

Cheltenham Swimming and Water Polo Club



Code of Conduct for Swimmers from ALL disciplines

(the term 'Swimmer' refers to a member in Swimming, Water Polo or Synchronised Swimming, unless specific reference is made)

Most of our coaches and helpers are volunteers who give up their time free for the benefit of the swimmers. In return we expect the swimmers to adhere to the following –

General behaviour

1. Treat all members of the club with due respect and politeness including fellow swimmers, coaches and officials.
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.
4. Consistent disruptive behaviour will lead to the swimmer being asked to leave the session.
5. To attend sessions regularly and inform their Coach if they are going to be missing a number of sessions (e.g. going on holiday). This is particularly important with team sessions and a swimmer may lose their place in the team if they do not regularly attend.
6. No photographs are to be taken in the changing rooms or on poolside unless prior consent has been obtained from the Club. This includes the use of camera phones.
7. A positive attitude must be maintained at all times. You should listen and follow instructions carefully and you should endeavour to try your hardest and do what is asked of you.

Training

1. Arrive in good time to stretch, 15 - 20 minutes before start time.
2. Have all the appropriate equipment with you, i.e. paddles; kick boards, hats, goggles, nose clips, bottles etc.
3. To remove all jewellery before coming on poolside.
4. Use the lavatory before training begins and always inform the coach if you need to leave the pool during training.
5. Listen to what your coach is telling you.
6. Always swim to the wall and practice turns as instructed.
7. If are swimming in lanes at any point:
 - a. do not stop and stand in the lane, you may get injured.
 - b. Do not pull on the ropes as this may injure other swimmers.

8. Do not skip lengths or sets; you are only cheating yourself.
9. Think about what you are doing during training and if you have any problems and if you have any problems discuss them with your coach at an appropriate time.
10. If you have any problems with the behaviour of fellow club members report them at the time to an appropriate adult.

Competition

General

1. 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.
2. Support your team mates. Everyone likes to be supported.
3. You must wear club uniform and hats when representing the club.
4. Never leave an event until either the gala/competition/match is complete or you have the explicit agreement of the club coach or team manager.

Specific - Swimming

1. You must swim events and galas that the Chief Coach has entered/selected you for unless agreed otherwise by prior agreement with the relevant club official.
2. At Open Meets, check when you should post your cards and be sure to post them on time.
3. Warm-up before the event. Prepare yourself for the race.
4. Warm up properly by swimming, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions.
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.
6. Swim down after the race, if possible. Do not use this time to play.
7. After your race report to the coach, not your parents. Receive feedback on your race and splits.

Specific - Water Polo

1. Water polo hats must be worn and returned after the match.

Specific – Synchro

1. Competition swimming costumes must be worn and returned to a Club official at the end of the event.

Signed:.....

Date:.....