

## Code of Conduct for Swimmers

### As a member of City of Leicester Swimming 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, para-swimming and open water swimming skills with our help and support.
- Be looked after if there is an accident or injury and have your parents / guardians informed.

### As a member of City of Leicester Swimming Club we expect you to:

#### Essentials

- Keep yourself safe by listening to your coach, behave responsibly and speak out when something isn't right.
- Take care of our equipment and premises as if they were your own.
- Arrive promptly to training (a minimum of 15 minutes beforehand), with the appropriate kit and ready to train.
- Arrive on time to competitions, as directed by the coach, with the appropriate kit and ready to compete.
- Make your coach aware if you are late, or if you have any difficulties attending training or competitions.
- Complete your pre pool before every training session and competition.
- Not wander off, or leave training or a competition without telling your coach or team manager.
- Bring the right kit to training and competitions.
- Wear City of Leicester Swimming Club branded kit whilst competing or representing the club.
- Follow the rules of the club, squad or activity at all times.
- Respect the privacy of others especially in the changing rooms.

#### General Behaviour

- Help make our swimming club a fun, happy, welcoming place to be.
- Display a positive attitude and show commitment and responsibility for training, train hard and enthusiastically.

- Maintain a positive attitude towards personal health and welfare, including nutrition and lifestyle.
- The consumption of alcohol under the lawful age is strictly prohibited and discouraged for those under 18 years of age.
- 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.
- 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.
- Not use any device to take photographs or footage of others in the changing rooms or cubicles.
- Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
- Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which may be a criminal offence will be reported to police by the club.
- Report any incidents of bullying or unkind behaviour to the club, including if you're a witness.
- Treat other children with respect and appreciate that everyone has a different level of skill or talent.
- Always report any poor behaviour by others to an appropriate officer or member of staff.
- Support and encourage your teammates, tell them when they've 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 team and all volunteer helpers at the club.
- Get involved in club decisions, it's your sport too.

**Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee.**

Signature of swimmer:

Signature of parent / guardian:

Date: