



SWIMMERS CODE OF CONDUCT

CASC is proud of its swimmers and their performance. This is optimized by exemplary behaviour at all times and venues, and by adherence to the following code:

Training

- Swimmers are expected to give maximum effort at all training sessions attended.
- Swimmers must arrive on poolside 5 minutes prior to the start of the session to begin a 5-minute stretching warm-up.
- Swimmers should avoid eating food or consuming fizzy drinks prior to the start of their session.
- Swimmers should not come to training if they have been sick within the last 24 hours or if they are feeling unwell or have a temperature
- Swimmers must ensure that all their training equipment and at least 1 drinks bottle is readily accessible on poolside.
- Club hats must be worn by all swimmers at all training sessions and competitions. Club uniform must be worn at all competitions and presentations.
- Swimmers must not leave poolside without the express permission of the Coach in charge of the session. If a swimmer has to leave a session early, for whatever reason, they remain the responsibility of the Club and must change and return to poolside until collected by a parent or nominated adult.

Competition

- All swimmers qualifying for Surreys, London Region and/or National Competitions are expected to attend that event. The coaching staff must be notified of any withdrawals.
- When selected to represent the Club, parents must contact the relevant Coach as soon as possible to confirm availability. Please notify the relevant coach of all dates when the swimmer will be unavailable as soon as possible. Swimmers should make themselves available for important competitions (Speedo/Whitehorse/Surreys etc) as a matter of priority.
- Swimmers must remain on poolside until their results have been posted. If a swimmer qualifies for a final they should remain on poolside until both the final and the presentation have taken place.
- Swimmers not taking part in a gala are not allowed on poolside. Parents not assisting are not allowed on poolside at any competition, except in exceptional circumstances.
- When travelling to an event by coach, swimmers must remember that they are representing the Club and must respect any reasonable request made by parents/coaches accompanying them.

General

All Officials, Coaches and Voluntary Helpers must be treated with respect at all times. Treat everyone as you would wish to be treated yourself.

Swearing is forbidden at all times and in all places.

Bullying of any description, verbal or physical, will not be tolerated under any circumstances.

Swimmers remain the responsibility of their parents at all times prior to the commencement of the training session and/or competition, including the time spent in the changing room. This also applies to social events held and/or organised by the Club.

Swimmers must not leave personal belongings in the changing rooms. Bags must be taken on to poolside.

The Changing rooms at all pools are for changing only. Every swimmer must show respect for the buildings and the property therein.

ALL Club fees (annual, ASA and Squad) and gala entry fees must be paid promptly by the due date

Any behaviour not specifically detailed above which is deemed unacceptable by the Committee will be dealt with according to the club disciplinary procedure. This is not an exhaustive list and the Club reserves the right to amend them at any time.

Good, fair and respectful behaviour is expected by all members of the club at all pools, events and training sessions. This extends to outside of training and the use of texts, emails and other messaging services. Inappropriate communication and non-adherence to the CASC Codes of Conduct and Constitution violates the terms of your membership.