



Code of Conduct - Swimmers

All club members are expected to comply with the following 'Code of Conduct' guidelines while taking part in any club activities. In addition it is expected that all members of Retford Swimming Club, when attending any event, training session or activity shall:

General Behaviour

- ✚ Treat all members of and persons associated with Retford Swimming Club (RSC) and the Amateur Swimming Association (ASA) with due dignity and respect.
- ✚ Treat everyone equally and never discriminate against another person associated with the ASA and RSC on any grounds including that of age, sexual orientation ethnic origin or nationality.
- ✚ Behaviour and Personal Conduct must at all times be of high standard and reflect favourably on the club and the sport. Language in public or relevant group situations must always be appropriate and socially acceptable. Politeness at all times to your fellow squad members, coaches, opposition, match and pool officials. The use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the club disciplinary procedure.
- ✚ Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate club officer.
- ✚ Recognise and celebrate the good performance and success of fellow club and team members.
- ✚ Not encourage swimmers, volunteers, officials or parents to violate the rules of the club or the sport.
- ✚ Smoking is prohibited by swimmers and staff whilst en route, prior to, during or following a competition event, training session or team activities
- ✚ Alcohol. The consumption of alcohol is totally forbidden for swimmers under age as defined by UK law. It must not be consumed by swimmers or staff members whilst on route, prior or following a competition, training event or team activities without specific consent from the Director of Swimming.
- ✚ Medication. It is important that information on all medication being currently taken should be reported to the Director of Swimming who will report it to the relevant personnel. Allergies to any medication must be reported to the team manager.
- ✚ Travel: When travel is organised for the team, seat belts must be worn.
- ✚ Sanctions. Breaches of the Code of Conduct shall be dealt with in the first instance by the Director of Swimming. He shall report the incident to the Executive Committee who shall take such further action as is deemed necessary.



RETFORD SWIMMING CLUB

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Swimming Training

- ✓ Treat your lane coach and fellow swimmers with respect.
- ✓ Make your lane coach aware if you have difficulties in attending training sessions as laid down by the Director of Swimming.
- ✓ Arrive in good time on poolside before the training session starts to complete poolside warm up and directed by your lane coach/Director of Swimming. If you are late report to your lane coach before entering the pool
- ✓ Have all your equipment with you i.e. kick boards, hats, goggles etc.
- ✓ Use the toilet before training starts and always inform your coach if you need to leave the pool during training.
- ✓ Listen to what your coach is telling you at all times and obey instructions given.
- ✓ Always swim to the wall as you do in a race, and practice turns as instructed.
- ✓ Do not stop and stand in the lane, or obstruct others from completing their training.
- ✓ Do not pull on the ropes as this may injure other swimmers.
- ✓ Do not skip lengths or sets you are only cheating yourself.
- ✓ Think about what you are doing during training and if you have any problems discuss them with your lane coach/Director of Swimming at an appropriate time.
- ✓ If you have any problems with the behaviour of fellow club members report them at the time to an appropriate adult.
- ✓ Respect and comply with the Rules of Retford Leisure Centre and the changing room facilities.

Competition

- ✓ At competitions whether they be open meets, national events or club galas always behave in a manner that shows respect to both your club coach, officers and team mates and the members of all competing clubs.
- ✓ You will be required to attend events and galas that the Director of Swimming has entered/selected you for unless previously agreed otherwise with the relevant club official.
- ✓ You must wear appropriate swimwear, tee-shirts and hats as laid down by RSC.
- ✓ Report to the club coach and/or Team Manager on arrival on poolside.
- ✓ 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 you must tell the Coach or Team Manager where you are going before doing so.
- ✓ Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and your goggles with you.



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- ✓ Support your team mates. Everyone likes to be supported and they will be supporting you.
- ✓ Swim down after the race if possible. Do not use this time to play. Your behaviour in the swim down area must be appropriate and respectful to other users at all times.
- ✓ After your race report to the coach, not your parents. Receive feedback on your race and splits.
- ✓ Never leave an event until either the gala is complete or you have the explicit agreement of the club coach or team manager.

