

Swimmer's (Under 18 Years) Code of Conduct

The Code is something you should refer to in order to understand how you should behave towards others and how they should behave towards you.

While the term 'coach' is used throughout this document, it is intended to encompass teachers as well.

As a member of this club, I will commit to upholding a standard of behaviour that reflects the values of Teamwork, Commitment, Adaptability, Responsibility, Ownership and Respect. I will strive to create a positive, supportive environment where everyone can thrive and achieve their best as a shared goal.

A. General Behaviour

1. Be aware of Wavepower and adhere to relevant guidance.
2. Adhere to Club policies and Codes of Conduct, and Swim England regulations, Code of Ethics and rules.
3. Treat everyone with kindness, dignity and respect; embrace diversity and never discriminate against others based on age, sexual orientation, gender, faith, ethnic origin or nationality.
4. Understand that positive communication is essential, and avoid inappropriate language, bullying, harassment or violence. Act in a way that promotes harmony and cooperation.
5. Display a high standard of behaviour at all times whilst training, regardless of personal performance.
6. Respect the requests of facility/pool staff and work collaboratively to maintain a safe and supportive environment.
7. Report any inappropriate behaviour by others to the appropriate Coach or staff member, with the intention of helping to maintain a positive environment.
8. Celebrate the achievements and successes of fellow club members and team members, fostering a spirit of encouragement.
9. Offer support to teammates whilst training.
10. Be open to receiving constructive feedback from coaches and view it as an opportunity for growth.
11. Ensure you have the contact details of the parent responsible for you whilst at training, either in a mobile phone or waterproof container in your swimming bag.
12. Should I be involved in or witness an accident or incident, I will inform the Coach, Welfare Officer or Lifeguard as appropriate.

B. Social Media, Mobile Phones & Changing Areas

13. Respect the privacy of others and refrain from taking or sharing any inappropriate images taken at any time or place.
14. Ensure that images taken are with consent and do not infringe upon anyone's privacy or comfort.
15. Contribute positively on social media and do not engage in bullying, negative comments or harmful behaviour on any platform.



16. Treat the changing and shower areas with respect, keeping them clean and tidy after use.
17. Remember that changing rooms are for changing. Leave the changing area promptly once changed and do not use them as a social space.
18. Respect the privacy and space of others, being mindful of boundaries in shared spaces.
19. Ensure mobile phones are switched off at all times whilst in the pool or changing areas. Swim England enforces a strict policy on this matter and anyone not adhering to the policy will be subject to their judicial action. Mobile phones or anything that captures images must be stored in a safe place to protect the privacy of others.
20. Use secure lockers for belongings and understand that the club and facility are not responsible for unattended items.

C. Training

21. Treat coaches and fellow club members with respect, recognising the value of teamwork and mutual support.
22. Notify the coach if there are difficulties in attending training sessions, in line with the expectations of the squad.
23. Shower before entering the pool, as directed by the coach or facility staff.
24. Arrive early for training to ensure preparation and readiness for the session.
25. If arriving late, report to the coach before entering the pool to ensure integration into the session.
26. Come to every training session with the necessary equipment, such as paddles, kick boards, hats and goggles.
27. Focus on personal training while supporting others, without distracting teammates.
28. If leaving the pool during training, inform coaches beforehand.
29. Listen attentively to coaches and follow instructions to the best of your ability.
30. Always swim to the wall as in a race and practise turns as instructed to improve technique.
31. Avoid stopping or obstructing others in the lane and maintain focus on personal performance.
32. Do not lean on or pull lane ropes, as it may cause discomfort or injury to other swimmers.
33. Complete all lengths and sets, giving full effort without cutting corners.
34. Reflect on training and discuss any difficulties with the coach at an appropriate time.
35. Treat all recovery work with the same focus and attention as main training sessions.
36. Respect land training instructors, the environment and all equipment.
37. Approach gym training with professionalism, supporting teammates and focusing on proper technique. Respect other gym users and facility staff.
38. If encountering behavioural issues with fellow members, address them respectfully with an appropriate adult.
39. Always wear club-approved kit to maintain a sense of unity and pride.
40. Give 100% commitment to every training session, approaching each one with dedication and focus.



D. Lifestyle

41. Maintain a balanced and healthy diet, staying hydrated to fuel training and performance.
42. Consult with the coach if taking any dietary supplements to ensure they align with training goals.
43. Prioritise a consistent sleeping pattern, aiming for at least 7 hours of sleep each night to support recovery and performance.
44. Manage school or college work to ensure it does not interfere with training.
45. Leave non-swimming-related concerns at home to ensure being fully present during training.
46. Avoid activities that may negatively impact performance or jeopardise a place in HPS, such as drugs, alcohol, smoking/vaping, excessive partying, or unnecessary holidays during key training or competition periods.
47. If encountering challenges with lifestyle management, have an open and honest discussion with the coach or a relevant adult to address the issue.

Always demonstrate good sportsmanship and strive to be humble in victory and gracious in defeat.

Above all, endeavour to be mindful of your actions, as negative behaviour can result in consequences: breaches of this Code of Conduct will result in disciplinary action against you by the Welfare Officer or Club Administrator. Any behaviour which may be a criminal offence will be reported to the police and any other relevant authority.

