



St Ives Swimming Club



Code of Conduct – Swimmers

As a member of St Ives Swimming Club, we understand you have the right to:

1. Enjoy the time you spend with us and know that you are safe.
2. Be told who you can talk to if something's not right.
3. Be listened to.
4. Be involved and contribute towards decisions within the club or activity.
5. Be respected by us and other team members and be treated fairly.
6. Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
7. Be encouraged and develop your swimming with our help and support.
8. Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate.

As a member of St Ives Swimming Club we expect you to:

Essentials

1. Keep yourself safe by listening to your coach at all times and obey instructions given. Behave responsibly and speak out when something isn't right.
2. Take care of our equipment and premises as if they were your own.
3. Make it to training and competitions on time. If you're running late for a competition, let the appointed team manager know. Report to your coach on arrival before entering the pool and complete warm up as directed by your coach.
4. Make your coach aware if you have any difficulties attending competitions or training as per the rules laid down for your squad.
5. Do not wander off, or leave training or a competition without telling your coach or team manager. If you need to leave the pool for any reason during training (or competition) inform your coach (or Team Manager) before doing so.
6. Bring the right kit to training and competitions / Ensure you have all your equipment with you, i.e. fins, kick boards, hats, and goggles (plus spare) etc.
7. Follow the rules of the club and your squad at all times.
8. Respect the privacy of others especially in the changing rooms.
9. Ensure that you abide by the current Corona Virus guidance:
<https://www.gov.uk/coronavirus>



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Behaviour

1. Make our club a fun, happy, friendly and welcoming place to be.
2. Treat everyone equally, and respect and celebrate difference in our club and not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith or ability.
3. Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the club and could result in action being taken through the club disciplinary or child welfare policies.
4. Do not use any device to take photographs or footage of others in the changing rooms or cubicles. Respect the privacy of others, especially in the use of changing facilities.
5. Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside to the session Coach or Welfare Officer.
6. Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which may be a criminal offence will be reported to police by the club. Display a high standard of behaviour at all times.
7. Report any incidents of bullying or unkind behaviour to the session Coach or Welfare Officer, even if you're just a witness.
8. Treat other children with respect and appreciate that everyone has a different level of skill or talent.
9. Recognise and celebrate the good performance and success of fellow club and team members. Support and encourage your team mates, tell them when they've done well and be there for them when they are struggling.
10. Respect the children and adults competing for other teams at competitions.
11. Respect the committee members, coaching team and all volunteer helpers at the club.
12. Get involved in club decisions, it's your sport too.

Training Specific Club Rules

1. Always swim to the wall as you do in a race, and practice turns as instructed.
2. Do not stop and stand in the lane, or obstruct others from completing their training.
3. Do not pull on the ropes as this may injure other swimmers.
4. Do not skip lengths or sets - you are only cheating yourself.
5. Think about what you are doing during training and if you have any problems discuss them with your coach as an appropriate time.



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Competition Specific Club Rules

1. At competitions whether they be open meets, national events or club galas, always behave in a manner that shows respect to both your club coach, the officers, your team mates and the members of all competing clubs.
2. You will be required to attend events and galas that the Head Coach has entered / selected you for unless agreed otherwise by prior arrangement with the Head Coach / relevant club official.
3. You must wear appropriate swimwear, tracksuits, T shirts / shorts and hats as per the rules laid down by the club.
4. Report to your club coach and / or Team manager on arrival on poolside.
5. Warm-up before the event as directed by the coach in charge on that day and ensure you dully prepare yourself for the race.
6. Be part of the team. Stay with the team on poolside.
7. If you have to leave poolside for any reason inform and in some cases get the consent of the team manager / coach before doing so.
8. After your race report to your coach for feedback.
9. Support your team mate. Everyone likes to be supported and they will be supporting you in return.
10. Swim down after the race, if possible again as advised by your coach.
11. Your behaviour in the swim down facility must be appropriate and respectful to other users at all times.
12. Never leave an event until either the gala is complete or you have the explicit agreement of the club coach or team manager. Always inform the team manager that you are leaving.

Breaches of the Code of Conduct may result in disciplinary action being taken against you by the club committee.

Signature of the child: (digitally via Team Unify)

Signature of the parent / guardian (for those swimmers under age 18): (digitally via Team Unify)