

# Swimmers Code of Conduct

## General Conduct

### Swimmers must:

- Ensure your behaviour and personal conduct is of a high standard at all times: on poolside, in the changing rooms and outside. Poor behaviour reflects badly on the club and on the sport.
- Treat your coach and fellow swimmers with respect.
- Not use inappropriate or abusive language, bully, harass, or use physical violence. Doing so could result in action being taken through the club disciplinary or child protection policy.
- Be prepared to train regularly and purposefully in accordance with the standard set by the Head Coach.

## Training

### Swimmers must:

- Arrive in good time on poolside, at least five minutes before the training session starts and be ready to enter the water at the start of the session as directed by your coach. Coaches reserve the right to refuse entry to any swimmer who arrives late for a session as this is disruptive to the class.
- Ensure you have all your equipment with you, i.e. caps, properly-adjusted goggles, water bottles (full!), and for squad swimmers, kitbags.
- Make your coach aware if you have difficulties in attending training sessions as laid down for your squad.
- Listen to what your coach is telling you at all times and follow instructions given.
- Report any medical condition or medication currently being taken to the swimmer's coach so that any legal or other implications can be appropriately assessed.
- Report any inappropriate behavior of fellow club members to your coach.

## Competition

### Please note:

- It is expected that all Senior and Junior squad members will take a full part in the Club Championships, whilst anyone who swims in the Club is actively encouraged to participate.
- You will be expected to attend events and galas (eg Fife League & Fife Championships) that your squad coach has entered/selected you for unless previously agreed otherwise with the relevant club official and coach.
- Club caps are compulsory and must be worn when representing Step Rock ASC.

- Any swimmer who indicates that they are available for a gala and then fails to turn up is expected to pay their own entry fees (i.e. to reimburse the club)

### **Swimmers must:**

- Report to your club coach and/or Team manager on arrival on poolside at or before the prescribed time.
- Warm-up before the event as directed by the coach in charge on that day and ensure you fully prepare yourself for the race.
- Be part of the Team. Stay with the Team on poolside. If you have to leave poolside for any reason, get the consent of the Team manager/coach before doing so.
- Never leave an event until either the gala is complete or you have the explicit agreement of the club coach or team manager.
- Support your team mates. Everyone likes to be supported and they will be supporting you.
- Recognize and celebrate the good performance and success of fellow club and team members.
- Respect all event officials, timekeepers, other clubs and their swimmers.

### **Parents Code of Conduct**

- You are responsible for your child's behaviour in the showers, changing rooms and all areas of the complex. The coaches are responsible only poolside.
- You are responsible for the belongings of your child. Coaches cannot look after locker keys and personal belongings.
- Information on club activities is given on the notice board, on the club website ([www.steprock.org.uk](http://www.steprock.org.uk)), on the Club's Facebook group page, and by email. Parents should ensure that the Club has up-to-date contact details, including email addresses and mobile phone numbers. Parents are responsible for checking the club notice board for signing up to timekeep or help at galas. Notification of acceptance to swim in galas is by email.
- If you wish to make an observation or complain, please be constructive and address the coach or another club official in an appropriate manner and place.
- If you wish to speak to a coach do not approach them poolside, please wait till they are off poolside.
- If your child is unable to attend training for an extended period of time (ie will miss three or more sessions), please ensure that you inform the child's coach at the first available opportunity.
- Any changes in the state of your child's health should be reported to the coach prior to coaching sessions. Ensure the club has up to date contact details for you and any alternative person.

- If the club changes your child's lane and swimming times, please remember the change is to provide appropriate levels of training and enable your child to progress and should be facilitated and encouraged at all times.
- Ensure your child is properly and adequately attired for the training session/events including all required equipment, i.e. water bottles, hats, goggles etc.
- Ensure your child's needs are met in terms of nutritional needs and listen to advice given from the club coach, particularly with regard to long training sessions and appropriate nutrition for competition. Coaches give out nutritional information periodically – if you haven't seen this then please ask. Please encourage your child to eat healthily and drink regularly. Example - replace chocolate and crisps with fruit and cereal bars on those long days sitting around the pool at competitions and galas.
- Most of all help your child enjoy the sport and achieve to the best of their ability.
- Please be aware of the safety and welfare of children within the club. Read the guidance in the Child Protection Policy and Procedures as posted on the club website and contact the club Child Protection Officer if you have any concerns.
- Lastly, we would remind you that the club is a completely voluntary organization and it takes a great deal of work from many people on an unpaid basis to make it work. We **expect** parents help on this basis and there are always opportunities at all levels in club administration, coaching, timekeeping and with galas home and away. Don't be negative if you are asked to 'lend a hand'.