



# EPHING FOREST DISTRICT SWIMMING CLUB

## **Swimmers Code of Conduct**

1. All swimmers to arrive promptly to each training session and to be ready to swim at the appropriate start time. Persistent late arrival, without prior agreement of the Coach, will result in disciplinary action which can consist of verbal warning, written warning and/or exclusion from training sessions.
2. Any swimmer absent from training sessions for a prolonged period without valid reason, e.g. such as illness or exams, will have their membership referred to the Committee for review.
3. Persistent failure to attend galas when invited or participate in the Club Championships will result in the swimmer's membership being reviewed by the Committee in conjunction with the Head Coach/Squad Coach.
4. Swimmers who are representing the Club at team league galas are expected to remain poolside for the duration of the gala. Only in exceptional circumstances, and with the prior authorisation of the Team Manager, will the swimmer be allowed to leave early.
5. Swimmers must remember that at any gala they are representing the Club and that their conduct and behaviour must be such that the Club's reputation is not brought into disrepute. This also applies to conduct in the changing rooms at our training pools.
6. Coaches are responsible for swimmers only whilst they are poolside, at all other times, parents are responsible for their swimmers.
7. Officials, Coaches and other swimmers should be respected and treated with manners and consideration. Do not argue with the Referee or other Officials' decision - your Coach is your first point of contact and will make any representations on your behalf.
8. When representing the Club at galas, swimmers must wear a Club Hat and team kit.
9. Parents wishing to discuss swimming matters with their swimmer's coach, should do so at a mutually agreed time. This meeting must not take place during a training session.
10. Listen to your Coach, co-operate with them and tell them of any reason you may not be swimming your best. Respect your Coach/Teacher and they will respect you back.
11. Treat all other swimmers as you would like to be treated. Do not interfere with, bully or take any unfair advantage of any other swimmers. If you have any problems speak to your Coach.
12. The use of bad language or behaviour at any time in or around the vicinity of a pool being used by the Club will NOT be tolerated.
13. All inhalers and Epi-pens must be kept poolside and Coaches informed of their location.

## **Use of mobile phones and social networking Code of Conduct for swimmers**

1. Mobile phones and electronic devices are **NOT** allowed poolside during trading sessions or while swimmers are in the changing rooms. During gala swimmers must **NOT** take photos of themselves or other swimmers or members from other organisations/ clubs.
2. Do **not** ask your coach or squad teacher to be your friend on any social networking sites – they will refuse as that will breach good practise.
3. Use the internet positively and do not place yourself at risk. Have a look at [www.thinguknow.co.uk](http://www.thinguknow.co.uk) for some useful tips.
4. Consider who you are inviting to be your friend and follow the good advice of social networking sites to ensure you are talking to the person you **believe** you are talking to.
5. Always remember that any communication, comments, photos and video clips posted on the social networking site may be shared with more people than you originally intended.
6. Never share pictures of yourself or your friends that you would not be happy for your family to see. Also never post or send any photographs, videos or make comments that:
  - Maybe hurtful, untrue or upsetting or that you may regret sharing later on.
  - Maybe used by other people in a way you did not intend or want.
  - Other people may find inappropriate.
7. Do not upload images of other members taking part in your organisation's training, activities or events as you may breach the ASA photography guidance. If you do wish to upload such content, you must first seek the advice and consent of your parents, the consent of the other young person(s) and their parents, and an officer of the organisation before taking any action. This will not prevent you having images of your friends from the organisation on your personal social networking site, as long as they were taken outside of the sporting arena. Even so, it is still a good idea to check that any person in the image, and their parents, are happy for you to upload the image.
8. Always be aware that social networking sites are a method of communication like letter writing and the spoken word. They are bound by the same laws and rules. The delivery of social networking content is instantaneous and this can sometimes result in users reacting in the "heat of the moment", and your content/comments may spread far from that of your own social network of friends. This is a major difference between the present and the past in which you would have written a letter which would have taken time and allowed for you to think again before sending. So never place a comment on the internet that you would put in writing or say out loud to someone. To do so may breach ASA Policy and also the law.

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