

Code of Conduct - Swimmers

General Behaviour

1. I will treat all members and persons associated with Swim England with due dignity and respect.
2. I will treat everyone equally and never discriminate against another person associated with Swim England on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
3. I understand the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
4. I will display a high standard of behaviour at all times and respect the privacy of others, especially in the use of
5. changing facilities. Always report any poor behaviour by others to an appropriate Club member.
6. I will recognise and celebrate the good performance and success of fellow Club and team members.

Swimming Training

1. I will treat my Coach/Teacher and fellow Swimmers with respect.
2. I will make my Coach/Teacher aware if I have difficulties in attending training sessions as laid down for my squad.
3. I will arrive in good time on poolside before the training session starts to complete poolside warm up as directed by my Coach/Teacher.
4. I understand if I arrive late report to my Coach/Teacher before entering the pool.
5. I will ensure I have all my equipment with me, i.e. paddles; kick boards, hats, goggles, a drink, etc.
6. If I need to leave the pool for any reason during training inform my Coach/Teacher before doing so.
7. I will listen to what my Coach/Teacher is telling me at all times and obey instructions given.
8. I will always swim to the wall as I do in a race, and practice turns as instructed.
9. I will not stop and stand in the lane or obstruct others from completing their training.
10. I will not pull on the ropes as this may injure other Swimmers.
11. I will not skip lengths or sets - I would only be cheating myself.
12. I will think about what I am doing during training and if I have any problems discuss them with my Coach/Teacher at an appropriate time.
13. If you have any problems with the behaviour of fellow members report them at the time to an appropriate adult.

Competition

1. At competitions whether they be open meets, national events or club galas I will always behave in a manner that shows respect to both my Coach, officials, members and teammates and the members of all competing clubs.
2. I understand I will be required to attend events and galas that the Head Coach has entered/selected me for unless previously agreed otherwise with the relevant Coach and Club Committee member.

3. I understand I must wear appropriate swimwear, tracksuits, T shirts/shorts and hats as required by Reading Swimming Club.
4. I will report to my Coach and/or Team Manager my arrival on poolside.
5. I will warm-up before the event as directed by the Coach and ensure I fully prepare myself for the race.
6. I will be part of the Team and stay with the Team on poolside. If I have to leave poolside for any reason, I will ensure that I inform and, in some cases, obtain the consent of the Team Manager/Coach, before doing so.
7. After my race, I will immediately swim down before obtaining feedback from my coach
8. My behaviour in the swim down facility must be appropriate and respectful to other users at all times.
9. I will support my teammates. Everyone likes to be supported and they will be supporting me.
10. I will never leave an event until either the gala/meet has finished, or I have the explicit agreement of the Coach/Team Manager.