

# Codes of Conduct

## Swimmers



**PENGUINS**

Adherence to the Code of Conduct, and any associated policies and procedures that may be introduced or updated periodically, is a prerequisite of WCPSC membership.

### Training

- Arrive on time ready to swim with the correct kit
- Please ensure there is a coach present before your parents leave you (this applies to land training venues as well as the pool)
- Follow the pool rules for the pool you are at
- Behave appropriately in the changing rooms, respecting other swimmers and pool users
- On poolside follow all the instructions of the coach
- Treat all members, fellow swimmers, teachers, helpers, coaches and volunteers of the club with due respect. (Do not use inappropriate or abusive language, and bullying, harassment, discrimination or physical violence will not be tolerated\*)
- Behave appropriately in the water, eg do not sit or pull on lane ropes or disrupt other swimmers during training
- Make sure you leave the changing rooms promptly and as you found them.
- Do not leave the pool building without a parent or guardian.

\*Bullying of any type (emotional, physical, racist, sexual, homophobic and verbal) will not be tolerated. This includes written, telephonic and electronic communications and the use of social media such as Facebook, Twitter, Snapchat or other.

### Open Meet

- Follow the coach's guidance with regards to entering competitions. You should seek advice before every competition as to which competitions/events to enter in line with your training programme and goals
- Swimmers should enter competitions in line with the club/squad competition calendar, any exceptions should be approved by the Head of Performance
- Notify the team selectors / Coach as soon as possible if you cannot attend an open meet
- Ensure that the club has your most up to date contact and correct medical information
- Ensure you arrive on time (this should be 30 mins prior to warm up time)
- Behave appropriately in the changing rooms, respecting other swimmers and pool users

- On poolside follow all the instructions of the coach and team manager
- Behave appropriately on poolside, respecting other swimmers, coaches and officials
- Before, and at, competitions you should listen to and follow coach's guidance to preparation, racing and recovery
- If a swimmer wishes to withdraw from a race/event/competition, discussion should be had with the lead coach for the meet, final decisions regarding this should be approved by the lead coach for the meet
- Treat all members, fellow swimmers, teachers, helpers, coaches, volunteers and officials with due respect
- Always compete with good sportsmanship
- You must wear club kit and club swim caps when representing the club
- If you wish to leave poolside during the competition you will need to have the appropriate consent from the team manager/coach and parents, where necessary
- If your parent is not there, make sure you are aware who the nominated adult is who is responsible for you off poolside. This person should also supervise you during any breaks
- When you have finished competing (and in some competitions warming down) tell the team manager you are leaving

## Gala

- Notify the team selectors / Coach as soon as possible if you can or cannot attend a gala for which you have been selected
- Swimmers will be expected to represent the club at events they have been selected for
- Ensure that the club has your most up to date contact and correct medical information
- Ensure you know the venue of the gala and the expected arrival time
- You must wear club kit and club swim caps when representing the club. Please let the team selectors/coach know if you need to borrow any kit
- Behave appropriately in the changing rooms, respecting other swimmers and pool users
- Behave appropriately on poolside, respecting other swimmers, coaches and officials
- On poolside follow all the instructions of the coach and team manager
- Before and at competitions you should listen to and follow coach's guidance to preparation, racing and recovery
- Treat all members, fellow swimmers, teachers, helpers, coaches, volunteers and officials with due respect
- Always compete with good sportsmanship
- This is a team event and you are expected to remain poolside in your kit until the end of the gala and support your team
- If you leave poolside during the gala ensure you ask the team manager/coach and let them know you are going and when you will be back