

SWIMMER'S (18 YEAR'S AND OVER) 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 Guildford City Swimming club, I will commit to upholding a standard of behaviour that reflects the values of **Team work, 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 discriminating 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, whether in training or 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 both training and competitions.
10. Be open to receiving constructive feedback from coaches and view it as an opportunity for growth.
11. 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

12. Respect the privacy of others and refrain from taking or sharing any inappropriate images taken at any time or place.
13. Ensure that images taken are with consent and do not infringe upon anyone's privacy or comfort.
14. Contribute positively on social media and do not engage in bullying, negative comments, or harmful behaviour on any platform.
15. Treat the changing and shower areas with respect, keeping them clean and tidy after use.
16. Remember that changing rooms are for changing. Leave the changing area promptly once changed, and do not use them as a social space.
17. Respect the privacy and space of others, being mindful of boundaries in shared spaces.
18. 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 should be stored in a safe place to protect the privacy of others.
19. Use secure lockers for belongings and understand that the club and facility are not responsible for unattended items.

C. Training & Competitions

20. Treat coaches and fellow club members with respect, recognising the value of teamwork and mutual support.
21. Notify the coach if there are difficulties in attending training sessions, in line with the expectations of the squad.
22. Shower before entering the pool, as directed by the coach or facility staff.

23. Arrive early for training to ensure preparation and readiness for the session.
24. If arriving late, report to the coach before entering the pool to ensure integration into the session.
25. Come to every training session with the necessary equipment, such as paddles, kick boards, hats, and goggles.
26. Focus on personal training while supporting others, without distracting teammates.
27. If leaving the pool during training, inform coaches beforehand.
28. Listen attentively to coaches and follow instructions to the best of your ability.
29. Always swim to the wall as in a race and practise turns as instructed to improve technique.
30. Avoid stopping or obstructing others in the lane and maintain focus on personal performance.
31. Do not lean on or pull lane ropes, as it may cause discomfort or injury to other swimmers.
32. Complete all lengths and sets, giving full effort without cutting corners.
33. Reflect on training and discuss any difficulties with the coach at an appropriate time.
34. Treat all recovery work with the same focus and attention as main training sessions.
35. Respect land training instructors, the environment, and all equipment.
36. Approach gym training with professionalism, supporting teammates and focusing on proper technique. Respect other Gym users and facility staff.
37. If encountering behavioural issues with fellow members, address them respectfully.
38. Always wear club-approved kit to maintain a sense of unity and pride.
39. Show respect to the coach, teammates, and competitors, maintaining a positive and supportive attitude at all competitions, open meets, national events, and galas.
40. Attend events and galas selected by the coaches, unless otherwise arranged in advance.
41. Wear appropriate swimwear, tracksuits, T-shirts, shorts, and hats as outlined by the club's guidelines.
42. Upon arrival at competitions, check in with the coach and/or team manager to ensure full preparation.
43. Warm up before events as instructed by the coaches to ensure readiness for the race.

44. Be an active member of the team and support teammates, remaining with the team during events.
45. Understand that when attending competitions it is the swimmers responsibility to communicate with the coach around warm up times, schedules and to request any necessary support during said warm ups. (i.e. pacing work)
46. After the race, seek feedback from the coach to help improve and learn.
47. Show team spirit by cheering for and supporting teammates at all times.
48. Demonstrate good sportsmanship in both victory and defeat, always collecting any medals or cups won with grace and humility.
49. Swim down or complete recovery work after the race as advised by the coach.
50. Ensure that behaviour in the swim-down facility is appropriate, respectful, and considerate of other users.
51. Never leave an event without informing the coach.
52. Give 100% commitment to every training session, approaching each one with dedication and focus.

D. Lifestyle

53. Maintain a balanced and healthy diet, staying hydrated to fuel training and performance.
54. Consult with the coach if taking any dietary supplements to ensure they align with training goals.
55. Prioritise a consistent sleeping pattern, aiming for at least 7 hours of sleep each night to support recovery and performance.
56. Manage School, College, University or work to ensure a balance.
57. Leave non-swimming-related concerns at home to ensure being fully present during training.
58. 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.
59. If encountering challenges with lifestyle management, have an open and honest discussion with the coach. Where necessary consult a relevant professional to address the issue.



Swim England
Swimming

Performance
Centre

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 as breaches of this Code of Conduct will result in disciplinary action against you by the Club Welfare or Club Administrator. Any behaviour which may be a criminal offence will be reported to the police and any other relevant authority.



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Performance



Team



Character