

Chalfont Otters



Swimming Club

Code of Conduct for Swimmers

As a member of our club, we understand you have the right to:

- Enjoy the time you spend with us and know that you are safe.
- Be told who you can talk to if something's not right.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected by us and other team members and be treated fairly.
- Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
- Be encouraged and develop your swimming, para-swimming, diving, high diving, artistic swimming, water polo and open water swimming skills with our help and support.
- Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate.

As a member of our club or activity we expect you to:

Essentials

- Keep yourself safe by listening to your coach or teacher, behave responsibly and speak out when something isn't right.
- Take care of our equipment and premises as if they were your own.
- Make it to training and competitions on time and if you're running late, let a member of the club know.
- Make your coach or teacher aware if you have any difficulties attending training or competitions.
- Not wander off, or leave training or a competition without telling your coach, teacher or team manager.
- Bring the right kit to training and competitions.

- Follow the rules of the club, squad or activity at all times.
- Respect the privacy of others especially in the changing rooms
- Behave sensibly in the changing rooms:
 - Not interfere with other swimmers' belongings
 - Not damage any of the changing rooms facilities i.e blocking toilets/sinks
 - Keep the changing area clean
 - Do not shout
 - Take all your swim equipment with you and keep on poolside

Behaviour

- Make our club and activity a fun, happy, friendly and welcoming place to be.
- Respect and celebrate difference in our club or activity and not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith or ability.
- Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the club and could result in action being taken through the Club disciplinary or child welfare policy.
- Not use any device to take photographs or footage of others in the changing rooms or cubicles.
- Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
- Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which may be a criminal offence will be reported to police by the club.
- Report any incidents of bullying or unkind behaviour to the club, even if you're just a witness.
- Treat other swimmers with respect and appreciate that everyone has a different level of skill or talent.
- Support and encourage your teammates, tell them when they've done well and be there for them when they are struggling.
- Respect the children and adults competing for other teams at competitions.
- Respect the committee members, coaching and teaching team and all volunteer helpers at the club.
- Get involved in club decisions, it's your sport too.

At Swimming Training:

- Arrive on poolside in good time to stretch, 10 minutes before start time. Do not enter the water until the coach has instructed you to do so.
- Inform your coach before the start of training if you have any illness/injury which may affect your training.
- Have all your equipment with you i.e. paddles, kick boards, hats, goggles, water bottle etc.

- Use the lavatory before training begins and always inform the coach if you need to leave the pool during training.
- Look at and listen to what your coach is telling you. Follow the instructions given during training.
- Behave appropriately in the water and on pool side.
- Always swim to the wall as you do in a race, and practice turns as instructed.
- Do not stop and stand in the lane unless you have good reason.
- 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
- Do not distract or disrupt other swimmers

At Competitions:

- You must swim events and galas that your Coach has entered/selected you for unless agreed otherwise with the relevant club official.
- Notify the team selectors as soon as possible if you cannot attend a gala for which you have been selected.
- At Open Meets, check when you should register/sign-in and be sure to do so on time.
- Warm-up before the event. Prepare yourself for the race by swimming, not playing or stopping in the lane.
- Be part of the team. Stay with the team on poolside. If you leave for any reason you must tell the Coach and Team Manager where you are going.
- Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
- Support your teammates. Everyone likes to be supported.
- You must wear club uniform and hats when representing the Club. Be proud to wear your team kit.
- Swim down after the race, if possible. Do not use this time to play.
- After your race report to the Coach so that you receive feedback on your race.
- Performance enhancing drugs and substances are strictly forbidden. Swimmers are expected to be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a competition.
- The use of any illegal drugs and substances, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.

Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee.

Signature of the child

Signature of parent/guardian

Date

Last updated May 2023