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# WOKING SWIMMING CLUB



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Affiliated to: Swim England, Swim England South East Region & Surrey County ASA      [www.wokingsc.co.uk](http://www.wokingsc.co.uk)

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## Code of Conduct for Swimmers

This must be followed by all swimmers at all times when with the club.

**This version of the policy outlines additional safeguards for social distancing and infection risk mitigation as required during the COVID-19 pandemic.**

### General

- Treat everyone equally and as you would like to be treated yourself
- Behave in a safe, responsible, polite and orderly manner when representing the club
- Recognise and celebrate good performance and success of fellow club and team members
- Don't tolerate bullying or the use of bad or abusive language – report it to your coach
- Don't discriminate against anyone on any grounds
- Face coverings/masks must be worn when not in the pool.
- Enter the training venue only when instructed to do so by Coach or chaperone.
- Wash hands/ use hand sanitiser on entry and exit of facility.
- Observe social distancing at all times both in and out of pool.

### Swim Training

- Treat your coach and fellow swimmers with respect
- Make your coach aware if you have difficulties in attending training sessions
- Try to arrive on poolside 15 minutes before each training session to warm up before swimming; during the COVID-19 pandemic report to a check-in area before entering the pool as directed by a chaperone.
- Arrive at training ready to swim wearing simple, easily removable outer wear such as a onesie or tracksuit.
- Ensure you have all your equipment with you which is clearly marked and follow instructions from your coach, and after each session all equipment is washed thoroughly.
- Only essential equipment (as advised by coach) and towel to be brought poolside.

- Avoid sharing any equipment, clothing, water bottles. All equipment should be clearly named and easily identifiable.
- If you need to leave the pool for any reason during training, inform your coach before doing so
- Avoid using the toilet unless necessary. Wash hands thoroughly before and after use.
- Do not obstruct others for example by stopping or standing in your lane and carefully observe and respect modified lane rules for social distancing.
- If you have problems with the behaviour of any club members, report this to your coach

### **Competitions**

- You are expected to attend events and galas for which you are selected
- Behave in a way that shows respect to coaches, officials, teammates and competing swimmers
- Wear appropriate swimwear, tracksuits, T-shirts/shorts and a Woking hat
- Report to your coach/team manager on arrival on poolside.
- Warm up before the event and ensure you fully prepare yourself for the race.
- Be part of the team. Support your teammates. Stay with the team on poolside. If you need to leave poolside for any reason, inform/get consent from your coach/team manager first
- Accept defeat with grace and show good sportsmanship; get feedback from your coach
- Swim down after your race, behaving appropriately and respecting others in the swim down pool
- Don't leave poolside to get changed before the end of a gala unless permission is given
- Stay on poolside until the final result has been called, and leave together as a team

### **In the changing rooms**

- During COVID-19 special measures changing rooms and lockers must not be used.
- Don't misbehave in the shower area and changing rooms and follow any instructions given
- Respect other swimmers' property and the facilities

### **On the coach to away galas**

- Remain seated throughout the journey and comply with any instructions from the driver
- Don't interfere with any safety equipment such as alarm buttons, switches, handles, etc.
- Leave the coach as you found it, taking all your rubbish with you.