



City of **Southampton** Swimming Club

www.cossc.org

Code of Conduct for Swimmers

As a member of our Club, we understand you have the right to:

- Enjoy the time you spend with us and know that you are safe.
- Be told who you can talk to if something is not right.
- Be listened to.
- Be involved and contribute towards decisions within the Club or activity.
- Be respected by us and other team members and be treated fairly.
- Feel welcomed, valued, and not judged based on your race, gender, sexuality, faith, or ability.
- Be encouraged and develop your swimming skills with our help and support.
- Be looked after if there is an accident or injury and have your parents/guardians informed, where appropriate.

As a member of City of Southampton Swimming Club, we expect you to:

Essentials

- Keep yourself safe by listening to your coach or teacher, behave responsibly and speak out when something is not right.
- Take care of our equipment and premises as if they were your own.
- Make it to training and competitions on time and if you are running late, let a member of the Club know.
- Make your coach or teacher aware if you have any difficulties attending training or competitions.
- Not wander off or leave training or a competition without telling your coach, teacher, or team manager.
- Bring the right kit to training and competitions.
- Follow the Rules of the Club, squad, or activity at all times.
- Respect the privacy of others, especially in the changing rooms.

Behaviour

- Make our Club and activity a fun, happy, friendly, and welcoming place to be.
- Respect and celebrate difference in our Club or activity and not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith, or ability.
- Do not use abusive or inappropriate language. Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the Club.
- Do Not use any device to take photographs or footage of others in the changing rooms or cubicles.



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- Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
- Report any incidents of bullying or unkind behaviour to the Club, even if you are just a witness.
- Treat other children with respect and appreciate that everyone has a different level of skill or talent.
- Support and encourage your teammates, tell them when they have done well and be there for them when they are struggling.
- Respect the children and adults competing for other teams at competitions.
- Respect the committee members, coaching and teaching team and all volunteer helpers at the Club.
- Get involved in Club decisions, it is your Sport too.

General

- Treat your coach and fellow swimmers with respect.
- Make your coach aware if you have difficulties in attending training sessions as laid down for your squad.
- Arrive in good time on poolside before the training session starts to complete poolside warm up as directed by your coach.
- If you arrive late report to your coach before entering the pool.
- Ensure you have all your equipment with you, i.e., paddles; kick boards, hats, goggles etc.
- If you need to leave the pool for any reason during training inform your coach before doing so.
- Always listen to what your coach is telling you and obey instructions given.
- Always swim to the wall as you do in a race, and practice turns as instructed.
- Do not stop and stand in the lane or obstruct others from completing their training.
- Do not pull on the ropes as this may injure other swimmers.
- Do not skip lengths or sets - you are only cheating yourself.
- Think about what you are doing during training and if you have any problems discuss them with your coach at an appropriate time.
- If you have any problems with the behaviour of fellow club members report them at the time to an appropriate adult.

Competition

- At competitions whether they be open meets, pathway competition/events or closed Club events, always behave in a manner that shows respect to both your club coach, officers and teammates and the members of all competing clubs.
- Attend events and galas that the Head Coach has entered / selected you for unless previously agreed otherwise with the relevant Club official and coach.
- Wear appropriate swimwear, tracksuits, T shirts/shorts and hats as laid down by the club.



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- Report to your club coach and / or Team manager on arrival on poolside.
- Warm-up before the event as directed by the Coach in charge on that day and ensure you fully prepare yourself for the race.
- Be Part of the Team. Stay with the Team on poolside. If you need to leave poolside for any reason inform and, in some cases, get the consent of the Team Manager / Coach before doing so.
- After your race, report to your coach for feedback.
- Support your teammates. Everyone likes to be supported and they will be supporting you.
- Swim down after the race, if possible, again as advised by your Coach. Your behaviour in the swim down facility must be always appropriate and respectful to other users.
- Never leave an event until either the gala is complete, or you have the explicit agreement of the club coach or team manager.

Breaches of the Code of Conduct may result in disciplinary action being taken against you by the club committee under the judicial regulations. Continued issues and repeated breaches may result in your dismissal from the club. Any behaviour which may be a criminal offence will be reported to the Police by the Club.

(Based on Swim England's Wavepower 2020-23: Child Safeguarding Policy and procedures for clubs)

Email address

Swimmers Surname

Swimmers First Name

Signature of Swimmer.

Date