



Redditch SC Code of Conduct for Swimmers

General behaviour

1. Treat all members of and persons associated with the ASA with due dignity and respect.
2. Treat everyone equally and never discriminate against another person associated with the ASA on any grounds including that of age, sexual orientation, ethnic origin or nationality.
3. 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 club disciplinary or child welfare policy.
4. Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate club officer.
5. Recognise and celebrate the good performance and success of fellow club and team members.

Training

1. Treat your coach and fellow swimmers with respect.
2. Make your coach aware if you have difficulties in attending training sessions as laid down for your squad.
3. Arrive in good time on poolside before the training session starts to complete poolside warm up as directed by your coach.
4. If you arrive late report to your coach before entering the pool.
5. Ensure you have all your equipment with you, especially fins and a kickboard
6. If you need to leave the pool for any reason during training inform your coach before doing so.
7. Listen to what your coach is telling you at all times and obey instructions given.
8. Make room at the end of a lane to allow all swimmers to swim to the wall, always use appropriate turns.
9. Do not stop and stand in the lane, or obstruct others from completing their training.
10. Do not pull on the ropes.
11. Do not skip lengths or sets - you are only cheating yourself.
12. Think about what you are doing during training and if you have any problems discuss them with your coach at an appropriate time.
13. If you have any problems with the behaviour of fellow club members please speak to your coach or the Head Coach



Competition

Redditch SC is a competitive club with swimmers progressing to the highest levels.

1. Your record of attendance at galas and events linked to the achievement of County or Regional times, or performance within a percentage of these times, may result in the club changing the squad that you swim with. This decision is made by the Head Coach and will be by mutual consent following an agreed period for a swimmer to achieve an agreed standard. Under certain circumstances there may not be an appropriate squad for a swimmer to join due to age and ability.
2. At competitions whether they be open meets, national events or club galas always behave in a manner that shows respect to both your club coach, officers and team mates and the members of all competing clubs.
2. You may be expected to swim in certain galas or open meets as part of the squad you are in.
3. At most events you will be asked to wear Redditch SC kit that could include hats, t-shirts,
4. Report to your club coach and / or Team manager on arrival on poolside.
5. Warm-up before the event as directed by the coach in charge on that day and ensure you fully prepare yourself for the race.
6. Be Part of the Team. Stay with the Team on poolside. If you have to leave poolside for any reason inform and in some cases get the consent of the Team manager / coach before doing so.
7. After your race report to your coach for feedback.
8. Support your team mates. Everyone likes to be supported and they will be supporting you.
9. If available, use the swim down facilities after race as advised by your coach.
10. Never leave an event until either the gala is complete or you have the explicit agreement of the club coach or team manager.

Signed:

Date: