



ATHLETES CODE OF CONDUCT

Our AIM: Have Fun, Work Hard, Make Friends, Swim Well

The purpose of this document is to establish a set of guidelines that outline the responsibilities and behaviour of all members of Cupar and District Swimming Club (CADSC). This code of conduct is designed to ensure that members are aware of the standards required by them when they are:

- Training with CADSC
- Using facilities, equipment and leisure facilities hired by CADSC
- Representing CADSC at any form of competition or event
- Travelling with CADSC to and from competition
- Engaged in any other activity organised by CADSC
- Engaged in any other activity not associated with CADSC but where the swimmer is recognised as a CADSC swimmer

Principal Statement on Ethics

Sporting integrity is based on the acceptance of rules, fairness, equality, respect for others, moral conduct and a sense of what is right; where unethical behaviour, rule breaking, drug taking or violence is automatically rejected as being irrelevant to the true purpose of swimming.

Swimmers agree to:

- Abide by the Principal Statement on Ethics above, and Club Rules and Expectations overleaf
- Practice and play within the spirit of the game/sport
- Behave with respect to others including coaches, officials, other swimmers, athletes, team manager, spectators
- Treat all others 'how I would like to be treated', with integrity
- Refrain from inappropriate conduct towards others including physical, verbal, written or emotional, in person or through use of social media platforms
- Set a good example at all times in aspects of dress, punctuality, language, behaviour and respect of equipment and others

Breaches of the Athletes Code of Conduct will be dealt with in accordance with CADSC disciplinary procedures (summarised overleaf). This can include suspension or removal from CADSC.

Club Rules and Expectations

- Reasonable behaviour is expected at all times. That is behaviour and language that will not cause offence or embarrassment to any member of the general public, other swimmers, parents, coaches and officials of CADSC, or any visiting, home or other swimming club
- Swimmers are expected to show respect for other swimmers, parents and coaches; and to their property and belongings and the facilities used and visited by CADSC



- Bullying or harassment, whether physical, verbal, written or emotional, in person or through use of social media platforms, will not be tolerated by CADSC
- All swimmers are expected to follow instructions given by any coach or by any designated official or CADSC official and to comply with instructions immediately, without argument or backchat
- The use of any drugs or substances, other than for medical reasons, is prohibited. Swimmers are reminded to check that any drugs used for medical purposes are not on the current ASA 'Banned List'
- Swimmers should be recognisable as CADSC swimmers when representing CADSC and especially during team competitions, by adhering to CADSC 'uniform.'
- All swimmers are expected to be friendly and loyal to their team mates. Supporting and encouraging all CADSC swimmers in both team and individual events
- CADSC swimmers are expected to demonstrate a good attitude, set a good example and put every effort into their training and competition. This includes carrying out training as detailed by their coach
- All swimmers are expected to attend the required amount of training sessions that they are scheduled to swim and to be poolside 10 minutes prior to the start of the session – use this time to stretch on poolside
- Swimmers are expected to come prepared and ready to train hard. Inform your coach if you are not well. Swimmers should have all their poolside equipment and drink plenty of fluids. You will need at least 1 bottle of drink per hour training. Drinking little and often during training will prevent dehydration
- CADSC swimmers are expected to respect other swimmers in their lane and not fight for position in a lane. It is more important to complete the set correctly. Swim safely, prevent injury to others, adhere to the rules of the lane:
 - Give way to swimmers who need to overtake – safest to do this at the end of the pool
 - Refrain from all aggressive physical contact eg. pulling, scratching, blocking
 - Do not pull on lane ropes
 - Leave a 5 second interval (or interval directed by your coach) between swimmers starting a set
 - Swap position as often as is needed. This ensures that all swimmers will have adequate water space and get the most out of their training
- Swimmers should listen to the coach. Ask if you do not understand something. Complete every set correctly and legally. Practice correct starts and turns for every stroke. Do not cut laps or miss the end of sets. Warm up and cool down slowly with good technique to decrease the risk of injury and prevent muscle stiffness.
- All swimmers should leave the poolside and change quickly at the end of a training session or competition. They should respect the changing facilities and leave them tidy. If training or competing at an 'Away' venue, it is important that you aim to vacate the facilities quickly to allow others access or to lock up, and to ensure that you are not left behind. Make sure that you are not the last person left alone in the changing room – stay together.
- Swimmers must inform their coach, another parent or one of the pool personnel as soon as



they realise that the person collecting them has not yet arrived. It is expected that a parent or whoever is collecting a swimmer will arrive 10 minutes before the end of a session.

- Cameras, mobile phones or devices that have an image capturing facility must not be used for the purposes of taking still images or video footage on poolside at a gala or during a training session unless permission is sought in advance from CADSC
- Mobile phones or any other devices are NOT to be used in any changing area

Breaking the Rules and Sanctions

It is not the intention of the above Code of Conduct to discourage reasonable high spirits and fun. However, CADSC swimmers must realise that when taking part in group activities, their actions may endanger others, cause damage to facilities or put the CADSC reputation at risk. When Coaches have to deal with problem situations this distracts them from their proper role of coaching the other swimmers in attendance.

It is hoped and expected that swimmers will adhere to this Code of Conduct but in the instance of failure to follow it CADSC Coaches will typically adopt a 3 stage process in line with the Disciplinary Procedure:

- Stage one: the swimmer and parents will be made aware of the unacceptable behaviour. Swimmers may be asked to leave poolside immediately. Coaches will explain the reason to the swimmer and the parent (if present). Swimmers asked to leave the pool must remain in the facility until the end of the session or until their parent/guardian arrive
- Stage two: repeated or serious unacceptable behaviour will result in some form of disciplinary sanction being imposed. If this involves suspension from training and galas, fees for this period will still be payable and no rebate will be given
- Stage three: If unacceptable behaviour is further repeated the swimmer will be permanently excluded from and cease to be a member of CADSC

Please note that depending upon the severity of the behaviour, CADSC may bypass or invoke the above procedure at any stage.

The above are examples of a non-exhaustive list of what constitutes unacceptable behaviour and CADSC reserves the right to amend this list at any time depending on the changing circumstances within CADSC.

Right to Appeal

All swimmers have the right to appeal against decisions made under the Disciplinary Procedure. Any appeal should be made in writing to the Club Secretary, within 14 days of the penalty being given. The swimmers name and details of the appeal should be provided. The appeal will be formally discussed by the Management Committee and the individual informed of the decision made. Such action may be overridden by the Scottish Swimming Complaints Procedure.

Name (print)..... Signed

Date