



## Code of Conduct for Swimmers

### General Behaviour

- Treat all members of the club with due respect:
- Treat all members of other swimming clubs or teaching programmes with due respect.
- 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.

### Swimming Sessions

- Arrive in good time to prepare for your session 10-15 minutes before start time.
- Have all your equipment with you. For more information on individual squad requirements please see the club website. Only UEA Norwich Swimming hats must be worn at all times in training and competition. Full swim suits and trunks are required to be worn by all swimmers entering the pools. Bikini's and swim shorts are not considered appropriate.
- Use the lavatory before training begins.
- Always seek permission from the teacher/coach if you need to leave the pool during your session.
- Listen to what your teacher/coach is telling you.
- Always swim to the wall as you do in a race, and practice turns as instructed.
- Do not stop and stand in the lane, you may get injured.
- Do not pull on the ropes as this may injure other swimmers.
- Do not skip lengths or sets.
- Think about what you are doing during your session.

### Competition

- Swim events and galas are added to your swimming programme to aid the swimmer's development. Teachers/Coaches will advise you on entering events suited to your needs. A swimmer shall not withdraw from an event without prior agreement with the relevant club official.
- At competitions, check the procedure for registration/sign in and arrival times
- Warm-up before the event. Prepare yourself for the race.
- Warm up properly by swimming and following the warm up schedule advised by the lead coach.
- Be part of the team. Stay with the team on poolside. If you leave for any reason you must ask the Coach and/or Team Manager and advise them where you are going.
- Work with the team managers to ensure that you are at the 'whipping'/marshalling area at the correct time. Take your hat and goggles with you.
- Support your team mates.
- You must wear club uniform and hats when representing the club.
- Swim down after the race, if possible. Do not use this time to play.





- After your race report to the coach, not your parents. Receive feedback on your race and splits.

I agree to the terms as highlighted above and expect that any breach in the code will be investigated by the club in line with ASA regulations

Signed:

Name:

Date:

