

BRIDGWATER AMATEUR SWIMMING CLUB

Code of Conduct for Swimmers

You have the right to

- Be treated fairly and with respect, courtesy and consideration.
- A high quality swimming programme which takes into account your individual strengths and needs.
- Learn in a safe and caring environment.
- Express your ideas and opinions respectfully.

General behaviour

Each person is responsible for his/her own behaviour. Swimmers have the responsibility to -

1. Treat all members of the club with due respect including:
 - Fellow Swimmers
 - Coaches
 - Officials
 - All competitors and representatives from competing clubs
2. Listen to and follow instructions of coaches, poolside staff, officials and team captains.
3. Care for all personal and club property.
4. Act appropriately. Use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken through the club disciplinary route or child welfare policy.
5. Inappropriate comments or remarks made on social networking sites that would bring the club, it's members and committee into disrepute will not be tolerated.

Swimming training

1. Arrive in good time to stretch, 15-20 minutes before the start of your session.
2. Have all your equipment with you, i.e. water bottle, kick boards, hats, goggles etc.
3. Use the toilet before training begins and always inform the coach if you need to leave the pool during training.
4. Listen and think about what your coach is telling you during training.
5. Always swim to the wall as you do in a race, and practice turns as instructed.
6. Do not stop and stand in the lane, you may get injured.
7. Use equipment as instructed and do not pull on the ropes as this may injure other swimmers.
8. Attempt all drills, lengths and sets. If you skip any you will not get the benefit of the session and you are only cheating yourself.

Competition

1. Discuss with the coach if you are unable to swim the events/galas that the coach has entered/selected you for.

2. Prepare yourself for the race. Warm up before the event by swimming and stretching, not playing or stopping the lane. Start and Turn practice should have taken place during your normal training session.
3. 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.
4. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
5. Support your teammates. Everyone likes to be supported.
6. You must wear club hats when representing the club.
7. After the race, swim down if possible then report to the coach, not your parents, so you can receive feedback on your race and splits.

Signed.....

Print.....

Dated.....