



Swimmers Code of Conduct

The purpose of this document is to establish a minimum standard of behaviour required of swimmers both on and off poolside: this applies to training sessions and galas. In order to maintain the Club's reputation as a friendly and disciplined organisation and above all for the safety and well-being of swimmers, all members must agree to abide by the Rules of the Club and in particular the rules contained in this Code of Conduct.

General

The Club will not tolerate bullying in any of its many forms – see separate document.

- Members should behave in a polite, safe and responsible manner at any time they are representing or associated with Barking and Dagenham Aquatics, whether in training, and when travelling to or from a gala.
- Members should respect the rights and dignity of others, behave without discrimination and treat others with due consideration.
- Members should not use abusive language or act in an aggressive manner at any time.
- Members should respect, at all times, the swimming facilities they are using and behave in a courteous way towards pool staff.

In water and on poolside

Swimmers must...

- Obey promptly all instructions from the coaches. This also applies to obeying instructions at galas from team managers and any of the officials on duty.
- Behave in a safe and responsible manner at all times.
- Never change lanes unless instructed to do so by the coach.
- Not use abusive language or act in an aggressive manner.
- Not be on poolside until a Barking and Dagenham Aquatics official is present.
- Always listen to the coach and think about what you are doing during training.
- Always swim to the wall and do not stop and stand in the lane as this could cause injury.
- Behave in a 'sporting' manner in all races, support and encourage the team.
- Treat competitors and teams with respect at all times.
- After your race, report to the coach, not your parents, to receive feedback on your race.
- Always wear club uniform and hats when representing the club.
- Treat competitors and teams with respect at all times.

Changing rooms

Swimmers must...

- Behave in a responsible, orderly and appropriate manner in the shower area and the changing rooms and change as quickly as possible
- Respect the property of other swimmers and any of the facilities and equipment provided.
- Obey any instructions from changing room staff, which will also help if you have a problem.
- At all locations, change in the relevant single sex changing areas provided. Any family changing facilities may only be used with the supervision of an adult.

Coaches to away galas

Swimmers must...

- Remain seated throughout the journey.
- Not interfere with any safety equipment including alarm buttons, switches handles etc.
- Use the seat belts at all times where provided.
- Respect the condition of the coach and place any rubbish into bags that may be provided.
- Comply with any instruction from the coach driver.

Sanctions/punishments

Failure to comply with these codes will result in the appropriate disciplinary action.

- A verbal warning is the first stage, issued by the Head Coach.
- A verbal warning will be followed by a written letter from the committee to advise parents.

If this is ineffective the following actions will follow:

1. Temporary exclusion
2. Written warning
3. Membership withdrawal

In accordance with the club's constitution, only the Committee can ultimately withdraw the membership of a swimmer - a decision not taken lightly, but taken in the interests of the safety and well-being of the swimmers and club as a whole.

Serious incidents will be reported to the ASA in accordance with ASA guidelines.