

# **HADLEIGH SWIMMING CLUB**

Affiliated to ASA East Region and Suffolk County ASA

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## **Code of Conduct for Swimmers**

### **General Behaviour:**

1. Treat all members of the club with due respect including:
  - Fellow swimmers
  - Officials
  - Coaches
  - Parents
2. Treat all competitors and representatives from competing clubs with due respect.
3. The 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 or child welfare policy.

### **Training:**

1. Arrive in good time to conduct a land warm up, 10-15 minutes before start time.
2. Have all your equipment with you, e.g. kick boards, hats, goggles, swimwear, drink etc.
3. Use the lavatory before training begins and always ask the coach for permission if you need to leave the pool during training.
4. Listen to what your coach is telling you.
5. Do not stop and stand in the lane, you may get injured.
6. Do not pull on the ropes as this may injure other swimmers.
7. Do not skip lengths or sets. You are only cheating yourself.
8. Think about what you are doing during training.

### **Competition:**

1. Once you have committed to swimming/gala you will be expected to swim.
2. Warm-up before the event. Prepare yourself for the race.
3. Use the warm up accordingly and ensure you're comfortable with the rules, turns and starts - familiarise yourself with the feel of the water.
4. Be part of the team. Stay with the team on poolside. Do not leave for any reason without telling the Coach and Team Manager where you are going.
5. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you, together with your drink.

6. Support your team mates. Everyone likes to be supported.
7. You must wear club T-Shirt and swim hat when representing the club.
8. Swim down after the race, if possible. Use the time constructively to ensure correct preparation for the next race.
9. After your race report to the coach, not your parents. Receive feedback on your race and splits.

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Policy adopted at Committee Meeting: 12<sup>th</sup> September 2013

Policy Review date: 12<sup>th</sup> September 2014