**Code of Conduct - Swimmers**

**Objective and Scope**

The purpose of this document is to establish a set of guidelines and procedures which outline the responsibilities and behaviour of both staff and swimmers who are members of the Notts County Swim Squad and Nova Centurion SC. Whilst part of it is specifically aimed at "away" trips and competitions where travel and accommodation are required, it is expected that the principles of the Code of Conduct should be followed at all events and training sessions.

**General Behaviour**

1. **Behaviour and Personal Conduct must at all times be of a high standard and reflect favourably on the sport, Nova Centurion SC, and Notts County Swim Squad.**
2. **Treat all members of, and persons associated with, the ASA with due dignity and respect.**
3. **Treat everyone equally and never discriminate against another person on any grounds including that of age, sexual orientation, ethnic origin or nationality. Bullying will not be tolerated.**
4. **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.**
5. **Display a high standard of behaviour at all times, including in the changing room areas at the facilities. Where possible mobile phones to be kept in bags whilst in the changing areas for safeguarding and health and safety.  Always report any poor behaviour by others to an appropriate club officer.**
6. **Recognise and celebrate the good performance and success of fellow club and team members.**

**Pool Environment & Lane Discipline**

1. The swimming pool rules should be observed at all times. i.e. no bombing, running on poolside, littering spitting etc.
2. All swimmers are expected to always be mindful of other swimmers in the water.
3. Swimmers must endeavour to pass with care and consideration.
4. If you are being passed, please allow the swimmer to pass you without impeding their progress whilst at the same time maintaining your own swimming.
5. Finishing swimmers always have the priority, ensure that you allow anyone behind you to finish correctly by allowing space.
6. Dive starts are to only take place in a safe environment; swimmers must always check the area below is clear before entry.
7. Whenever land work is done on poolside it must be completed safely, any equipment must only be used for its intended purposes.

**Illegal and Performance Enhancing Drugs and Substances:** are strictly forbidden. Swimmers are expected to be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a meet. The use of illegal drugs and substances even though they may not appear on the official banned list in respect of performance enhancing drugs is nonetheless prohibited.

**Consumption of Alcohol:** is totally forbidden for athletes under age as defined by UK law. It must not be consumed by swimmers or staff members whilst en route, prior to, or following a competition event, training camp or team activities, without specific consent of the Team Manager. During competition alcohol is strictly forbidden to all swimmers and staff.

**Smoking and Vaping:** is prohibited by swimmers and staff whilst en route, prior to, during or following a competition event, training session or team activities.

**Personal Appearance:** shall be appropriate to the circumstances and as indicated by the Team Manager. Team kit and equipment shall be worn as directed by the Team Manager when competing and training, when assembling or travelling, at official team functions or on other occasions as notified.

**Attendance:** at all activities is expected unless agreed by the Coach/Team Manager. Throughout the duration of the trip or competition swimmers should inform staff of their whereabouts.  Swimmers should not leave the poolside/pool without informing the coaching team or team manager. Punctuality on all occasions is essential and any curfew must be observed.

**Accommodation:** at hotels or equivalent must be as directed by the club staff and at no times must anyone extra be accommodated in swimmers’ rooms.

**Medication:** It is important that information on all medication being currently taken should be reported to the Team Manager who will report it to the relevant personnel. Allergies to any medication must be reported to theTeam Manager.

**Sanctions:** Breaches of the Code of Conduct shall be dealt with in the first instance by the Team Manager or Coach.  He/she shall report the incident to the Secretary of Nottinghamshire ASA who shall take such further action as is deemed necessary.

**Supervision: if not taking part**: If, during training or competition a swimmer cannot continue the session, and their parents or guardian are not in attendance, once changed the swimmer will be expected to return to sit on the poolside.