



SWIMMERS CODE OF CONDUCT

This document is compiled in accordance with the guidelines laid down by the ASA in their Wavepower 2016-19 document, and sets out the conduct expected of all members of Preston Swimming Club. This document should be read and signed to indicate acceptance of this code of conduct by all swimmers and countersigned by a parent or guardian where the swimmer is under 18 years of age.

General behaviour

1. I will treat all members of, and persons associated with, the ASA with due dignity and respect.
2. I will treat everyone equally and never discriminate against another person associated with the ASA on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
3. I understand that 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 disciplinary or child welfare policies.
4. I will display a high standard of behaviour at all times.
5. I will always report any poor behaviour by others to an appropriate officer or member of staff.
6. I will recognise and celebrate the good performance and success of fellow club and team members.
7. I will respect the privacy of others, especially in the use of changing facilities.
8. I accept that any other behaviour not covered above, but deemed by the Head Coach, Executive Committee or Welfare Officer(s) to be bullying, disrespectful or bring the Club into disrepute, may be subject to disciplinary action.

Training

1. I will treat my Coach and fellow members with respect.
2. I will make my Coach aware if I have difficulties in attending the required number of training sessions as per the rules laid down for my squad.
3. I will arrive in good time on poolside before the training session starts to complete poolside warm up as directed by my Coach.
4. I understand that if I arrive late, I must report to my Coach before entering the pool.
5. I will ensure that I have all of my equipment with me as stipulated for that squad, e.g. paddles, kick boards, hats, goggles, etc.
6. If I need to leave the pool for any reason during training, I will inform my Coach before doing so.
7. I will listen to what my Coach is telling me at all times and obey any instructions given.
8. I will always swim to the wall as I would do in a race, and I will practice turns as instructed.
9. I will not stop and stand in the lane, or obstruct others from completing their training.
10. I will not pull on the ropes as this may injure other members.
11. I will not skip lengths or sets – to do so means I would only be cheating myself.
12. I will think about what I am doing during training, and if I have any problems, I will discuss them with my Coach at an appropriate time.
13. If I have any problems with the behaviour of fellow members, I will report them at the time to an appropriate adult.

Competitions

1. At competitions, whether they be open meets, national events or club galas, I will always behave in a manner that shows respect to my Coach, the Officials, my team mates and the members of all competing organisations.
2. I understand that I will be required to attend events and galas that the Head Coach or Squad Coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant Official and Coach.
3. For away galas and other events, where accommodation and transport (e.g. team bus) has been arranged by the Club, this must be used. The lead Coach for the event must be informed of any alternative arrangements made by the swimmer and the expenses met by the individual.

4. I understand that I must wear appropriate swimwear and official Preston Swimming Club clothing (tracksuits, T-shirts/shorts, etc) and hats as per the rules laid down by the organisation.
5. I will report to my coach and/or team manager on arrival on poolside. If, for any reason, I am going to arrive late at a meet, I will inform the lead Coach in advance by text, email or phone call.
6. I will warm up before the event as directed by the Coach in charge on that day and ensure I fully prepare myself for the race.
7. I will be part of the team. This means I will stay with the team on poolside.
8. If I have to leave poolside for any reason, I will inform, and in some cases, get the consent of the Team Manager/Coach before doing so.
9. After my race, I will report to my Coach for feedback, and absorb any advice they provide.
10. I will support my team mates. Everyone likes to be supported and they will be supporting me in return.
11. I will swim down after the race if possible, as advised by my Coach.
12. My behaviour in the swim down facility must be appropriate and respectful to other users at all times.
13. I will never withdraw from a race without first informing the relevant Club coach at the competition.
14. I will never leave an event until either the gala is complete or I have the explicit agreement of the Coach or Team Manager.

Sanctions

All breaches of this code of conduct should be dealt with by the swimmer's Coach or Team Manager in the first instance. In more serious cases, or if there are repeated breaches of the Code of Conduct, the Coach/Welfare Officer may refer this to the Club Committee and action taken as is deemed necessary as outlined in the Club **Disciplinary and Grievance Procedure**.

I agree to abide by the guidance given in this code of conduct:

Name: _____

Signed: _____

Date: _____

Parent / Guardian Signature: _____
(If swimmer is under 18)



Best Practice Guidance for all Swimmers of Preston Swimming Club

PRACTICES BEFORE A TRAINING SESSIONS

- a. Punctuality to ensure participation in the full session
- b. Ensure you are ready on poolside 5 min before start of session with hats on, goggles & costumes adjusted.
- c. All training equipment such as paddles, pull buoys, kickboards etc. readily available.
- d. Each session should start with a good dive or push.
- e. Warm up exercises on poolside should be undertaken before the start of each session under the supervision of your coach.

Nutrition and Hydration

- a. Swimmers Should provide a 2L or 2x 1L drinks bottles

DURING THE SESSION

- a. Leave on the correct time on all sets.
- b. Know your repeat times for all sets.
- c. Good streamlining on all starts & turns.
- d. Finish all swims at the wall.
- e. If you are swimming faster than the swimmer in front, tap their feet to let them know you are there – do not try to overtake in the middle of the lane, and do not pull them back by the leg. At the turn, the slower swimmer should stop to allow the faster swimmer past before pushing off again
- f. Swimmers must inform the Coach before leaving the poolside during the session.
- g. If swimmers feel they need to stop during a session, they must climb out of the pool at the end of the lane. Frequent stops or swimmers behaving in a disruptive manner will receive a verbal warning and then will be asked to leave the pool if the situation does not improve.

PRACTICES DURING COMPETITION

ALL swimmers are responsible for checking notice boards at West View & Fulwood Leisure Centres and the Club Website for swimming events.

- a. ALL swimmers should arrive 30 min prior to schedule warm up time, or at the discretion of the coach.
- b. Once changed swimmers must report to the Coach on poolside before warming up.
- c. Warm up properly & professionally. Check your warm-up protocol for what you are required to do.
- d. Items which should be taken to all events include:
 - 2 race costumes
 - 1 Warm up Costume

- 2 PSC Swimming hats
- 2 pairs of goggles already adjusted
- Correct PSC poolside wear for Competitions (See Kit page, club website) & poolside footwear Trainers and Socks or Flip Flops.

BEHAVIOUR AND PERSONAL CONDUCT:

- Behaviour and conduct should be of a high standard and reflect well on the Club and the sport, as per the Code of Conduct above
- Any swimmers or staff who participate in any promotional or sponsorship activity should conduct themselves to the highest possible standard, which reflects favourably on themselves, the Club and the sport.
- The consumption of alcohol is prohibited to all swimmers under the age as defined by UK law. All other swimmers should abide by the Coaches and Team Managers guidelines.
- Drugs and illegal substances are prohibited. If you are in any doubt about the medication you are taking, then please check it out on the UK Sport website at www.uk sport.gov.uk/did/.
- All swimmers currently on medication should have recorded this information on their Annual Consent/Health Declaration Form. This is especially true for swimmers who suffer from asthma. Swimmers who take any additional medication during the year should notify their Coach or Head Coach. Swimmers are required by ASA law to comply with any random doping tests that an events organiser deems necessary.
- Any swimmers suffering from an injury that will prevent them from fully participating in the Club's training should notify their Coach immediately and work with them to devise a timetable of recovery.
- Any instances of bullying should be reported to the swimmer's Coach, who should deal with the situation or refer it to the Head Coach or Welfare Officer for further guidance. In any instances of staff bullying, this should be referred directly to the Head Coach who may refer this to the Committee or directly to any committee member.