



Code of Conduct for All Swimming Members

General Behaviour

1. Treat all members of the Club and other members of the ASA with due respect including: Fellow Swimmers, Coaches, Officials and Volunteers.
2. Treat everyone equally and never discriminate against another person associated with the ASA on any grounds, including that of age, sexual orientation, ethnic origin and nationality.
3. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken through the club disciplinary procedure or child welfare policy.
4. Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate Club official.
5. The conduct of swimmers in changing rooms should not embarrass or jeopardise the reputation of the club. This includes making sure that the changing rooms are left in the same condition in which they found them.
6. Recognise and celebrate the good performances and success of fellow Club and team members.

Swimming Training

1. Treat your coaches and fellow swimmers with respect.
2. Make your coach aware if you have any difficulties attending the required number of training sessions for your squad.
3. Arrive at training sessions in good time to conduct a land based warm-up as appropriate or as directed by your coach. If you do arrive late, always report to the coach first before starting your workout.
4. Understand that the training session begins when you walk on to the poolside, not when you enter the water.
5. Have all your equipment with you at every session, as stipulated in your squad information letter.
6. If you need to leave the pool or poolside at any time for any reason during a session you must always inform the lead coach before doing so.
7. Always listen to what the coach tells you or the group and obey any instructions given.
8. By attending training, you accept that you are showing willingness to engage in and complete the session exactly as instructed or directed by the coach.



9. Always swim to the wall during training sets as you do in a race, and practice all skills as instructed. Missing lengths or sets is not allowed in any session without good reason.
10. Never stop and stand in the lane, you may get injured and it disrupts the training session for others.
11. Never pull, sit or lie on the lane ropes as this is dangerous and may injure you or other swimmers. Swimmers who break lane ropes are liable for the cost of replacing them.

Competition

1. At all competitions, no matter what the level, always behave in a manner that shows respect for your coaches, team-mates, officials and competitors and coaches from other clubs.
2. You must swim events and galas that the lead coach or your coach has entered/selected you for unless agreed otherwise by prior agreement with the relevant coach.
3. At meets where signing in is required, check when you should sign in and be sure to do this on time.
4. If for any reason you are going arrive late at a meet, you must always inform the lead coach for that competition in advance by text, email or phone call.
5. Never withdraw from any race without first informing the relevant Club coach at the competition.
6. Always warm-up appropriately, on land and in the pool. You should have a pre-planned race warm-up routine that is agreed in advance with your coach.
7. Be part of the team. Stay with the team on poolside and never leave the team area on poolside without the approval in advance from the lead coach at that competition.
8. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you, plus spares.
9. You must wear the official Club kit and swim cap when representing the Club. No other clothing or caps are allowed.
10. Where possible, always swim down after a race. Never misuse the swim-down facility.
11. After your race always report firstly to your coach. Receive feedback on your race from the coach and absorb any advice they provide, whether positive or negative. Remember a coach wants you to learn from your racing experiences.
12. Never leave a competition, during or at the end, without first informing and gaining the permission of the relevant coach or club official (team manager).

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

Signed: _____

Dated: _____

This document is updated as at 16th December 2013 and overrides any previous Code of Conduct that may have been signed or in use.