

## Swimmer's (Under 18 Years) Competition 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 at competition, 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 during competitions.
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 competition, 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.
18. Leave the changing area promptly once changed and do not use them as a social space.
19. Respect the privacy and space of others, being mindful of boundaries in shared spaces.
20. 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.
21. Use secure lockers for belongings and understand that the club and facility are not responsible for unattended items.
22. Attend events and galas selected by the coaches, unless otherwise arranged in advance.

### C. At Competitions

23. Show respect to the coach, teammates and competitors, maintaining a positive and supportive attitude at all competitions, open meets, national events and galas.
24. Wear appropriate swimwear, tracksuits, T-shirts, shorts and hats as outlined by the club's guidelines.
25. Upon arrival at competitions, check in with the coach and/or team manager to ensure full preparation.
26. Shower before entering the pool, as directed by the coach or facility staff.
27. Understand that when attending competitions, it is the swimmer's responsibility to communicate with the coach around warm-up times and schedules, and to request any necessary support during warm-ups (i.e. pacing work).
28. Warm up before events as instructed by the coaches to ensure readiness for the race.
29. Be an active member of the team and support teammates, remaining with the team during events.
30. After the race, seek feedback from the coach to help improve and learn.
31. Show team spirit by cheering for and supporting teammates at all times.
32. Demonstrate good sportsmanship in both victory and defeat, always collecting any medals or cups won with grace and humility.
33. Swim down or complete recovery work after the race as advised by the coach.
34. Ensure that behaviour in the swim-down facility is appropriate, respectful and considerate of other users.
35. Never leave an event until the gala is complete or explicit permission has been given by the coach or team manager.
36. Between sessions at Open Meets, ensure that a parent is available to collect you, so that Coaches and Team Managers can leave poolside to take a break and consume refreshments. **(Swimmers aged 8 years or under must be handed over to a parent.)**
37. Before leaving the poolside for any reason during the competition, seek consent from the coach or team manager first.



## D. Lifestyle

38. Give 100% commitment to every competition, approaching each one with dedication and focus.
39. Maintain a balanced and healthy diet, staying hydrated to fuel training and performance.
40. Consult with the coach if taking any dietary supplements to ensure they align with competition rules.
41. Prioritise a consistent sleeping pattern, aiming for at least 7 hours of sleep each night to support recovery and performance.
42. Manage school or college work to ensure it does not interfere with competition.
43. Leave non-swimming-related concerns at home to ensure being fully present during competition.
44. 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.
45. 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.**

