



## **KINGSBRIDGE KINGFISHERS SWIMMING CLUB**

### **SWIMMER CODE OF CONDUCT**

#### ***General Behaviour***

1. Treat all members of the club with due respect.
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. Should you experience any of the above it should be reported to the Club Welfare Officer.
4. Respect the privacy of others.

#### ***Conduct at Training***

1. Arrive in good time to stretch, 15 - 20 minutes before start time.
2. Have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc.
3. Use the lavatory before training begins and always inform the coach if you need to leave the pool during training.
4. Be attentive to advice provided at all times
5. Always swim to the wall as you do in a race, and practice turns as instructed.
6. In order not to hinder other lane swimmers only stop at the end of the length, keeping to one side of the lane.
7. Lane ropes are to divide lanes and contact with them should be avoided.
8. Complete the schedule set for you within the session.
9. Think about what you are doing during training.
10. Take care of our equipment and premises as if they were your own.

### ***Conduct at Competition***

1. When selected to swim for your club or entered for an open meet you are expected to swim the events for which you were entered/selected, 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. Always warm-up before an event and prepare yourself for the race. Stopping and practicing turns in the warm up session is not permitted.
4. Commit to being part of the team. Actively encourage your team mates. Remain with the team on poolside. If you leave for any reason you must tell the Coach and Team Manager where you are going.
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. You must wear club uniform and hats when representing the club.
7. Swim down effectively after a race, if possible. Avoid wasting this valuable time.
8. Your coach will want to help you analyse your race and provide feedback. Ensure you go straight to the coach at the end of your race.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_