



Shrewsbury ASC Code of Conduct for Swimmers

General behaviour

1. Treat all members of, and persons associated with, Shrewsbury ASC with due dignity and respect.
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 as per the Shrewsbury ASC Anti-Bullying 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 any difficulties attending your squad training sessions.
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, for example: goggles, cap, kickboard, paddles etc.
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.
8. Always swim to the wall as you do in a race, and practice turns as instructed.
9. Do not stop and stand in the lane, or obstruct others from completing their training.
10. Do not pull on the ropes as this may injure other swimmers.
11. Do not skip lengths or sets - you would only be cheating yourself.

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

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

Competition

1. At competitions always behave in a manner that shows respect to your club's Coach, other team members, volunteers and officials as well as members of all other clubs present.
2. You will be expected to attend team galas when selected unless previously agreed otherwise.
3. You must wear appropriate swimwear and caps, tracksuits, T shirts/shorts in Club design if possible.
4. Report to your club's Coach and/or Team Manager on arrival on poolside.
5. Warm-up before the event as directed by the coach in charge on that day and ensure you fully prepare yourself for the race.
6. Be "part of the team". Stay with the team on poolside. If you have to leave poolside for any reason, inform (and in some cases get the consent of) the Team Manager/Coach before doing so.
7. After your race report to your Coach for feedback.
8. Support your team mates. Everyone likes to be supported and they will be supporting you.
9. Swim down after the race, if possible, as advised by your coach. Your behaviour in the swim down facility must be appropriate and respectful to other users at all times.
10. Never leave until either the gala is complete or you have the agreement of the club's Coach or Team Manager.

Parent/Carer to sign if swimmer is under 18

Name of Swimmer:

I have explained to the above named swimmer the importance of this Code of Conduct and what is expected from them in relation to it.

Name of Parent/Carer:

Signed: Date: