 through the disciplinary or child welfare policies. This includes comments made via computers, mobile phones- all other electronic devices
4. Display a high standard of behaviour at all times.
5. Always report any poor behaviour by others to an appropriate officer or member of staff.
6. Recognise and celebrate the good performance and success of fellow club and team members.
7. Respect the privacy of others, especially in the use of changing facilities.

Training

1. Always sign the register when you arrive on poolside. If you arrive late report to the coach before entering the pool.
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. Treat my coach and fellow members with respect.
9. Make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
10. Always swim to the wall as you do in a race, as you would in a race, and practice turns as instructed.
11. Do not stop or stand in the lane as this is disruptive to other swimmers and potentially dangerous.
12. Do not pull on the ropes as this may injure other swimmers.
13. Do not skip lengths or sets, you are only cheating yourself.
14. Think about what you are doing during training.
15. In the case that the swimmer is 18 year of age or older, swim in separate lanes from swimmers who are under 14 years of age.

Competition

1. At competitions, whether they be open meets, national events or club galas, swimmers must always behave in a manner that shows respect to their coach, the officers, team mates and the members of all competing organisations.
2. Attend all 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. Wear appropriate club uniform and hats when representing the club

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4. Report to my 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 I fully prepare myself 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.
6. 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.
7. If I have to leave poolside for any reason, inform, and in some cases, get the consent of the team manager/coach before doing so.
8. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
9. After your race, report to the coach for feedback, not your parents.
10. Support your team mates. Everyone likes to be supported and they will be supporting me in return.
11. Swim down after the race if possible, as advised by the coach.
12. Behaviour in the swim down facility must be appropriate and respectful to other users at all times.
13. Never leave an event until either the gala is complete or I have the explicit agreement of the coach or team manager.

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: _____

This code is an extension to the ASA Code of Ethics. Both should be followed.