



## CODE OF CONDUCT & BEST PRACTICE – SWIMMERS & WP PLAYERS

### As a member of our club, we understand you have the right to:

- Enjoy the time you spend with us and know that you are safe.
- Know who you can talk to if something is not right.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected by us and other team members and be treated fairly.
- Feel welcomed, valued, and not judged based on your race, gender, sexuality, faith, or ability.
- Be encouraged and develop your swimming, para-swimming, water polo and open water swimming skills with our help and support.
- Be looked after if there is an accident or injury and have your parents/guardians informed, where appropriate.

### As a member of our club or activity we expect you to:

#### Essentials

1. Keep yourself safe by listening to your coach or teacher, behave responsibly and speak out when something is not right.
2. Take care of our equipment and premises as if they were your own.
3. Make it to training and competitions on time and if you are running late, let a member of the club know.
4. Make your coach or teacher aware if you have any difficulties attending training or competitions.
5. Do not wander off or leave training or a competition without telling your coach, teacher, or team manager.
6. Bring the right kit to training and competitions.
7. Follow the rules of the club, squad, or activity always.
8. Respect the privacy of others, especially in the changing rooms.

#### Behaviour

1. Make our club and activity a fun, happy, friendly, and welcoming place to be.
2. Respect and celebrate difference in our and not discriminate against anyone any person associated with Swim England (ASA) on the grounds of age, gender, race, sexual orientation, faith, or ability.
3. Understand that the use of abusive or inappropriate language, bullying, physical violence, or any other behaviour which hurts others will not be tolerated by the club and could result in action being taken through the disciplinary or child welfare policies.
4. Not use any device to take photographs or footage of others in the changing rooms or cubicles.
5. Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.



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6. Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which may be a criminal offence will be reported to police by the club.
7. Report any incidents of bullying or unkind behaviour to the club, even if you are just a witness.
8. Treat other children with respect and appreciate that everyone has a different level of skill or talent.
9. Support and encourage your teammates, tell them when they have done well and be there for them when they are struggling.
10. Respect the children and adults competing for other teams at competitions.
11. Respect the committee members, coaching and teaching team and all volunteer helpers at the club.
12. Get involved in club decisions, it is your sport too.

### Training

1. I will treat my Coach and fellow members with respect.
2. I will make my Coach aware if I have difficulties in attending the required number of training sessions as per the rules laid down for my squad.
3. I will arrive in good time on poolside before the training session starts to complete poolside warm up as directed by my Coach.
4. I understand that if I arrive late, I must report to my Coach before entering the pool.
5. I will ensure that I have all my equipment with me as stipulated for that squad, e.g. paddles, kick boards, hats, goggles, etc.
6. If I need to leave the pool for any reason during training, I will inform my Coach before doing so.
7. I will listen to what my Coach is always telling me and obey any instructions given.
8. I will always swim to the wall as I would do in a race, and I will practice turns as instructed.
9. I will not stop and stand in the lane or obstruct others from completing their training.
10. I will not pull on the ropes as this may injure other members.
11. I will not skip lengths or sets – to do so means I would only be cheating myself.
12. I 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.
13. If I have any problems with the behaviour of fellow members, I will report them at the time to an appropriate adult.

### Competitions

1. At competitions, whether they be open meets, national events, or club galas, I will always behave in a manner that shows respect to my Swim England (ASA) Coaches, the Officials, my teammates, and the members of all competing organisations.
2. I understand that I will be required to attend events and galas that the Head Coach or Squad Coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant Official and Coach.



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3. For away galas and other events, where accommodation and transport (e.g. team bus) has been arranged by the Club, this must be used. The lead Coach for the event must be informed of any alternative arrangements made by the swimmer and the expenses met by the individual.
4. I understand that I must wear appropriate swimwear and official Tyldesley Swimming Club clothing (tracksuits, T-shirts/shorts, etc) and hats as per the rules laid down by the organisation.
5. I will report to my coach and/or team manager on arrival on poolside. If, for any reason, I am going to arrive late at a meet, I will inform the lead Coach in advance by text, email, or phone call.
6. I will warm up before the event as directed by the Coach in charge on that day and ensure I fully prepare myself for the race.
7. I will be part of the team. This means I will stay with the team on poolside.
8. If I must leave poolside for any reason, I will inform, and in some cases, get the consent of the Team Manager/Coach before doing so.
9. After my race, I will report to my Coach for feedback, and absorb any advice they provide.
10. I will support my teammates. Everyone likes to be supported and they will be supporting me in return.
11. I will swim down after the race if possible, as advised by my Coach.
12. My behaviour in the swim down facility must always be appropriate and respectful to other users.
13. I will never withdraw from a race without first informing the relevant Club coach at the competition.
14. I will never leave an event until either the gala is complete, or I have the explicit agreement of the Coach or Team Manager.

### Club Policy

1. Swimmers and water polo players are strictly prohibited from taking illegal, performance enhancing drugs and substances. Swimmers and water polo players are expected to be aware of the current list of banned substances. Any person taking medication must ensure that this medication is not on the banned substance list.
2. Consumption of alcohol is totally forbidden for athletes' underage as defined by UK law. It must not be consumed by Coaches; Teachers; Volunteers; Swimmers or Water Polo Players whilst on-route, prior or following a competition event, training camp or team activities, without specific consent of the Team Manager.
3. During competition alcohol is strictly forbidden for all swimmers and staff.
4. Smoking is not allowed by any member of the club i.e. Coaches; Teachers; Volunteers; Swimmers and Water Polo players whilst on-route, prior to, during or following a competition event, training session or team activities.
5. All members of the club to accept decisions made by officials whether at club level or from an outside organisation.
6. Ensure that all members who are representing the club do so in a professional manner in accordance with Swim England (ASA) guidelines.
7. All members to obey the "spirit of the rules and laws" both in and out of the pool.



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### **Breaches**

All breaches of this code of conduct should be dealt with by the swimmer's Coach or Team Manager in the first instance. In more serious cases, or if there are repeated breaches of the Code of Conduct, the Coach/Welfare Officer may refer this to the Club Committee and action taken as is deemed necessary as outlined in the Club Disciplinary and Grievance Procedure.

I agree to abide by the guidance given in this code of conduct:

**Signature of the child:** \_\_\_\_\_

**Signature of parent/guardian:** \_\_\_\_\_

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_