



# BISHOP'S STORTFORD SWIMMING CLUB

## Code of Conduct for Swimmers

This code is something that you as an athlete should refer to in relation to your rights as an athlete, the respect you should expect but also that which you demonstrate to other members, what is expected of you in terms of listening and being listened to and your behaviour as a member of the club.

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

1. Feel safe and know how you can raise concerns.
2. Be listened to.
3. Be involved and contribute towards decisions within the club or activity.
4. Be respected and treated fairly by every member of the club.
5. Feel welcomed, valued and not judged based on your race, gender, sexuality, faith, ability or any other relevant characteristic.
6. Be encouraged and developed with our help and support.
7. Be looked after if there's an accident or injury and have your parents/guardians/emergency contact informed, where appropriate.
8. Get involved in club decisions, it's your sport too.

### General behaviour

1. Treat all members of and persons associated with Swim England and other associated groups with due dignity and respect.
2. Treat everyone equally and never discriminate against another person associated with the club 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 through the club disciplinary or child welfare policy.
4. Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate Club member.
5. Recognise and celebrate the good performance and success of fellow Club and team members.
6. Comply with the regulations, Code of Ethics, Club Constitution, rules and laws set out by Swim England and Wavepower

### Swimming training



# BISHOP'S STORTFORD SWIMMING CLUB

1. Treat your Coach and fellow Swimmers with respect and conduct yourself appropriately when using any areas of the Bishop's Stortford College or Grange Paddocks.
2. Make your Coach aware if you have difficulties in attending training sessions as laid down for your squad.
3. Arrive 10 mins 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 i.e., paddles, kick boards, hats, goggles, a drink, 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. Be prepared to accept constructive criticism from the Coaches.
9. Do not stop and stand in the lane or obstruct others from completing their training.
10. Swimmers should not interfere with other swimmers in their lane. If others are faster the swimmer should let them overtake at the end of the length so as not to hinder them. Swimmers should not pull on other swimmers legs.
11. The warm-up is NOT a social event or a race - it is for warming up.
12. Do not pull on the ropes as this may injure other Swimmers.
13. Do not skip lengths or sets - you are only cheating yourself.
14. Think about what you are doing during training and if you have any problems discuss them with your Coach at an appropriate time.
15. If you have any problems with the behaviour of fellow members report them at the time to an appropriate adult / coach.
16. Swimmers must move carefully and safely around the poolside - no running, pushing swimmers into the water or throwing in objects.
17. Respect the property of other swimmers and the equipment provided.
18. With the exception of asthma inhalers, medication should not be taken poolside unless under parental guidance. The club cannot provide any medication for swimmers.
19. Never leave the premises (at either training or a competition) without agreeing it with your coach, teacher or team manager first. This is just as important for our adult members as well as those under 18

## Changing Areas

1. The changing rooms and showers areas should be treated with respect and always kept clean.
2. Mobile phones must not be used in the changing rooms.



# BISHOP'S STORTFORD SWIMMING CLUB

3. Report any concerns you have about someone taking photographs or footage of others in the changing areas
4. Always respect the property and privacy of other swimmers.
5. The changing room is for changing only and the area should not be used as a social/meeting place.
6. The changing area should be exited promptly.
7. The use of foul or inappropriate language in the changing areas or at the pool is not allowed.

## Competition

1. At competitions whether they be open meets, national events or club galas always behave in a manner that shows respect to both your Coach, officials, Club members and teammates and the members of all competing clubs.
2. You will be required to attend events and galas that the Head Coach has entered/selected you for unless previously agreed otherwise with the relevant Team Manager and Coach.
3. When representing the club at galas and competitions remember that the club's reputation depends on the way swimmers behave. This Code of Conduct applies at all times when participating in such events.
4. You must wear appropriate swimwear, BSSC club T shirt and hats at all competitions.
5. Arrive 15 minutes before the scheduled warm up and report to your Coach and / or Team Manager.
6. Warm-up before the event as directed by the Coach and ensure you fully prepare yourself for the race.
7. Be part of the Team. Stay with the Team on poolside. If you have to leave poolside for any reason, ensure you inform and in some cases get the consent of the Team Manager / Coach, before doing so.
8. Before and after your race report to your coach for preparation/feedback.
9. Support your teammates. Everyone likes to be supported and they will be supporting you.
10. 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.
11. Do not get changed on poolside, use the changing rooms.
12. Never leave an event until either the gala is complete, or you have the explicit agreement of the Coach or Team Manager.
13. Treat other competitors and teams with respect in victory and defeat. Show good sportsmanship at all times.



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## Sanctions

Breaches of this Code of Conduct will result in disciplinary action being taken against you by the club committee and any behaviour which may be a criminal offence will be reported to Police and any other relevant authority, by the club.

With limited training times, we cannot afford coaches wasting session time continually disciplining swimmers and if necessary, we will enlist the support of parents in resolving behavioural issues.

- Swimmers disrupting sessions for whatever reason will be issued an initial warning by the coach. Swimmers continuing to ignore the warning will be asked to leave the pool.
- A letter or email may be sent home and the offender may only be allowed to attend subsequent sessions with a parent present, whilst the problem continues.
- More serious breaches of the Code of Conduct will be reported to the Chairman / Secretary of the club and the matter will be discussed at the next committee meeting.
- The Committee have the right to decide on any matters not covered in the Code of Conduct.
- The failure of any member to continually comply with all of the code of conduct will result in sanctions being taken under the club rules which may result in permanent or temporary exclusion from training sessions.
- In accordance with the club's Constitution, only the Committee can ultimately expel a swimmer, a decision not taken lightly but taken in the interests of the safety and wellbeing of the swimmers and club as a whole.