



Swim21
Accredited



CANARY WHARF
GROUP PLC

Bethnal Green Swimming Club **Code of Conduct**

Objective and Scope

The code of conduct establishes a set of guidelines and procedures, which outline the responsibilities and behaviour of staff, coaches, volunteers, parents and swimmers of Bethnal Green Swimming club. It is expected that the principles of the Code of Conduct should be followed at all swimming events and training sessions.

Code of Conduct for Swimmers at Training

Be punctual for training sessions and galas. Repeated late attendance may result in the Coach refusing you access to the pool.

Arrive in plenty of time and in a positive frame of mind. Remain inside the changing room or on poolside until the teacher/coach is present and indicates that you may enter the pool. If you are late, with good reason, always speak to the coach or lane helper to explain before entering the water.

All swimmers are expected to train at least twice weekly with the exception of Squad swimmers who are expected to train at least three times a week. The management committee should be notified if any swimmer is unable to attend. Failure to meet this without a good reason could result in your place being lost to someone else. A record of attendance will be kept.

Inform the Coach before the start of training if you have any injury/illness or are taking any medication.

Bring all your equipment with you – two pairs of goggles, pull buoys, kick boards, hand paddles, swim fins, drag shorts (for required swimmers) and water bottles. No stopping to alter or repair goggles, they should be altered or changed at the end of the set.

Drag swimsuits should not be worn for training.

Entry to the pool should be by climbing in unless stated otherwise by your coach or lane helper.

Respect coaches, poolside helpers, officials, parents/carers and all other club members.

Concentrate on what your coaches tell you and do as they ask. Coaches can't always see everything and therefore trust you to do as they ask. By complying with this you will become a better swimmer. They are there for your benefit, not their own.

Always complete the full distances you are requested to swim and make every effort to keep the way clear for incoming swimmers. Only overtake if it is safe to do so and only ever in the middle section of the pool.

There are no shortcuts to success. If you cheat by taking shortcuts such as missing out a set, not taking the required rest, pulling on lane ropes, missing out on correct turns, turning before the end of the length, walking the first and last few metres etc; you are only cheating yourself. The more you put into training sessions, the more you will get out of them. Remember practice makes perfect.

Use the pace clock. You are expected to check your own times and distances.

Please keep your log books up to date. You should record how well and how often you have trained, and register your improvement in both training and competitions.

Behave appropriately in the water. Do not pull on lane ropes or disrupt other swimmers. Get on with what you are supposed to be doing and let other swimmers get on with their training. Poor behaviour in the pool will not be tolerated, especially if it affects others. This could result in you being asked to leave the pool or being demoted to another lane.

Performance enhancing drugs and substances are strictly forbidden. Swimmers should be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a competition. (Please refer to the A.S.A's Doping Control which can be found at www.wada-ama.org/en/ or www.100percentme.co.uk if you are unsure).

Any illegal drugs or substances are strictly prohibited.

Verbal or physical bullying will not be tolerated nor will pinching, pulling, pushing, splashing or general antagonising of any sort.

In the case of assault, a swimmer will receive an immediate suspension pending an investigation.

Do and say nothing that will bring the Club into disrepute.

Report any incidents of bad behaviour immediately to the Teacher/Coach.

Bad language is not acceptable.

Behave sensibly in the changing rooms.

Jewellery, watches etc. should never be worn with the exception of stud earrings. Cultural jewellery may be worn with prior mutual agreement of both Member and Head Coach following a written request.

All equipment should be put away/tidied at the end of training or when requested to do so by teachers/coaches.

Please respect the rules of the swimming venue. Bad behaviour could result in the facilities being withdrawn. Keep poolside and changing rooms tidy and inform coaches of any problems.

When time trials are held prior to a training session swimmers are expected to either attend just the training or both the training and the time trial. It is not acceptable for swimmers to attend the time trial and not the training unless there is a valid reason. If there is a valid reason, this should be discussed with the coaching staff.

Enjoy your swimming and be a good sport whether you win or lose.

Keep up with all Club activities by reading the notice board, web site and consulting the administration desk.

Code for Swimmers at Galas/Competitions/Away Trips

Notice of any galas and the selected team are always posted on the administration desk well in advance. Please consult this on a regular basis to see if you have been selected.

Attendance at galas/competitions for which you have been selected is expected unless agreed by the Coach.

Notify the Coach/Admin desk as soon as possible if you cannot attend a competition/gala for which you have been selected.

If Club transport is not being used please arrive at the venue in plenty of time for the warm up.

If the Club is providing transport, you should remain seated at all times with your seat belt fastened.

Bad behaviour/language in transport, changing areas or poolside will not be tolerated.

When representing your Club, the team kit should always be worn.

The rules of the Venue should be adhered to as well as the rules of the Meet Organisers.

Take notice of all safety announcements.

If swimming for the Club, stay with your team on poolside. Inform the Coach/Team Manager if you have to leave the poolside for any reason.

Consult the Teacher/Coach for feedback following your performance at galas/age groups.

Performance enhancing drugs and substances are strictly forbidden. Swimmers should be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a competition. (Please refer to the A.S.A's Doping Control if unsure).

Any illegal drugs or substances are strictly prohibited.

No walkmans/mobiles/iPods/games consoles are allowed on poolside at galas. The Team Manager and your fellow team mates should have your attention and support.

All rubbish should be cleared away or placed in the appropriate bins.

Only one costume should be worn to minimise resistance. Likewise jewellery, watches etc. should never be worn with the exception of stud earrings. Cultural jewellery may be worn with prior mutual agreement of both Member and Head Coach following a written request.

Always warm up by swimming at a constant even pace, initially on front crawl or backstroke, and then you can practice your competing strokes/turns.

During a warm up there should be no diving into the pool unless directed by your coach or the meet organisers. Sprints following a start/dive are always one way only.

Competitors should never dive in unless they have completed the ASA Competitive Start Award.

Stand well back behind the block unless you are in the next race.

Stand well back behind the takeover swimmer in a relay as they need the room to swing their arms.

Support each other. You are all part of the same team with one common objective.

Set an example to younger swimmers and other clubs.

Treat other competitors and teams with respect, in victory and defeat.

In a trophy gala you should remain to the end and acknowledge the winning team.

Record your performance in your log book.

Breaches of the Code for Swimmers will be dealt with in the first instance by the Coach/Teacher. This may include a verbal warning, demotion to another lane or by sitting out for a "time out". The Coach/Teacher may also require the swimmer to get dressed and either go home or sit on poolside if a parent or other responsible adult is not present. If the Coach/Teacher considers the breach (or breaches) merits this, the Coach will take further action in accordance with the Club's Disciplinary Procedures which follow the ASA guidelines.

Code of Conduct for Parents/Carers/Guardians

Encourage your child to swim, never force them.

Do not put undue pressure on them to always win. Focus on their efforts and reiterate that their goal should be to achieve a personal best and winning is a bonus.

Ensure that the swimmers arrive for training sessions and galas in good time and with the correct kit.

Keep in touch with Club competitions/activities by reading the Club notice board, website and consulting the administration desk.

Ensure the Club has up to date contact information.

Ensure that any Medical, Special Needs or Disability information is completed on the club registration form and updated as required.

Inform the Coach prior to the training sessions of any illness/injury your child may have.

Ensure that you or another adult nominated by you, are there on time at the end of a session to pick your child up. The Club is unable to act as a babysitting service or to supervise the changing areas. Parents/Carers/Guardians of all children under 10 years old must stay on the premises at all times during the session. Parents/Carers/Guardians of all children with a medical concern must stay on the premises at all times during the session. If you leave an older child with no medical concerns, and you will be responsible for collecting them later, please ensure that you inform the Coach/Admin desk and leave your contact details. The Club accepts it has a duty of care to look after an unattended swimmer in unforeseen circumstances but if this is repeated or a regular occurrence, necessary action would need to be taken.

Parents of swimmers who suffer with epilepsy will be required to remain on poolside while their child is in the pool or on poolside. If this is not possible they must arrange for a poolside 'spotter' to take over their duties. In both cases, the adult concerned must complete a CRB Enhanced check.

Do not interrupt the Coach/Teacher while teaching unless asked to do so or in an emergency. If you need to speak to the teacher/coach, please do so prior to the start of the session or at the end of the session.

Please treat the Coach/Teacher with respect and in the same manner that you would wish to be treated.

Provide positive feedback to swimmers after training sessions and competitions.

Show appreciation of good swimming by all swimmers from all clubs.

Respect decisions made by the coaches and officials and encourage swimmers to do the same.

Keep payment of Club, ASA registration and Competition entry fees up to date.

Wherever possible, parents/carers/guardians are expected to offer assistance in Club activities.

Bullying of any kind (whether Emotional, Physical, Racial, Sexual and Verbal, but not limited to these) will not be tolerated.

Direct any queries/complaints to Club Officials. Where queries are unresolved, request that the issue be raised with the Management Committee.

Breaches of the Code for Parents/Carers/Guardians will normally be dealt with in accordance with the Club's Disciplinary Procedures which follow the ASA guidelines.

Code of Conduct for Club Coaches/Officials/Volunteers who are representing the Club

Always follow Best Practice guidelines as determined by the governing body.

Behaviour and Personal Conduct must at all times be of a high standard and reflect favourably on the Club and the sport.

Be a positive role model and set good examples.

Consider the well being and safety of the swimmers before development and performance.

Develop an appropriate working relationship with swimmers based on mutual trust and respect.

Ensure all activities are appropriate for the age, ability and experience of those taking part.

Promote the positive aspects of the sport.

Follow all guidelines laid down by the Club and the Amateur Swimming Association.

Work to gain and maintain the appropriate valid qualifications.

Undertake the continuing Professional Development (training) necessary to discharge your duties to the best of your ability.

Never exert undue influence over swimmers to gain personal benefit or reward.

Never condone rule violation, rough play or use of prohibited substances.

Encourage all swimmers to value their performance and not just results.

Recognise and celebrate good performance.

Never discriminate on the grounds of race, colour, disability, age, sex, sexual orientation, religion or social status as set out in the ASA Code of Ethics.

Be supportive of the agreed Club Policies.

Respect the basic human rights, worth and dignity of all members.

Take appropriate and timely action on behavioural problems.

Keep parents updated on their child's progress if possible when requested.

Start and finish training sessions on time.

Ensure all Club activities are properly supervised/taught/coached and consent is obtained for any activity outside of that previously agreed.

accordance with Club/ASA laws and rules. This will be dealt with in accordance with the Club's Disciplinary Procedures which follow the ASA guidelines. A parent also has the right to make a complaint on behalf of their child to the Club or the ASA.