



## Norwich Swan Swimming Club Swimmer's Code



**My Behaviour and Personal Conduct** will at all times be of a high standard and reflect favourably on the sport, and the Club. My language in public and in group situations will always be appropriate and socially acceptable. I will do my utmost to be courteous to other pool users and members of the public.

### **I agree to:**

1. Be on poolside *ready to swim* at least 5 minutes prior to the start of my session.
2. Bring all appropriate equipment to training sessions. For Challenge squad and above this includes: swimming gear, Norwich Swan hat, 2 pairs of goggles, water bottle, kick board, pull buoy, and fins. County & Regional squad swimmers should also have hand paddles.
3. Respect the poolside staff, pay attention to the coaches, and be polite – when they are talking I will be listening.
4. Comply with the codes, rules and laws within the guidelines set out by the ASA
5. Encourage all other swimmers to obey the spirit of the rules and laws both in and out of the pool.
6. Observe the authority and the decisions of all officials.
7. Treat other competitors and teams with respect, in victory and defeat.
8. Respect the basic human rights, worth and dignity of each member or competitor, regardless of race, colour, language, religion, birth or social status as set out in the equal opportunities policy.

**My Personal Appearance** shall be appropriate to the circumstances and I shall wear team kit as directed by the Team Manager, or Coach.

**Breach of the Swimmer's Code:** In the first instance any breach of the Swimmer's Code will be highlighted to the swimmer by the Coach or Team Manager. If the situation persists the swimmer will be issued with a verbal warning, asked to sit and observe for the rest of the training session, and their parent/carer will be notified. The incident will be reported to the Head Coach and further action will then be taken as deemed necessary.

*The Swimmer's Code applies to all swimmers who are members of Norwich Swan Swimming Club*