



## CODE OF CONDUCT FOR ATHLETES

### General Behaviour

1. I will treat all members of, and persons associated with, Leicester Sharks CSC and Swim England with due dignity and respect.
2. I will treat everyone equally and never discriminate against another person associated with Leicester Sharks CSC and Swim England on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
3. I understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the disciplinary or child welfare policies.
4. I will display a high standard of behaviour at all times.
5. I will always report any poor behaviour by others to a coach, committee member or member of the volunteer support team.
6. I will recognise and celebrate the good performance and success of fellow club and team/squad members.
7. I will respect the privacy of others, especially in the use of changing facilities.
8. I will not behave inappropriately in the changing facilities and cause damage and/or undue disarray, which may result in the host venue terminating their contract with the club.
9. I will not take photographs or make other recordings of fellow athletes in the changing facilities.
10. I will not use social media in any way to discredit, humiliate or bully fellow athletes be it from the club or any other swimming organisation.
11. I will not place anything on social media that could be seen as detrimental to the club and/or any athlete, coach or other member of the club.



## Training

1. I will treat my coach, poolside helpers and fellow members with respect.
2. I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
3. I will arrive in good time on poolside before the training session starts to complete poolside warm up as directed by my coach.
4. I understand that if I arrive late, I must report to my coach before entering the pool.
5. I will not run on poolside or in the changing facilities, where there is a risk of slipping.
6. I will ensure that I have all of my equipment with me, e.g. paddles, kickboards, hats, goggles, etc. (please check kit list relevant for your squad).
7. If I need to leave the pool for any reason during training, I will inform my coach or poolside helper before doing so.
8. I will listen to what my coach and poolside helper is telling me at all times and obey any instructions given.
9. I will always swim to the wall as I would do in a race, and I will practice turns as instructed.
10. I will not stop and stand in the lane, or obstruct others from completing their training.
11. I will not pull on the ropes as this may injure other athletes.
12. I will not skip lengths or sets – to do so means I would only be cheating myself.
13. I will not dive into the pool when it represents a risk to me and/or other athletes.
14. I will think about what I am doing during training, and if I have any problems, I will discuss them with my coach or poolside helper at an appropriate time.
15. If I have any problems with the behaviour of fellow athletes, I will report them at the time to my coach, poolside helper, committee member or a member of the volunteer team



## Competitions

1. At competitions, whether they are open meets, national events or club galas, I will always behave in a manner that shows respect to my coach, the officers, my team mates and the members of all competing organisations.
2. I understand that I will be required to attend events and galas that the D.O.S or Head Coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official, D.O.S or Head Coach.
3. I understand that I must wear appropriate swimwear, tracksuits, T-shirts/shorts, poolside shoes and hats as per the rules laid down by the organisation.
4. I will report to my coach and/or Team Manager on arrival on poolside.
5. I will warm up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race.
6. I will be part of the team. This means I will stay with the team on poolside and will support all athletes within the team.
7. If I have to leave poolside for any reason, I will inform, and in some cases, get the consent of the Team Manager/coach before doing so.
8. After my race, I will report to the allocated coach for feedback.
9. I will support my team mates at a gala and all athletes from the club who are competing at a meet. Everyone likes to be supported and they will be supporting me in return.
10. I will swim down after the race if possible, as advised by the allocated coach.
11. My behaviour in the swim down facility must be appropriate and respectful to other users at all times.
12. I will never leave an event until either the gala is complete or I have the explicit agreement of the coach or team manager.

This code is an extension to the Swim England Code of Ethics. Both should be followed.

N.B. Any misdemeanours and/or breach of this Code of Conduct will be dealt with by the Club and could result in exclusion from the Club.

Updated March 2019.