

# **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. Junior, Squad & Performance swimmers should arrive at poolside 15 minutes before the start of their session (no earlier than this). They should complete their warm up stretches whilst ensuring they are out of the way of coaches/teachers already using the pool and don't disturb an existing session. They should be stretching right up to the start of their swim session.

Pre- squad swimmers should sit/ stand safely away from the poolside.

At all times swimmers must be aware of the safety of all.

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.

**The Club has a disciplinary procedure in place which is written in full in the Behaviour Policy, available via the website or a committee member.**

Please read this briefer version so you are familiar with it.

A yellow and red card procedure will be used during training, meets and galas -

- 1) verbal warning will be issued
- 2) the offending swimmer continues he/she will be issued a yellow card. At this point the swimmer will be asked to sit on poolside. (maximum 10 minutes).
- 3) If the poor behaviour continues again, then a red card will be issued, and the swimmer will be asked to leave the training session, get changed and return to poolside until the end of the session.
- 4) Any red cards will be detailed on the Incident Log and the parent informed. This Incident Log will be discussed at committee meetings.
- 5) If a swimmer is issued 2 red cards within the same season they will be issued with a 1 week training ban. A letter will be sent to the swimmer and or the parent to inform them of this.
- 6) If a swimmer should reach three red cards within the same season a review panel will be created, this panel will then decide what further action should be taken if any and may include expulsion from the club.

Additional points for poor behaviour at a meet or gala -

- The swimmer will still be allowed to continue to race in most circumstances.

- If a race is during a 'time out' the swimmer will be allowed to race but the time out will continue after the race has been completed.
- In instance of a red card being issued at a meet an appropriate training ban will be issued as decided by the coach or team manager.
- In extreme circumstances where a swimmer behaviour is a risk to their or other members of the team's safety the coaching team issue a red card which results in the coach withdrawing the swimmer from their events and sending them home.

All personnel issuing warnings or cards **MUST** be sure that they are dealing with the incident / behaviour fairly, and that if more than one swimmer is misbehaving, the severity of the warning is explained to all involved swimmers.

Signed.....

Print.....

Dated.....