

## PARENT / GUARDIAN CODE OF CONDUCT

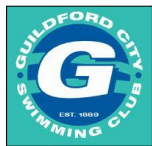
### I WILL:

1. Complete and return the Medical Information Form as requested by the club and provide details of any health conditions/concerns relevant to my child / swimmer on the consent form. I will report any changes in the state of my child's / swimmer's health to the coach prior to training sessions or events. I will ensure that the club has up-to-date contact details for me and for any alternative person(s) as required.
2. Not send my child / swimmer to training or competition if they are unwell and I will notify the coach in advance.
3. Support their child / swimmer to arrive at all sessions and competitions in a positive mental and physical condition.
4. Deliver and collect my child / swimmer punctually to and from training sessions/events. I will inform a member of the coaching staff if I am delayed or there is an unavoidable problem or if my child will be collected by someone else. If the club changes my child's squad / swimmer's lane and/or training times, I will remember that the change is to provide appropriate levels of training and to enable my child / swimmer to progress, and I should therefore support and encourage this at all times.
5. Abide by all local guidelines as defined by the Centre staff / facility / pool operators.
6. Ensure my child / swimmer is properly and adequately attired for the training session/ events including all mandatory equipment, e.g. hats, goggles, water and food etc.
7. Inform the coach before a session if my child / swimmer is to be collected early from a training session/event and if so, by whom.
8. Encourage my child / swimmer to abide by club, facility/pool and competition rules and help them to be the best they can be.
9. Behave responsibly as a spectator during training/events and treat members, coaches, and other parents of members of both my child's / swimmer's organisation and any other organisation with due respect at all times.
10. Not use inappropriate or abusive language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the Club.
11. Show appreciation and support my child / swimmer and all the team members.
12. Ensure my child's / swimmer's needs are met in terms of nutrition and I will listen to advice given from the coach/nutritionist.
13. Not concern myself or engage in discussion about another swimmer's training or performance.



14. Never approach / chastise any swimmer for perceived wrong doing against my own child. I will always refer serious matters to the Lead Coaches. Not continuously email coaches particularly about minor matters. If emails are sent do not expect an immediately response.
15. Support the coach and Management Team appropriately and raise any concerns I may have in an appropriate manner to the Head of Safeguarding / Club Administrator. Maintain a good relationship with the coaches.
16. Not act in any way that may intimidate Club staff, volunteers or officials or act in a passive / aggressive manner either in person or by any electronic communication.
17. Not try to influence the coaching of my child in anyway including which lane or where in the lane they swim. Training is not a competition!
18. Not in any way try and tell the professional coaches whether or not in my opinion the stroke technique, drills or training programme isn't balanced not sufficient or incorrect.
19. Not Coach my child from the balcony or poolside, or try to gain their attention during training as this distracts not only your own child but others as well. Armchair coaches are not welcome!!
20. Not go onto the pool deck at any time unless requested to do so.
21. If I wish to have a discussion with the coach, I will arrange a meeting with an agreed agenda via email and will not approach a coach before, during or after training to speak in person.
22. Help my child / swimmer to enjoy the sport and to achieve to the best of their ability. I will refrain from discussing with my child / swimmer their or other swimmer's performances. I will not compare my child / swimmer's ability or commitment with others.
23. Not engage in negative discussions with other parents regarding members, the Club, management or performance of coaches or swimmers. Any issues I have I will raise with the coaches directly and/or the Management Team in a professional and balanced manner.
24. The most common non-compliant act by parents is appearing to undermine the coaches and training programme either verbally or in written communication either directly or indirectly. Parents are expected to support the coaches and training programme and to demonstrate due respect at all times to all involved in the sport. Loose talk or gossip complaining about the coaches can be easily construed as misconduct. As a result, parents are advised to be careful and are reminded that they are welcome to discuss any concerns they may have about their child's swimming career with the squad coach
25. Understand that where any of the above has been breached or issues have been raised by Coaches or the Management Team my membership may be put on hold/suspended until the matters have been resolved. In certain circumstances membership may be terminated.
26. Ensure my child understands their Code of Conduct.





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27. Not enter poolside or interrupt training or competitions unless in an emergency situation.
28. Remember children benefit from being involved in sport. It is not always about wins and losses.
29. Respect and celebrate differences and will not discriminate against anyone on grounds of gender/race/sexual orientation/faith/or ability. Respect all Club members including coaches and volunteers.



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Performance



Team



Character