

## Code of Conduct for Swimmers

### General Behaviour

1. Treat all members of the ASA (Amateur Swimming Association) with due dignity and respect.
2. Treat everyone equally and never discriminate against another person associated with the ASA on any grounds, including 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. Older swimmers have a responsibility to act as role models for our younger swimmers.
5. Older swimmers must ensure all conversations are age appropriate when sharing facilities with younger swimmers.
6. Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate club officer.
7. When using any form of social media, be respectful and never do anything that could cause any emotional harm.
8. Show respect for the facilities we are using/hiring, and for all the people working there.
9. Each squad coach has a set of expectations of behaviour and attendance particular to his/her squad. Your continued inclusion in the squad is dependent on you maintaining the standards required in this 'contract'.

### Swimming training

1. Treat your coach and fellow swimmers with respect.
2. Make your coach aware if you have difficulties in attending your squad training sessions.
3. Your coach will advise the time he/she expects you to arrive on poolside before the training session.
4. If you arrive late, report to your coach before entering the pool.
5. Make sure you have all your equipment with you –eg paddles, kick boards, hats, goggles, drinking water. Your coach will tell you what equipment is necessary.
6. Complete the warm up as directed by your coach.
7. Inform your coach if you need to leave the pool for any reason during training.
8. Listen to what your coach is telling you at all times and follow his/her instructions.
9. Always swim to the wall as you do in a race, and practice turns as instructed.
10. Do not stop or stand in the lane, or obstruct others from completing their training.
11. Do not pull on the lane ropes as this may injure other swimmers.
12. Do not skip lengths or sets – you are only cheating yourself.
13. If you have any problems or difficulties with the training, discuss them with your coach at an appropriate time.
14. If your behaviour results in your coach removing you from a session – swimming or land training – do not leave poolside/the gym until instructed by your coach. This is for your own personal safety. We suggest you always bring a towel onto poolside. In the event of being removed from a swimming session, use the towel to stay warm.



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Competition

- 1. At competitions – open meets, team events, club galas - always behave in a manner that shows respect to your club coach, officers and team mates, and the members of all competing clubs.
2. You are required to attend events and galas that your coach has entered/selected you for unless previously agreed otherwise.
3. You must wear the relevant swimwear, T-shirt/shorts and hats as laid down by the club.
4. Report to your club coach on arrival on poolside.
5. Warm up before the event as directed by the coach.
6. Be part of the Team. Stay with the Team on poolside. If you have to leave poolside for any reason inform/ask permission of the coach before doing so.
7. After your race report to your coach first for feedback on your race and splits.
8. Swim down after the race if possible, again as advised by the coach. Your behaviour in the swim down facility must be appropriate and respectful to other users at all times.
9. Never leave an event until either the gala is complete or you have the explicit agreement of the club coach.
10. Remember you are ambassadors of Leamington Spa Swimming Club and make sure your behaviour reflects this.

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Please return the signed slip to LSASC: email treasurer@swimleamington.org

LSASC
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I agree to follow the conditions of the Code of Conduct at all times, as detailed above and on www.swimleamington.org. Breaches of the Code will be presented to the Committee for consideration and could jeopardise your place in your squad and, potentially, your membership of Leamington Spa Swimming Club.

The Code is in place to ensure the safety and wellbeing of all our members. We want your experience here at Leamington to be positive and enjoyable, and the Committee and all the coaches are committed to helping you achieve your swimming potential in a safe and supportive environment.

Swimmer Name.....

Signed.....

Date.....