

GREENWICH ROYALS SWIMMING CLUB

CODE OF CONDUCT FOR SWIMMERS

(You agree to abide by this code of conduct when you or, if you are under the age of 18 years, your parent(s), guardian(s) or carer(s) sign the Greenwich Royals Swimming Club Membership Form).

OBJECTIVES:

To make Greenwich Royals Swimming Club (“GRSC”) swimmers fully aware of their rights and responsibilities.

- Every swimmer should aim to ACHIEVE as much as they can while having FUN and staying SAFE.
- Our Club is both competitive and friendly. Nobody should be made to feel unhappy, frightened or embarrassed. Take time to make sure others are OK and that any new swimmers are made to feel welcome.

General behaviour: All GRSC Swimmers will at all times:

1. Treat all members of the Club with due respect including:
 - a. fellow swimmers
 - b. Coaches
 - c. Officials
2. Treat all swimmers and representatives from other clubs, officials, pool staff with respect.
3. Refrain from using inappropriate or abusive language, bullying, harassment, discrimination or physical violence. Such behaviour will not be tolerated by the ASA or GRSC and could result in action being taken through the Club disciplinary or child welfare policy.
4. Avoid contact or conduct which could be interpreted as being inappropriate.
5. Participate in their sport within the rules of the ASA and respect both officials and their decisions.
6. Respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
7. Play their part in making the Club a positive, supportive and happy place which encourages:
 - a. Achievement;
 - b. Healthy competition;
 - c. Skill development; and
 - d. FUN!

Training Sessions: GRSC Swimmers should. . .

1. Arrive in good time to stretch, (*10 - 15 minutes before start time*). If you are unavoidably late for a session apologise to your coach and ask permission to train.
2. Prepare for training. Take: Drinks Bottle, Hat, Goggles, Kickboard, Pullbouy, Paddles, (in wet bag) and, where applicable, your Logbook. **DON'T FORGET YOUR COSTUME AND TOWEL.** Make sure that you have energy for your session and have followed guidelines on Nutrition.
3. Keep hydrated – have at least one (1 Litre) water bottle filled and ready for consumption during training.
4. Use the lavatory before training. Do not go to the toilet during the main set. Inform the coach if at any time you do need to leave the pool.
5. Pay attention to pre-training instructions and explanations of the set – it wastes time for both the coaches and the swimmers if instructions need repeating. Face the coach when he/she is talking and LISTEN. (No chatting).
6. Start every set with a correct race start. Swim to the wall and turn as you would in a race, and finish fast at the wall (no breathing in last 5 metres). Once finished, move over for the next swimmer to finish.
7. Don't stop and stand in the lane, you may get injured.
8. Don't pull on the ropes (*may injure other swimmers*) or sit on them (*stretches them – expensive to repair*).
9. Don't skip lengths or sets (*you are cheating yourself*). Concentrate on TECHNIQUE throughout the session.

Lane Etiquette (Training and Warm-ups): GRSC Swimmers must . . .

1. **WARMING UP: START SLOWLY** – Gradually warm up your muscles and joints - so that you reduce the risk of injury – and are ready to work hard in the main set.
2. Remain conscious of where others are in the lane and be considerate to faster/slower swimmers (*They are all trying as hard as you are*).
3. If available, use the pace clock.
4. When overtaking, move to the middle of the lane and overtake the swimmer in front.
5. If you are being overtaken, maintain your pace and rhythm – Don't stop, submerge or slow down.

6. If you have overtaken another swimmer - maintain your speed and keep ahead.
7. Don't swim in the middle of the lane – this is the area to be used for passing and is also the extra space needed for swimmers' arms (Fly and Breast) and legs (Breast).
8. When coming in to turn, cut across the lane just before making your turn and push off straight – don't turn and then push off at an angle - this is dangerous for the swimmer following you.
9. Allow the swimmers following you to turn or finish correctly and safely, (move out the way of their finish).

Competition: GRSC Swimmers must . . .

1. Swim events and galas that the Coach/Team Manager has entered/selected you for. Show respect and compliance to requests/instructions from the coach, team manager and chaperone(s).
2. Behave in a manner that supports and reflects the good name of GRSC.
3. Wear Official GRSC kit (Swim hats / Polo shirts / T-bags).
4. At Open Meets, check the arrangements/timings for posting cards and be sure to post them on time.
5. Warm-up before the event. Prepare yourself for your races.
6. Warm-up properly by swimming, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions. Obey the instructions of the Warm up Marshals.
7. Be part of the team. Stay with the team on poolside. If you leave poolside for any reason, you must tell the Coach where you are going.
8. Listen for your race to be announced. Report to the Marshalling Area / Clerk of the Course / Competitors Stewards in good time for your race(s). *Take your hat and goggles with you!*
9. Support your team mates. Everyone likes to be supported.
10. If there is the facility to do so, swim down after each race.
11. After your race report to the coach (not your parents, guardians or carers) to receive feedback on your race and splits.

12. Let the coach be the judge of your performance, you must talk/listen to your coach immediately before and immediately after your event for accurate/specific feedback on your performance. Make a mental note of any suggestions for improvement which you can practise in training and implement in future competitions.
13. Publicly accept all the judgments of officials. If you need to speak to the Referee, be polite – and chose an appropriate moment. She/he will not mind you asking polite questions.

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