

### **Swimmers Code of Conduct**

#### **Statement:**

The Committee, Coaching/Teaching staff and members of Fleetwood Swimming Club work hard to maintain the good reputation of the Club. This document has been developed to show the high standard of behaviour that is expected of all members of the Club. This applies to training, competing at home meetings, away trips and general conduct at all times.

#### **Behaviour & Personal Conduct:**

1. You must remember that you represent Fleetwood Swimming club every time you swim, whether it is during training or competing. As such, your behaviour should be of a high standard that reflects well on yourself, the Club and the sport.
2. Your language in public or relevant group situations, in particular changing rooms, must always be appropriate and socially acceptable.
3. You should respect the Coaches/Team managers and poolside helpers at all times as these people give their expertise and time to train you whilst being volunteers.
4. When swimming in Team events, stay together as a Team and support members of the Team who are swimming.

#### **Attendance:**

5. You are expected to attend sessions promptly with all equipment needed. This means you should aim to be on poolside at least five minutes before your session start time.
6. If you are unavoidably late for any session, you or your parent should speak to your Coach BEFORE you get in the water to see if it is alright to do so.
7. If you are to be absent for a considerable amount of training sessions please inform your Coach.

#### **Medication:**

8. It is important that information on all medication you are currently taking and any existing medical condition you may have, is reported to the Membership secretary who will inform the relevant people.
9. Swimmers/Parents should notify the Coach/Teacher of any injury or specific illness being experienced by the swimmer.

#### **Pool Safety & Respect:**

10. At any pool, you must always behave in a safe manner as accidents can easily happen on slippery surfaces.
11. You must obey instructions from the Lifeguards.
12. As changing rooms at Fleetwood and most pools we visit to compete in are communal, your behaviour should be respectful to yourself and others using the facilities. Please remember that most changing rooms are shared by swimming clubs and members of the public.
13. Use the cubicles provided for changing and do not disturb others whilst they are changing.
14. Respect and be civil to Leisure Centre staff.
15. Water, shampoo and drink fights within changing rooms are not permitted as pool staff work hard to keep facilities clean for all who use them.

#### **Mobile Phones and Cameras:**

16. Mobile phones and cameras must not be used in changing rooms and pool areas; this includes listening to music on your phone. At Fleetwood Leisure Centre this is in accordance with YMCA policy, but most pools adopt this policy. Anybody wishing to take photographs must obtain permission from pool staff or gala organisers.

#### **Personal Appearance:**

17. Team kit and equipment should be worn as directed by Coaches/Team Manager when competing and on other occasions as notified.

18. Please remember to cover your swimwear with tracksuit/shorts/T-shirt whilst having your photograph taken.

**Travelling & Accommodation:**

19. When travelling on coaches to galas etc., you must behave and seat belts must be fastened if fitted.

20. If members are staying in hotels or equivalent no extra persons should be accommodated in swimmer's rooms.

**Training:**

21. In any 90-minute swimming session only ONE toilet break is allowed and this must NOT be in the middle of a training set.

22. If you have to leave the poolside for any reason during a session, you must ask your Coach's permission first.

23. Every swim must start and finish at the wall (e.g. no walking in or out). All turns must be done properly.

24. You must NOT sit on the lane ropes or pull yourself along them. You must NOT use lane ropes to climb out of the pool.

25. You must NOT sit on pool covers.

**Alcohol & Smoking:**

26. Alcohol is totally forbidden for swimmers under age defined by law. It must not be consumed by swimmers or club personnel whilst en route (on transport), prior to, during or following a competition event or team activity.

27. Smoking is prohibited for swimmers and personnel from the club as for alcohol consumption.

**Illegal & Performance Enhancing Drugs & Substances:**

28. All strictly forbidden. If you are in any doubt about the medication you are taking then you/your parents can check it out on the UK Sport website at [www.ukssport.gov.uk/did/](http://www.ukssport.gov.uk/did/).

**Illegal Drugs & Substances:**

29. The use of these, even though they may not appear on the official banned list of performance enhancing drugs is prohibited.

**Bullying:**

30. Bullying of any form is not allowed. If anyone is found to be acting in a bullying manner, ASA guidelines will be followed and could result in a person being asked to leave the Club.

**Sanctions:**

All breaches of this Code of Conduct shall be dealt with firstly by your Coach/Teacher/Team Manager. He/she shall report the incident if necessary to the Secretary of the Club for Committee attention. Action taken will be governed by the seriousness of the offence committed.