



Member's Code of Conduct and Club Rules

General Behaviour

- 1 I will treat all members of, and persons associated with, Hillingdon Swimming Club and the ASA (Swim England) with due dignity and respect.
- 2 I will treat everyone equally and never discriminate against another person associated with Hillingdon Swimming Club and the ASA (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 (including on social media), bullying, harassment, or physical violence will not be tolerated and could result in any one of the following sanctions being applied:
 - Verbal reprimand issued by the coach
 - Verbal warning with a follow up letter
 - Formal written warning
 - Referral to the Club Committee for action
- 4 I will display a high standard of behaviour at all times.
- 5 I will always report any poor behaviour by others to an appropriate officer of the club or member of staff.
- 6 I will recognise and celebrate the good performance and success of fellow club and team members.
- 7 I will respect the privacy of others, especially in the use of changing facilities and will not use any photographic equipment including mobile phones in the changing facilities.
- 8 When using social media including (but not limited to Facebook, Twitter, WhatsApp) I will not post anything that will bring the club into disrepute or that is inappropriate, say anything hurtful or untrue about another club member, official or coach
- 9 I will seek permission to use photographs I have taken of individuals before sharing with others or on social media.
- 10 I understand that consumption of alcohol is totally forbidden for athletes under age as defined by UK law and it must not be consumed by swimmers of any age whilst en route, prior to, during, or following a competition event, training camp or team activity.
- 11 I understand that smoking is prohibited by swimmers whilst en route, prior to, during, or following a competition event, training session or team activity.
- 12 I understand that personal appearance shall be appropriate to the circumstances and as indicated by the coach/team manager. Team kit and equipment shall be worn as directed by the coach/team manager when competing, training, assembling, travelling or



representing Hillingdon Swimming Club at official team functions or other occasions as notified.

- 13 I understand that personal hygiene should be maintained to a high standard at all times.
- 14 I understand that illegal and performance enhancing drugs and substances are strictly forbidden and that I am expected to be aware of the current list of banned substances and that particular care must be exercised if I am on medication prior to or during a competition.
- 15 I understand that the use of illegal drugs and substances even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited at all times.

Training

- 1 I will treat my coach and fellow members with respect.
- 2 I will make my coach aware if I have difficulties in attending training sessions as per the rules and training schedule laid down for my squad.
- 3 I will arrive on poolside at least 5 minutes before the training sessions, or as the time laid down for my squad.
- 4 I will arrive on poolside at least 5 minutes before the session starts or as the time laid down for my squad to complete poolside warm up as directed by my coach.
- 5 I understand that if I arrive late to a sessions, I must report to my coach and may only be allowed to take part in the session at the discretion of my coach before entering the pool.
- 6 I will ensure that I have all my equipment with me, e.g. paddles, fins, kickboard, hat, goggles, etc.
- 7 If I need to leave the pool for any reason during training, I will inform my coach before doing so.
- 8 I will listen to what my coach 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 other swimmers from completing their training.
- 11 I will not pull on the lane rope as this may injure me or other members.
- 12 I will not skip lengths or sets – to do so means I would only be cheating myself.
- 13 I will think about what I am doing during training, and if I have any problems, I will discuss them with my coach at an appropriate time.
- 14 If I have any problems with behaviour of fellow members, I will report them at all times to an appropriate adult.



- 15 If I am over the age of 18 I will take personal responsibility for ensuring all medical information is provided and kept updated.
- 16 If at any time I feel unwell, I will let my coach know immediately.

Competitions

- 1 At competitions, whether they are open meets, Counties, Regionals, National events or club galas, I will always behave in a manner that shows respect to my coach(es), the officers of Hillingdon SC Officials, team members and the members of all competing organisations.
- 2 I understand that I will be required to attend events and competitions that the Head coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official and/or coach. All club swimmers who are registered to Hillingdon Swimming Club as their first named club are expected to participate in the Club Championships, unless excused by the HeadCoach.
- 3 I understand that I must wear appropriate swimwear, tracksuit, pool shirt/shorts and current club hat as per the rules laid down by Hillingdon Swimming Club and detailed in the club kit list.
- 4 I will report to my coach and/or team manager on arrival 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/s.
- 6 I will be part of the team and will stay with the team poolside throughout the event to support others, unless agreed otherwise with the coach in charge.
- 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 back to my coach for feedback.
- 9 I will swim down after my race/s if possible as directed by my coach.
- 10 My behaviour in the swim down facility must be appropriate and respectful to other users at all times.
- 11 I will never leave an event until either the competition is complete or I have explicit agreement of the coach or team manager.
- 12 I will discuss with my coach prior to withdrawing from a race/s.
- 13 If at any time I feel unwell, I will let my coach know immediately.



Notes:

Personal possessions are not the responsibility of Hillingdon Swimming Club. Individuals should use lockers if provided. Please do not bring expensive items to training or competitions.

An additional Code of Code operates for swimmers attending residential training camps

This Code of Conduct is to be read in conjunction with the following documents:

- Wavepower 2016 - 2019
- Hillingdon Swimming Club Rules
- Hillingdon Swimming Club Anti-Bullying Policy
- ASA (Swim England) Guidance on Social networking
- ASA (Swim England) Photography Guidance

Name: Date:

Signed:

January 2019