

Code of conduct for children (swimmers and those learning to swim)

[incorporating Swim England's relevant code, as set out in Wavepower 2020-2023]

You agree to abide by this code of conduct and any subsequent version when you - or if you are under the age of 18 years, your parent(s)/ guardian(s) - complete the Greenwich Royals Swimming Club Membership Form.

Objective:

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

- Every member should aim to achieve as much as they can while having fun and staying safe.
- GRSC 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 members are made to feel welcome.

As a member, GRSC understands you have the right to:

1. Enjoy the time you spend with us and know that you are safe.
2. Be told who you can talk to if something's not right.
3. Be listened to.
4. Be involved and contribute towards decisions within the club or activity.
5. Be respected by us and other team members and be treated fairly.
6. Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
7. Be encouraged and develop your swimming, para-swimming and open water swimming skills with our help and support.
8. Be looked after if there's an accident or injury and have your parents/ guardians informed, where appropriate.

As a member of GRSC 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 the premises we use, 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 to 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.
8. Respect the privacy of others especially in the changing rooms.

Behaviour

1. Make our club a happy, friendly and welcoming place to be, encouraging:
 - achievement;
 - healthy and respectful competition;
 - skill development; and
 - FUN!
2. Respect and celebrate difference in our club 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 or Swim England.
4. Avoid any contact or conduct which could be interpreted as being inappropriate.
5. Not use any device to take photographs or footage of others in the changing rooms or cubicles.
6. Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
7. 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.
8. Report any incidents of bullying or unkind behaviour to the club, even if you're just a witness.
9. Treat other members with respect and appreciate that everyone has a different level of skill or talent.

10. Support and encourage your team mates, tell them when they've done well and be there for them when they are struggling.
11. Respect children and adults competing for other teams at competitions and respect the officials and their decisions.
12. Respect the club's committee members, coaching and teaching team and all volunteer helpers, as well as representatives from other clubs, officials, pool staff etc.
13. Get involved in club decisions, it's your sport too!

In addition, for training sessions we expect you to:

1. Prepare by making sure you bring to each session a drinks bottle, club swim hat, costume, goggles, towel and where applicable a kickboard, pull-buoy, paddles and your Logbook. Make sure you have energy for your session and have followed any guidelines on nutrition.
2. Arrive in good time to warm-up/ stretch, (*10 - 15 minutes before start time*). If you are unavoidably late for a session you must apologise to your coach or teacher and ask for permission to join the session.
3. Use the toilet before training to avoid the need to go during the main set. If you do need to go during a session you must inform the coach or teacher before leaving poolside.
4. Pay full attention to pre-training instructions and explanations of the set; always face the coach or teacher when they are talking and listen to what they are saying.
5. Complete the session in full; not skipping lengths or sets.
6. Concentrate on technique throughout each session, including;
 - start every set with a correct racing start;
 - swim to the wall and turn as you would in a race;
 - finish fast at the wall (no breathing in last 5 metres).
7. Not to stop or stand in the lane, in the way of others.
8. Not to pull or sit on the lane ropes, which may result in injuries to you or other swimmers or may damage the ropes.
9. Immediately move over in the lane once you have completed a set, allowing the next swimmer to finish correctly.
10. Keep hydrated – have at least one (1 Litre) water bottle filled and ready to drink during training.

In addition, in respect of lane etiquette for training sessions and for warm-ups in competitions we expect you to:

1. Warm up slowly; gradually warm up your muscles and joints to reduce the risk of injury and so they 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. Use the pace clock, where available.
4. Move to the middle of the lane to overtake a swimmer in front.
5. Maintain your pace and keep ahead if you have overtaken another swimmer.
6. Maintain your pace and rhythm (not to stop, slow down or submerge) if you are being overtaken.
7. Not swim in the middle of the lane as this is the area to be used for overtaking and provides the space needed for those swimming Fly and 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 as this is dangerous for the swimmer following you.
9. Allow swimmers following you to turn or finish correctly and safely.

In addition, for competitions we expect you to

1. Swim the events at any gala or competition which you have been selected for or which have been suggested that you enter.
2. Wear official GRSC kit, including club swim hat, poolside shirts, hoodies, leggings etc.
3. Check the arrangements/ timings, including any requirements to sign-in for a competition and/or specific events, warm-up times, event schedule etc.
4. Warm-up properly before an event and take responsibility for preparing yourself for your races.
5. Be part of the team by staying with and supporting the team on poolside. You must not leave poolside for any reason, without first telling the Coach or Team Manager where you are going.
6. Listen for your race to be announced. Report to the marshalling area in good time for your race(s). *Take your hat and goggles with you!*
7. Speak to the coach immediately after a race (not your parents/ guardians) to receive feedback on your race and splits.

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8. Make a note of any suggestions for improvement which you can practise in training and implement in future competitions.
9. Swim down after each race, if there is the facility to do so.
10. Publicly accept all judgments of the officials. If you need to speak to a Referee, be polite and chose an appropriate moment to do so.

Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee, which may result in your membership being terminated.

Signature of member

Printed name

Date

Signature of parent/
guardian

Printed name

Date