

# Chalfont Otters



# Swimming Club

## Code of Conduct for Swimmers

Treat all members of the Club and all competitors and representatives from competing clubs, with due respect

at all times including:

- Fellow swimmers
  - Coaches
  - Officials
  - Other volunteers
2. Treat everyone equally and never discriminate against another person associated with the Club and the SWIM ENGLAND on any grounds including that of age, sexual orientation, ethnic origin or nationality.
  3. Behave sensibly in the changing rooms:
    - Not interfere with other swimmers' belongings
    - Not damage any of the changing room facilities, i.e. blocking toilets, sink
    - keep the changing area clean
    - Not shout
    - take all of my swim equipment with you and keep on poolside
    - maintain personal conduct in accordance with point 4 below
    - respect the leisure centre and its staff and any other pool or leisure centre, who allow you to use the facilities.
  4. Personal conduct must at all times be of a high standard and reflect favourably on the sport and the Club. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken through the Club disciplinary or child welfare policy.

## Swimming Training. I will

1. Arrive at poolside in good time to stretch, 10 minutes before start time. Do not enter the water until the coach has instructed you to do so.
2. Inform your coach before the start of training if you have any illness/injury which may affect your training.
3. Have all your equipment with you i.e. paddles, kick boards, hats, goggles, water bottle etc.
4. Use the lavatory before training begins and always inform the coach if you need to leave the pool during training.
5. Look at and listen to what your coach is telling you. Follow the instructions given during training.
6. Behave appropriately in the water and on pool side.
7. Always swim to the wall as you do in a race, and practice turns as instructed.
8. Not stop and stand in the lane unless you have good reason.
9. Not pull on the ropes as this may injure other swimmers.
10. Not skip lengths or sets – you are only cheating yourself.
11. Think about what you are doing during training.

12. Not distract or disrupt other swimmers

## Competition

1. You must swim events and galas that your Coach has entered/selected you for unless agreed otherwise by prior agreement with the relevant club official.
2. Notify the team selectors as soon as possible if you cannot attend a gala for which you have been selected.
3. At Open Meets, check when you should register/sign-in and be sure to do so on time.
4. Warm-up before the event. Prepare yourself for the race.
5. Warm up properly by swimming, not playing or stopping in the lane.
6. Be part of the team. Stay with the team on poolside. If you leave for any reason you must tell the Coach and Team Manager where you are going.
7. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
8. Support your teammates. Everyone likes to be supported.
9. You must wear Club uniform and hats when representing the Club. Be proud to wear your team kit.
10. Swim down after the race, if possible. Do not use this time to play.
11. After your race report to the Coach, not your parents so that you receive feedback on your race and splits.
12. 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 competition.
13. The use of any illegal drugs and substances, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.

<p>The Club will deal with any breach of this Code of Conduct.</p>
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