



## **CODE OF CONDUCT FOR SWIMMERS AND PARENTS**

### **General behaviour**

1. Treat all fellow club members, parents, coaches and officials with courtesy and respect.
2. The use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in disciplinary action being taken by the club.
3. Display a high standard of behaviour at all times and report any poor behaviour by others to a club officer.
4. Recognise and celebrate the good performance and success of fellow club members.
5. Swimmers should not attempt to make contact with coaches, club officials or volunteers through social networking websites. All online contact with the club should be via the club website.

### **Swimming Training**

1. Do not go onto poolside unless a coach or club official is present.
2. Make your coach aware if you have difficulties in attending the training sessions laid down for your squad. Minimum attendance requirements may be set by the coach and you will be expected to meet these.
3. Arrive promptly on poolside at the start of the training session. If you do arrive late, report to your coach before entering the pool.
4. Ensure you have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc.
5. If you need to leave the pool for any reason during training inform your coach before doing so.
6. Listen to what your coach is telling you at all times, obey instructions and always give your best efforts.
7. Do not stop and stand in the lane, or obstruct others from completing their training.
8. Do not pull on the ropes as this may injure other swimmers.
9. Do not skip lengths or sets - you are only cheating yourself.
10. Think about what you are doing during training and if you have any problems discuss them with your coach at an appropriate time.
11. Deliberate and/or persistent disruption of a training session will result in expulsion from that session. You will be expected to change and return to poolside until the end of the session or until a parent collects you.
12. Act responsibly in the changing rooms and only use the appropriate areas. The use of cameras / phone cameras in the changing rooms is strictly forbidden by both the Brentwood Centre and the club.

### **Competition**

1. At competitions, remember that you are a representative of the club. Behave in a manner that shows respect to both your team mates and the members of all competing clubs.
2. You will be expected to attend events and galas that the coach has entered / selected you for and the coach's decision on selection is final. You are asked to inform the coach or team manager at the earliest opportunity if you are unable to attend or have to withdraw for any reason.

3. You must wear club uniform (swimhat and polo shirt as a minimum) when representing the club at competitions.
4. Report to your club coach or team manager on arrival on poolside.
5. Warm-up before the event as directed by the coach and ensure you fully prepare yourself for the race.
6. Be part of the team. Stay with the team on poolside. If you have to leave poolside for any reason, you must inform the coach and /or team manager before doing so.
7. After your race report to your coach or team manager for feedback.
8. Support your team mates. Everyone likes to be supported and they will be supporting you.
9. Swim down after the race if possible, again as advised by your coach.
10. Never leave an event until either the gala is complete or you have the explicit agreement of the club coach or team manager.

**Parents are expected to:**

1. Complete and return the Membership Form as requested by the club and detail any health conditions / concerns relevant to your child. Any changes in the state of your child's health should be reported to the coach prior to the training session. Ensure the club has up to date contact details.
2. Deliver and collect your child punctually to and from training sessions/swim meets. Please inform a member of the committee or coaching staff if there is an unavoidable problem. Younger children should be met at the changing rooms as the club cannot take responsibility for your child in public areas. In line with ASA advice the club does not provide adult supervision in the changing rooms.
3. Encourage your child's progress by supporting any changes the club make wish to make to their swim lanes and training times in order to provide appropriate levels of training.
4. Ensure your child is properly and adequately attired including all required equipment, ie. hats, goggles etc.
5. Inform the coach before a session if your child is to be collected early from a coaching session/meet.
6. Encourage your child to obey rules and teach them that they can only do their best.
7. Behave responsibly as a spectator at training / meets and treat swimmers, coaches, committee members and parents of your own and other clubs with due respect.
8. Ensure you do not use inappropriate language within the club environment.
9. Show appreciation and support your child and all the team members.
10. Support the club coach and committee appropriately and raise any concerns you have in an appropriate manner. Details of the club Welfare Officer can be found on the club website.
11. Do not enter poolside unless requested to do so or in an emergency. If you wish to have a discussion with the coach check with a club official how this can be arranged.
12. Most of all help your child enjoy the sport and achieve to the best of their ability.

**The club will undertake to:**

1. Inform you at once if your child is ill and ensure their wellbeing until you are able to collect him / her.
2. Ensure good child safeguarding guidelines are followed at all times to keep your child safe.

3. Ensure all activities are properly supervised / taught / coached and consent is obtained for any activity outside of that previously agreed.

**The parent has a right to:**

1. Make a complaint to the club if they feel the club or a member of the club is not acting appropriate to ASA / club rules and regulations. Details of how to do this can be obtained from the club Welfare Officer.
2. Make a complaint on behalf of their child to the ASA Office of Judicial Administration.

**Name of Swimmer:**

**Signature:**

**Date:**