



Borough of Waltham Forest Swim Club

BWFSC Code of Conduct for Young Swimmers

As a member of our 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's 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, diving, high diving, artistic swimming, water polo and open water swimming skills with our help and support.
- Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate.

As a member of our club or activity we expect you to:

Essentials

1. Keep yourself safe by listening to your coach or teacher, behave responsibly and speak out when something isn't right.
2. Take care of our equipment and premises as if they were your own.
3. Make it to training and competitions on time and if you're running late, let a member of the club know.
4. Make your coach or teacher aware if you have any difficulties attending training or competitions.
5. Not wander off, or leave training or a competition without telling your coach, teacher or team manager.
6. Bring the right kit to training and competitions.
7. Follow the rules of the club, squad or activity at all times.



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8. Respect the privacy of others especially in the changing rooms.
9. Treat all members of the club with due respect including your fellow swimmers, Coaches, Volunteers and Officials.
10. Treat all competitors and representatives from competing clubs with due respect.
11. The discrimination of others on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality, will not be tolerated and could result in disciplinary action against you, and you being banned from club or squad.
12. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in disciplinary action against you, and you being banned from club or squad.
13. Always report any poor behaviour by others to an appropriate officer, coach or member of staff.

Behaviour

1. Make our club and activity a fun, happy, friendly and welcoming place to be.
2. 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.
3. 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.
4. Not use any device to take photographs or footage of others in the changing rooms or cubicles.
5. Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
6. 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.
7. Report any incidents of bullying or unkind behaviour to the club, even if you're just a witness.
8. Treat other children with respect and appreciate that everyone has a different level of skill or talent.
9. Support and encourage your team mates, tell them when they've done well and be there for them when they are struggling.



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10. Respect the children and adults competing for other teams at competitions.
11. Respect the committee members, coaching and teaching team and all volunteer helpers at the club. Get involved in club decisions, it's your sport too.

Swimming training

1. Arrive in good time to stretch, 15 - 20 minutes before start time.
2. Make your coach aware if you have difficulties in attending the training sessions as expected for your squad.
3. Understand that if you arrive late, you must report to your coach before entering the pool.
4. Have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc.
5. Use the lavatory before training begins and always inform the coach if you need to leave the pool during training.
6. Listen to what your coach is telling you, and obey any instructions given.
7. Think about what you are doing during training. If you have any problems, discuss them with your coach at an appropriate time.
8. Always swim to the wall as you do in a race, and practice turns as instructed.
9. Do not stop and stand in the lane, or obstruct others from completing their training, as you may get injured.
10. Do not pull on the ropes as this may injure other swimmers.
11. Do not skip lengths or sets as you are only cheating yourself. If other swimmers are catching up to you let them pass when you reach the end of the lane. (See Lane Etiquette document)
12. Do not pull on the legs of swimmers in front of you as this may injure other swimmers.



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Competitions

1. You must swim events and galas that the Head Coach has recommended/selected/entered you for unless agreed otherwise by prior agreement with the relevant club official. Well Done! It is an honour to be selected to swim.
2. At all meets including Club Champs, Away and Home Galas, check when you should arrive and sign-in and be sure to sign-in on time. Sign-in yourself, avoid getting others to do this for you including parents/responsible adults unless you know you will be late but attending.
3. Warm-up before the event. Prepare yourself properly for the race.
4. Warm up properly by swimming, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions.
5. At competitions, whether they be open meets, national events or club galas, always behave in a manner that shows respect to my coach, the officers, my team mates and the members of all competing organisations.
6. Be part of the team. You must stay with the team/coach on poolside. If you have to leave poolside for any reason you must inform, and in some cases, get the consent of the Coach or Team Manager before doing so and tell them where you are going.
7. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
8. Support your team mates. Everyone likes to be supported.
9. You should wear club uniform (T-Shirts/Shorts/Hoodies) and hats when representing the club.
10. Swim down after the race, if possible. Do not use this time to play.
11. After your race immediately report to the coach, not your parents, to receive feedback on your race and splits.

Changing Rooms

1. Get dressed/undressed as quickly as possible - A Changing Room is not a playground.
2. Poor behaviour in the changing room will result in a warning and possible removal from club or squad.



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3. Do not go into the opposite sex changing room – this may result in you being banned from squad/club.
4. Take away any litter/water bottles with you.
5. Make sure you do not wear your outdoor shoes onto poolside.
6. Have your pool shoes to wear on poolside.
7. Put your clothes away safely and keep them all together.
8. Make sure any valuables are secure.
9. Make sure that you do not use your mobile phone in the changing rooms – that is against pool rules. No photos or videos can be taken in any changing rooms.

Collection

If you are not picked up by your parents/responsible adult please let your swimming coach, welfare officer, committee member or pool reception know, do not leave the centre without telling someone.

If you have to get out of the pool during training or competition for any reason e.g. illness, early finish, incident please do not leave the venue until you have informed your coach how you are getting home. Your coach or committee members are able to contact your parents for you.

Enjoy your time training and competing with the Club. If you are not, please talk to someone, your coach, committee member or parent. We understand young people have a lot of commitments and we are here to listen and support you.

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

Signature of Swimmer

Print name

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Date

Adapted from the SwimEngland Wavepower Document & SwimEngland Code of Conduct for Children
BWFSC Child Welfare Officer Email: welfare@bwfsc-gators.org.uk



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In line with the Swim England Code of Ethics

Code of Ethics

Terms of Reference

The content of this Code of Ethics applies to all those involved within the sports of swimming, diving, water polo, open water swimming and synchronised swimming. The Code of Ethics should be read in conjunction with the Codes of Conduct contained in Swim England's Child Safeguarding Policy and Procedures (Wavepower).

Code of Ethics

All individuals within the Swim England aquatic disciplines will at all times:

- Respect the rights, dignity and worth of every person, be they adult or child, treating everyone equally within the context of the sport.
- Respect the spirit of the sport adhering to the rules and laws in and out of the pool, incorporating the concept of friendship and respect for others.
- Promote the positive aspects of the sport and never condone the use of inappropriate or abusive language, inappropriate relationships, bullying, harassment, discrimination or physical violence.
- Accept responsibility for their own behaviour and encourage and guide all Swim England members and parents of junior members to accept responsibility for their own behaviour and conduct.
- Ensure all concerns of a child safeguarding nature are referred in accordance with Wavepower.
- Conduct themselves in a manner that takes all reasonable measures to protect their own safety and the safety of others.
- Promote the reputation of the sport and never behave or encourage or condone others to behave in a manner that is liable to bring the sport into disrepute.
- Adhere to Wavepower.
- Adhere to the Codes of Conduct contained in Wavepower.
- Adhere to Swim England's Equality Policy.
- Adhere to the Rules and Regulations of Swim England.
- Adhere to the British Swimming Anti-Doping Rules.