

Cupar and District Swimming Club

Code of Conduct for Swimmers

At Cupar and District Swimming Club (CDSC) we believe sport is about fairness, equality and respect for others. We ask you to treat everyone the way you would like to be treated.

In return, we give you the facilities and coaching you need to improve your swimming and compete, if you want to. We also offer you the chance to make friends, have fun and be part of a great team.

This Code of Conduct explains what we expect from you. The rules apply during training and at competitions or events. They also apply when you are travelling with the Club or taking part in any activity we have organised.

Our rules

- 1/ Never behave in a way that could offend, hurt, embarrass or upset someone.
- 2/ Always respect other swimmers, parents, carers, coaches, officials and others using the pool – be polite, thoughtful and never damage belongings or the facilities you are using.
- 3/ No bullying or harassment, either face to face or on social media like Instagram, TikTok or Snapchat. Be kind.
- 4/ Always follow instructions from your coach, team manager, timekeepers or any other officials. No arguments, but if you don't understand, ask!
- 5/ All illegal substances and drugs are banned. If you need to take medicine, check with your coach that it is allowed.
- 6/ When you represent the Club, especially at a competition, you must wear some CDSC kit (like a T Bag or cap), so people know where you are from.
- 7/ Be friendly and loyal to your team mates and always support them when they are swimming. Cheer loud!
- 8/ Have a positive attitude and set a good example to others by training hard and competing even harder.
- 9/ Attend all your training sessions if you can and remember to arrive in plenty of time. Tell us if you can't make training.
- 10/ Be prepared – bring all your equipment and don't forget your water bottle.
- 11/ While you are training, listen to your coach. Stick to the lane rules and swim the set properly and safely. If you don't understand, ask!
- 12/ After training or a competition, leave the pool and get changed quickly. Leave changing rooms tidy – remember, other people use them.

- 13/ If the person collecting you from training or a competition doesn't come, tell a coach, CDSC parent/carer or an adult working at the pool straight away.
- 14/ Cameras and mobile phones (or any device that takes pictures) are not allowed at training or competitions unless you have permission from your coach or team manager AND the competition organiser.
- 15/ Never use your mobile phone or any other device in the changing rooms, under any circumstances. No sharing photos without permission, ever.

What happens if you break the rules?

It's important to follow these rules because it keeps swimming safe and fun for everyone. If you don't, the Club will deal with the problem in one of three ways:

- Stage One – we will tell you and your parents/carers that your behaviour is unacceptable. If you are swimming, we may ask you to leave the pool.
- Stage Two – if you keep on breaking Club rules, or your behaviour is seriously unacceptable, we may suspend you from training and competitions.
- Stage Three – in the case of very serious rule breaking or misbehaviour, we may ask you to leave the Club straight away.

If you don't think we have treated you fairly you can appeal. Your parents/carers or you must write to us within 14 days and the CDSC Committee will decide what to do.

Scottish Swimming also has its own complaints procedure, which you can use if you aren't happy with the way we have dealt with things.

Sign here please!

We'd like you to sign this to show you understand what CDSC expects of you and what we offer in return. If there is anything you don't understand, please ask.

Name (print)

Signed

Date.....

And remember – have fun, work hard, swim well!