



LINCOLN VULCANS SWIMMING CLUB

Code of Conduct for all Swimmers

General behaviour

1. I will treat everyone equally and never discriminate against another person associated with Swim England on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
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.

Swimming training

1. I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
2. Arrive in good time to stretch, 15 - 20 minutes before start time.
3. I understand that if I arrive late, I must report to my coach before entering the water.
4. Have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc.
5. Use the toilet before training begins, at the end of sets or during the rest period. Always inform the coach if you need to leave the pool during training.
6. Listen to what your coach is telling you.
7. Always swim to the wall as you do in a race, and practice turns as instructed.
8. Do not stop and stand in the lane, you may get injured.
9. Do not pull on the ropes as this may injure other swimmers.
10. Do not skip lengths or sets you are only cheating yourself.
11. Think about what you are doing during training.
12. I will display a high standard of behaviour at all times

13. I will respect the privacy of others, especially in the changing facilities.
14. I will always report any poor behaviour by others to an appropriate officer or member of coaching staff.
15. If I have any problems with the behaviour of fellow members, I will report this at the time to an appropriate adult.

Competition

1. You must swim events and galas that the Coach has entered or selected you for unless agreed otherwise by prior agreement with the relevant club coach.
2. At competitions, always behave in a manner that shows respect to the coach, the officers, team mates and members of all competing organisations.
3. I will report to my coach and/or team manager on arrival on poolside.
4. Warm-up before the event. Prepare yourself for the race.
5. Warm up properly by swimming, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions.
6. 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 *and* have the agreement of the coach or team manager.
7. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
8. Support your team mates. Everyone likes to be supported.
9. You must wear club uniform and hats when representing the club.
10. Swim down after the race, if possible. Do not use this time to play.
11. My behaviour in the warm up/swim down facility must be appropriate and respectful to other users at all times.
12. After your race report to the coach, not your parents. Receive feedback on your race and splits.

As a member of the Lincoln Vulcan's Swimming Club I agree to adhere to the Code of Conduct as written above.

Signed:

Date: