**SUTTON ATLANTIS SWIMMING CLUB**

**Swimmers' Code of Conduct**

       **General behaviour**

1.      Treat all members of the club, and of other clubs, with due respect including fellow swimmers, coaches and officials

2.      Treat everyone equally and never discriminate against another person on any grounds including that of age, sexual orientation, ethnic origin or nationality.

3.      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 or child welfare policy.

4.      Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate club officer.

5.      Recognise and celebrate the good performance and success of fellow club and team members.

**Swimming training**

1.      Treat your coach and fellow swimmers with respect.

2.      Make your coach aware if you have difficulties in attending training sessions as laid down for your squad.

3.      Arrive in good time on poolside before the training session starts to complete poolside warm up as directed by your coach.

4.      If you arrive late report to your coach before entering the pool.

5.      Ensure you have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc, and don’t use another swimmers equipment without their permission.

6.      If you need to leave the pool for any reason during training inform your coach before doing so.

7.      Listen to what your coach is telling you at all times and obey instructions given.  The coach should only have to give information once.  This means stopping talking while the coach is speaking.

8.      Make sure that you start your sets at the correct interval.  Do not rely on the swimmer in front.  If you have a problem using the pace clock just let the coach know.

9.      Always try your best in every session, practicing your starts and turns during every set.

10.   Do not stop and stand in the lane, or obstruct others from completing their training.

11.   Do not pull on the ropes as this may cause damage and injure other swimmers.

12.   Do not skip lengths or sets - you are only cheating yourself and they will have been included for a reason.

13.   Think about what you are doing during training and if you have any problems discuss them with your coach at an appropriate time.

14.   We all have ‘bad days’.  If you are having one, don’t be afraid to ask the coach to move to an easier lane.

15.   If you have any problems with the behaviour of fellow club members report them at the time to an appropriate adult.

16.   Swimmers should only leave a session early with the prior permission of the coach.  Leaving early does not give you time for a ‘swim down’ and should be avoided at all cost.

**Competition**

1.      At competitions, whether they be open meets, national/regional/county events or club/team 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.

2.      You must wear appropriate swimwear, tracksuits, T shirts/shorts and hats as laid down by the club.

3.      Report to your club coach and / or Team manager on arrival on poolside.

4.      Warm-up before the event as directed by the coach in charge on that day and ensure you fully prepare yourself for the race.

5.      Be part of the Team.  Stay with the Team on poolside.  If you have to leave poolside for any reason inform and get the consent of the Team manager / coach before doing so.

6.      After your race report to your coach for feedback.

7.      Support your team mates. Everyone likes to be supported and they will be supporting you.

8.      If facilities allow, swim down after the race as advised by your coach. Your behaviour in the swim down facility must be appropriate and respectful to other users at all times.

9.      Never leave an event until either the gala is complete or you have the explicit agreement of the club coach or team manager.

First Name



Surname



Date