



CODE OF CONDUCT - SWIMMERS



Code of Ethics and Conduct

Kidlington and Gosford Swimming Club assent to the Code of Ethics adopted by the ASA for Swimming Teachers and Coaches which applies to everyone involved in swimming. Below is set out the Club's code in short form for your reference.

Code of Conduct for Swimmers

Coaching instruction:

Please accept the instruction and guidance of the coach at all times and without delay. Show respect by listening to and following their instructions. You may be told to leave the session if you do not do so. Please give your best 100% of the time.

Be on Time:

Lateness disrupts the session for other swimmers. Without a valid reason, lateness may result in the coach not allowing you to swim. Always visit the toilet and take a shower before entering the pool. It should not be necessary to leave the pool during your session except in an emergency. Please make sure you have all of your equipment with you including drinks bottles.

Obey the rules:

Always comply with the codes, rules and laws within the guidelines set out by the ASA.

For your safety:

Please **do not** go onto poolside unless the coach or a designated official is present or run or mess around on the poolside or in the water. Never tamper with pool equipment.

Respect:

Please at all times show respect to other swimmers, parents, officials, leisure centre staff and others and their property and at all times give support to your fellow swimmers whilst respecting your opponents. Show respect for other users of the Leisure Centre, especially in the changing rooms, where a good standard of behaviour is expected at all times

Behaviour:

Please be courteous and helpful to all other swimmers, parents, coaches, poolside assistants and other club members. The use of bad language and bullying towards anyone at any time during Club sessions will not be tolerated and will usually result in you being excluded from Club activities for a time or permanently.

Illness or medical condition:

If you have any medical condition please ensure that is reported to the Coaching staff and recorded in your records and in relation to any condition that may require a prescribed medicine, please ensure that you have access to it on poolside e.g. inhaler

Leaving:

Please **do not** leave the leisure centre building without your parent's or guardian's permission and without informing the coach or poolside assistant.

Notify:

Please notify your coach or the team manager if you are not able to represent the club in any competition you have been entered into or selected for, so that if necessary a substitute can be found. Please consider that a late withdrawal may mean others will not be able to swim.

Code of Conduct for Swimmers during Training**Listen:**

Listen carefully to instruction from the coach and do not talk or interrupt as it is disruptive and disrespectful to both the coach and your fellow swimmers. If you need clarification ask at the end of the instruction.

Lane direction:

Always make sure which way round the lane you are to swim and make sure that the swimmers in your lane are aware of this especially if you are the lead swimmer and also if you are asked to change lanes or to start at the opposite end of the pool e.g. for sprints off the blocks.

Stopping:

Please get out of the pool or stop at the end of the pool if you have to stop swimming so other swimmers can continue swimming unhindered. Please **do not** stop mid-lane.

Swim to the wall:

Please **do not** walk the last 5 metres to the pool wall as it is not acceptable. It disrupts the other swimmers in the lane and can cause a hazard.

Finish and line up:

When you finish a swim, line up at the end of the pool leaving space for those behind you to finish. At the end of the set line up and wait for further instruction.

Swim times:

Always check the time allocated for a swim or the rest time. On timed swims always check your own swim time and know the number of strokes you swim per length.

Leave 5 seconds:

Always leave a minimum of 5 seconds between you and the swimmer in front before leaving the wall, otherwise they will not have space for a proper tumble turn. Always make sure that you swim in speed order for all swims. This may mean you changing positions on different swims unless you are told by the coach not to.

Give Way:

If a swimmer behind you is quicker, let them go in front of you. You will find it easier to swim without them on your feet and you will also make more friends.

No overtaking:

Do not overtake between the flags and the end of the pool. Only overtake when it is safe to do so. **Do not** slipstream the swimmer in front. It puts them under pressure and interferes with both your and their swimming.

No racing:

In the warm up please do not race with other swimmers in your lane. Check what stroke you are swimming and order yourself and the other swimmers in speed order.

Complete every swim:

To achieve the best results from your swim, do not cut corners.

Health and Safety:

If you see anything that could be a hazard or danger to you or your fellow swimmers please immediately advise the coach and or the nearest poolside helper. The health and safety of the swimmers overrides all other considerations.

Hydration:

Make sure you bring a water bottle on poolside and make sure you drink little and often throughout the session. **Do not** bring fizzy drinks or metal or glass containers on to poolside. Water or diluted fruit juice or a specialist hydration drink is best.

Code of Conduct for Swimmers at Competitions

Promptness: Arrive at least 15 minutes before warm up and report immediately to your coach or team manager with all your kit. Remember for Open Meets you will need to bring your swim cards which should be posted before Warm Up.

Club Kit: At all times please wear your club T shirt or polo shirt or hoody and your hat during racing.

Rules: Keep to the rules of the competition and the ASA and always act in the spirit of fair play accepting the decisions of officials, coaches and team managers. Stay away from the pool deck, marshals and officials unless preparing for a race.

Respect: Always show respect to your fellow swimmers and opponents. Please wait at the end of any team gala with your team mates to celebrate your club and your opponent's efforts regardless of the result.

Be ready: Always be ready for your next race. Do not leave poolside without permission of the coach. Be ready to go up for your next race in good time. Make sure you know what stroke and over what distance you are swimming and be focussed on the race.

Health and Safety: Always be conscious and aware of the health and safety of yourself and others. Do not mess around or play act or tamper with poolside equipment. If you see a danger notify your coach or a poolside official immediately.