



Code of Conduct - Online Training for MSC Swimmers

We are all adjusting to a new world of online learning at school and online swim training. Whilst this is far from ideal, it does provide everyone with the opportunity to maintain fitness, see their peers and retain the sense of swim community that we all miss so badly at this time.

This code of conduct will help us all to remember of the importance of online behaviour, to ensure we all gain the most from the online sessions, respect everyone and keep everyone safe online.

As a member of our club we expect you to:

- Arrive on time for your session, just as you would for a pool session.
- If you are unable to attend the session, email the Head Coach. The session can be sent to you.
- You are to dress appropriately for the session.
- You should remain attentive during session and fully engage with the coach and activity.
- When the coach is speaking and delivering the set, everyone is expected to be quiet and listen.
- It is important we respect all the members of our club and allow them to train and enjoy the session.
- You must not record each other's online interactions.
- We allow microphones 'on' during the sessions, as it allows the community spirit to be experienced by everyone as they train and from the last lockdown online sessions, we know it significantly improves the training experience. You will be prompted by the coach to answer a question or encouraged to speak when appropriate. However, this function must not be used inappropriately or at a time when not prompted to do so.
- If the coach feels that your behaviour is unacceptable or inappropriate you will be moved to a waiting room for a period of time. This is to ensure everyone else on the call can continue to enjoy the sessions. When the coach is able to re-join you to the online call they will do so.
- If you continue to behave in an unacceptable or inappropriate way during the same session you will be removed from the online call and the coach will email your parents/guardian to let them know.
- You must ensure that all your communications – with other participants, volunteers or coaches – are respectful, positive, responsible and sensible.

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