

# Code of Conduct for Swimmers in C, D & E Squads (2017)

## General Behaviour

- Treat all members of the club with due respect, fellow Swimmers, Coaches and Officials.
- Treat all competitors and representatives from competing clubs with respect.
- 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.
- Do not say or do anything that will bring CLS ASC into disrepute.

## Swimming Training

- Arrive in good time, 5-10 minutes before start time.
- Have all your kit with you e.g. pull buoy/kick board/fins /paddles.
- Give 100% of your best in both training and competition.
- Ensure you bring a full drink bottles to every training session.
- Use the lavatory before training and inform the coach if you need to leave the pool during training.
- Listen to what your coach is telling you and inform your coach if you are unwell or injured.
- Always swim to the wall as you do in a race and practice turns as instructed.
- Do not stop in the lane, you may get injured by other swimmers.
- Do not pull or sit on the lane ropes as this may injure other swimmers.
- Do not cross other lanes without checking where the swimmers in that lane are as this can cause accidents.
- Do not skip lengths or sets.
- Think about what you are doing during training and what you are learning.
- Behave sensibly in the changing rooms. Females and males should not share changing cubicles.
- All swimmers in E SQUAD are expected to participate in a minimum of 1 session per week
- All swimmers in D SQUAD are expected to participate in a minimum of 2 sessions per week
- All swimmers in C SQUAD are expected to participate in a minimum of 3 sessions per week and participate in at least 1 land based stretching session
- All swimmers are to compete in at least 2 galas per year including club's annual gala and team events as extra, once at competition age.

## Competition

- Arrive ½ hour before the meet is scheduled and in good time to warm up with your teammates.
  - You must swim events and galas that your Coach has selected you for unless agreed otherwise beforehand.
  - Warm up before the event. Prepare yourself for the race.
  - Warm up and swim down properly following the coach's guidelines.
  - Be part of the team. Stay with the team on poolside and if you leave for any reason you must tell the Coach where you are going.

- Always congratulate other swimmers after the race regardless of your own result.
- Listen for your race to be announced and go to the marshalling area in time and report in.
- Support your teammates. Everyone likes to be supported.
- You must wear club uniform and club hats when representing the club.
- Swim down after the race. Do not use this time to play.
- After your race report to the coach first, not your parents. Receive feedback on your race and splits.
- Performance enhancing drugs and illegal substances are all strictly forbidden.

## **Breaking the Rules**

1. It is hoped and expected that swimmers will adhere to the above code of conduct. However in the instance of failure to follow these simple rules the following steps may be taken.
2. On the first occasion the coach or team manager will speak to the swimmer concerned and explain that their conduct is unacceptable and must stop.
3. A further instance will lead to swimmer being spoken to by the coach, who will issue the swimmer concerned with a formal verbal warning and advise them that their conduct is now being viewed seriously.
4. On the next occasion this will indicate to the Head Coach that the swimmer does not wish to swim in the Training Session or Gala and the swimmer concerned will be told to leave the pool immediately and get dressed. The swimmer will be given a written warning
5. Coaches will provide a monthly update to the club committee on any members causing concern. A letter will be produced for the swimmer/parents to advise that the swimmers conduct is being reviewed. There will be 4 week review of the swimmers conduct. If there is not a required improvement in the swimmers conduct the swimmer and parent/guardian will have a review meeting with the head coach and a committee member/Welfare Officer. The meeting will review the concerns regarding the swimmers conduct and the potential consequences.
6. If a swimmers conduct does not improve after this and further instances are brought to the Coach, the swimmer will be issued with a suspension from taking part in any club activity for a period of 4 weeks. During this period the swimmer may not take part in any activity organised by CLS ASC. During this time the swimmers fees will still be payable and no rebate will be given.
7. Serious breaches of reasonable behaviour (for example fighting, bullying, damage to facilities or any other excessive bad behaviour during attendance at training, competitions or any other club organised event) may at the discretion of a Coach (or in the case of bullying the Club Welfare Officer or other Club Officer) lead to instant suspension of a swimmer from the club. This suspension will remain in place until the Disciplinary Sub-Committee (Head Coach, Club Welfare Officer and one other Club Officer) can be convened where a decision will be made on the individual concerned and relevant action required.
8. Finally if after the limited period of suspension and the swimmers return to normal training, the individual's conduct continues to be unacceptable, then a CLS ASC coach and committee member, has the authority to permanently exclude the swimmer from CLS ASC with immediate effect.
9. Non-attendance: all swimmers expected to train as highlighted above, failure in month one, will result in letter being handed to swimmer, should this continue in month 2, meeting with coach, member of committee, parents and swimmer. If lack of attendance occurs in month 3 then the swimmer will be removed from current squad and an alternate squad will be recommended.

## **Right to Appeal**

All swimmers, parents/carers, club members, team managers and coaches have the right to appeal against any decision made under this code. Any appeal, should be made in writing to the club

secretary, within 14 days of the penalty being given, stating the swimmer's name and details of the appeal. This will then be formally discussed at the next committee meeting and the individual will be informed of the decision made.

Such action may be overridden by the A.S.A complaints procedure.

Membership to CLS ASC indicates that you have seen this code and completion of a CLS ASC membership application form will be taken that you accept to be bound by the code itself.

It is not the intention of this code to discourage reasonable high spirits and fun, but swimmers must realise that when taking part in group activities, their actions may endanger others, cause damage to the facilities we use or put the clubs reputation at risk.

Having read and understood the above in regards to Chester le Street ASC Code of Conduct I agree to comply with it as a member in good standing

---

<b>1. Swimmer</b>	
<b>Signed</b>	
<b>Printed Name</b>	
<b>Date</b>	

<b>2. Parent/Guardian (FOR MEMBERS UNDER 12)</b>	
As the Parent/Guardian of the above named member, I hereby confirm that I have explained the contents and implications of this code of conduct. I agree to support my child to meet the swimmers code of conduct.	
<b>Signed</b>	
<b>Printed Name</b>	
<b>Date</b>	