

SWIMMERS CODE OF CONDUCT

I will:

1. Keep myself safe by listening to the coaches, behaving responsibly and speaking out if/when something is not right.
2. Follow the rules of the Club, Squad or activity at all times
3. Treat all members and persons associated with the Club and Swim England with due dignity and respect.
4. Treat everyone equally and never discriminate against another person on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
5. Understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and will result in referral through the disciplinary or child welfare policies.
6. Display a high standard of behaviour at all times regardless of my performance in training and competition.
7. Respect the premises and abide by any reasonable requests from facility/pool Staff.
8. Conduct myself with dignity and decorum whilst using any areas of the Centre.
9. Always report any poor behaviour by others to an appropriate Coach or member of staff.
10. Recognise and celebrate the good performance and success of fellow club and team members.
11. Support my team mates in training and competition environments.
12. Be prepared to accept constructive criticism from coaches.
13. Understand that poor behaviour may result in the Club taking disciplinary action against me.

Social Media

14. Not take or share inappropriate images captured on any device at any time
15. Never take images using any device where those concerned would not wish the image to be captured.
16. Not engage in bullying on social media, eg negative comments etc including gaming platforms.
17. Not use any device to take photos or footage of others in changing rooms or cubicles.
18. Report any concerns about others using any device to take photos or footage of any others in changing rooms or cubicles.

Changing Areas

19. Treat the changing and shower areas with respect at all times.
20. Keep all mobile phones switched off in the changing areas and lock away securely whilst in the pool arena.
21. Place all my belongings in a secure locker and not leave them in cubicles or group changing area. I understand that GCSC/ the pool & facility operator's etc will not take any responsibility for items left unattended. Items may be removed if left in cubicles.



22. Understand that the use of the changing rooms is for changing only and I must not use the area as a meeting/social area.
23. Leave the changing area promptly once changed.
24. Respect fellow members and other users of the facility eg not view over or under cubicles, bang on cubicle doors etc.

Training

25. Treat my coaches and fellow club members with respect at all times.
26. Will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
27. Where directed I will shower before entering poolside
28. Will arrive in appropriate time on poolside before the training session starts to complete poolside warm up as directed by my coach.
29. Understand that if I arrive late, I must report to my coach before entering the pool.
30. Will ensure that I have all of my equipment with me at all training sessions, e.g. paddles, kick boards, hats, goggles, etc.
31. I will complete each and every training set and session without distracting fellow squad members from their own training.
32. If I need to leave the pool for any reason during training, I will inform my coaches before doing so.
33. Listen to what my coaches are telling me at all times and show respect by obeying any instructions given.
34. Always swim to the wall as I would do in a race, and I will practice turns as instructed.
35. Not stop and stand in the lane, or obstruct others from completing their training.
36. Not pull or lean on the lane ropes as this may injure other members.
37. Not skip lengths or sets – to do so means I would only be cheating myself.
38. Will think about what I am doing during training, and if I have any problems, I will discuss them with my coach at an appropriate time.
39. Will treat all recovery work with the same attention to detail as the training sessions themselves.
40. When taking part in any land training activity I will respect the instructors, environment and any equipment at all times.
41. When in the gym I will always act in a professional manner, support my teammates with lifting and concentrate on holding technique (inc. rep ranges and lifting tempos).
42. If I have any problems with the behaviour of fellow members, I will report them at the time to an appropriate adult.
43. Will always wear club approved kit.



Competitions

44. At competitions, open meets, national events or club galas etc, I will always behave in a manner that shows respect to my coach, the officers, my team mates and the members of all competing organisations.
45. Understand that I will be required to attend events and galas that the Coaches has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official / coaches.
46. Understand that I must wear appropriate swimwear, tracksuits, T-shirts/shorts and hats as per the rules laid down by the club.
47. Report to my coach and/or team manager on arrival on poolside.
48. Warm up before the event as directed by the coaches in charge on that day and ensure I fully prepare myself for the race.
49. Be part of the team and always support team mates. This means I will stay with the team on poolside.
50. If I have to leave poolside for any reason I will get the consent of the team manager/coach before doing so.
51. After my race, I will report directly to my coach for feedback.
52. Show great team spirit by supporting my fellow athletes at all times.
53. Show good sportsmanship in victory or defeat and always collect any medals or cups I win at competition, even if disappointed with my performance.
54. Swim down or complete appropriate land recovery work after the race, as advised by my coach.
55. Ensure my behaviour in the swim down facility is appropriate and respectful to other users at all times.
56. Never leave an event until either the gala is complete or I have the explicit agreement of the coach or team manager.

Lifestyle

57. Ensure I turn up to every training session ready to commit 100%.
58. Eat a healthy balanced diet around my training & ensure I am always hydrated.
59. Speak to my coach if I am taking any dietary supplements.
60. Maintain a consistent sleeping pattern of at least 7 hours per night.
61. Manage my school work in order that I am not distracted in training.
62. Leave non-swimming related matters at home.
63. Not take part in any activity that will reduce my performance and jeopardise my place in HPS (drugs, alcohol, smoking/vaping, excessive partying, school sports, holidays during training/competition season). This list is not exhaustive.
64. Should there be any issues around my lifestyle management then I agree to hold an open and honest meeting to resolve issues.

Above all I will display good sportsmanship and strive to be humble in victory and gracious in defeat.

