

Reading Royals Synchronised Swimming Club

Swimmer Code of Conduct



Objective and Scope

The purpose of this document is to establish a set of guidelines and procedures, which outline the responsibilities and behaviour of both staff and swimmers who are members of Reading Royals Synchronised Swimming Club. It is expected that the principles of the Code of Conduct should be followed at all sessions, competitions and any other events open to members of the club.

General Behaviour

As a swimmer:

- My conduct at all times will be of a high standard and reflect favourably on the sport and the club.
- My language in public or relevant group situations will always be appropriate and socially acceptable.
- I will behave without discrimination on the grounds of race, colour, language, religion, birth or social status as set out in the Equal Opportunities Policy
- I will not use inappropriate or abusive language, bullying, harassment, or physical violence. I understand this will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
- I will report any inappropriate behaviour to a coach or other member of the club acting in an official capacity.
- I will recognise and celebrate the good performance and success of fellow club and team members.
- I will recognise the privacy of others particularly in sensitive locations such as changing facilities

General Training

- I will treat all coaches and fellow swimmers with respect.
- I will arrive at club sessions on time ready to start training
- I will ensure I have all kit necessary for the training session.
- I will ensure I am wearing the correct costumes or kit during training times and at competitions
- I will ensure I try my best at all sessions
- I will inform the coach if I am late arriving at the session or if I have difficulties during the session

- I will inform the coach leading the session if I have problems with other swimmers during the session or contact the Welfare Officer to report any incidents
- I will inform the coach leading the session if I am leaving the session early
- I understand that the consumption of alcohol and smoking is totally forbidden for athletes under age as defined by UK law. I also understand that it must not be consumed by swimmers or staff members whilst on route prior to or following a competition event, training camp or team activity without the specific consent of the Team Manager. I understand that during competitions alcohol is forbidden to all swimmers and staff.
- I understand that illegal and performance enhancing drugs and substances are strictly forbidden.
- I know that swimmers are expected to be aware of the current list of banned substances and inform the relevant authorities of medications being taken at any time.
- I understand that accommodation at hotels or equivalent must be as directed by the club and at no times must anyone extra be accommodated in swimmers rooms.
- I understand that it is important that information on all medication being taken should be reported to the squad/team manager who will report it to the relevant authority.
- I will never encourage swimmers, volunteers, officials or parents to violate the rules of the club or the sport.

Competitions

- At competitions or other events I understand that I am there as a representative of my Club and will act appropriately and in a manner consistent with the requirements of my coach
- This includes wearing appropriate attire, as directed as well as warming up in preparation for any event.
- I will always try my best at any event and will not disrupt any other swimmer from performing at their best.

Sanctions: Breaches of the Code of Conduct shall be dealt with in the first instance by the squad / team manager. They will report the incident to the relevant authorities within the club who shall take such further action as is deemed necessary.

Signed Print Name Date

Countersigned by the parent or person with parental responsibility if under 18

Signed Print Name Date