



CODE OF CONDUCT - SWIMMERS



Code of Conduct

Kidlington and Gosford Swimming Club comply with Codes of Conduct recommended by Swim England for everyone involved in swimming. Below is set out the Club's code Club members in the form of a 'contract'

Code of Conduct for Swimmers

General behaviour

1. I will treat all members of, and persons associated with, the Swim England with due dignity and respect.
2. I will treat everyone equally and never discriminate against another person associated with Swim England on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
3. I will not use inappropriate or abusive language, bullying, harassment, or physical violence and could result in action being taken through the disciplinary or child welfare policies.
4. I will always display a high standard of behaviour at all times.
5. I will report any poor behaviour by others to an appropriate official.
6. I will recognise and celebrate the good performance and success of fellow club and team members.
7. I will respect the privacy of others, especially in the use of changing facilities

KGSC Specifics

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.

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:

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

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

During 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 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 of my equipment with me, 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 telling me at all times 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.

KGSC specifics in training

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.

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.

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

At 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 coach, the officers, my team mates and the members of all competing organisations.
2. I understand that I will be required to attend events and galas that the Chief Coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official and coach.
3. I understand that I must wear appropriate swimwear, tracksuits, T-shirts/shorts and hats as per the rules laid down by the organisation.
4. I will report to my coach and/or team manager on arrival on poolside.
5. 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.
6. I will be part of the team. This means I will stay with the team on poolside.
7. If I have to leave poolside for any reason, I will inform, and in some cases, get the consent of the team manager/coach before doing so.
8. After my race, I will report to my coach for feedback.
9. I will support my team mates. Everyone likes to be supported and they will be supporting me in return.
10. I will swim down after the race if possible, as advised by my coach.
11. My behaviour in the swim down facility must be appropriate and respectful to other users at all times.
12. I will never leave an event until either the gala is complete or I have the explicit agreement of the coach or team manager.

KGSC Specifics 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 hat during racing.

Rules: Keep to the rules of the competition and Swim England 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.

Signed:.....

Date:.....