

Broomfield Park Swimming Club

Code of Conduct for Swimmers 18 and over

This code is something that you as an athlete should refer to in relation to your rights as an athlete, the respect you should expect but also that which you demonstrate to other members, what is expected of you in terms of listening and being listened to and your behaviour as a member of the club.

As a member of our club, you have the right to:

- Feel safe and know how you can raise concerns
- Be listened to
- Be involved and contribute towards decisions within the club or activity
- Be respected and treated fairly by every member of the club
- Feel welcomed, valued and not judged based on your race, gender, sexuality, faith, ability or any other relevant characteristic
- Be encouraged and developed with our help and support
- Be looked after if there's an accident or injury and have your parents/guardians/emergency contact informed, where appropriate

As a member of our club we expect you to:

- Be aware of Wavepower and adhere to relevant guidance
- Adhere to the Swim England regulations, Code of Ethics, Club Constitution and rules
- Respect your coach or teacher, behave responsibly and speak out when something isn't right
- Let someone know if you are leaving the premises (at either training or a competition) This is just as important for our adult members as well as those under 18
- Let someone know if you are running late, particularly where it may impact other members
- Let someone know if you have any difficulties attending training or competitions
- Support and encourage your team mates
- Respect volunteers, officials and competitors at competitions
- Respect the committee members, coaching and teaching team and volunteer helpers at all times
- Get involved in club decisions, it's your sport too

We expect certain standards of behaviour from our members. By becoming a member of the club and therefore agreeing to this Code of Conduct you agree to:

- Follow the rules of the club, squad or activity at all times
- Respect and celebrate differences in the club and you will not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith, ability, or any other relevant characteristic
- Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the club
- Respect the privacy and property of others especially in the changing rooms
- Not use any mobile device, at any time, in the changing areas
- Report any concerns you have about someone taking photographs or footage of others in the changing areas
- Report any incidents of bullying or unacceptable behaviour to the welfare officer, even if you're a witness rather than the target

Behaviour at Training

- I will treat my coach and fellow members with respect
- I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad
- I will arrive in good time on poolside before the training session starts to complete poolside warm up as directed by my coach
- Swimmers must not go to the poolside unless a club coach is present
- All swimmers should shower before and after swimming
- Change out of outdoor shoes before going on to the poolside
- Take a drink to poolside but not in a glass bottle. Diluted squash/juice - NO FIZZY DRINKS
- I understand that if I arrive late, I must report to my coach before entering the pool
- If I need to leave the pool for any reason during training, I will inform my coach before doing so
- I will listen to what my coach is telling me at all times and obey any instructions given
- I will not stop and stand in the lane or obstruct others from completing their training
- I will not pull or sit on the ropes as this may injure other members
- I will think about what I am doing during training and if I have any problems, I will discuss them with my coach at an appropriate time
- If I have any problems with the behaviour of fellow members, I will report them to an appropriate adult within a reasonable timeframe

Behaviour at Competitions

- At competitions, whether they are open meets, national events or club galas, I will always behave in a manner that shows respect to my coach, club officials, my team mates and other competitors and officials of the event
- I understand that I will be required to attend events and galas that my coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official and coach
- I understand that I must wear appropriate swimwear, club uniform and hat
- I will report to my coach and/or team manager on arrival on poolside
- I will warm up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race
- I will be part of the team. This means I will stay with the team on poolside
- If I have to leave poolside for any reason, I will inform, and in some cases, get the consent of the team manager/coach before doing so
- After my race, I will report to my coach for feedback
- I will support my team mates. Everyone likes to be supported and they will be supporting me in return
- I will swim down after the race if possible, as advised by my coach
- My behaviour in the swim down facility must be appropriate and respectful to other users at all times
- I will never leave an event until either the gala is complete or I have the explicit agreement of the coach or team manager

Breaches of this Code of Conduct will result in disciplinary action being taken against you by the club committee and any behaviour which may be a criminal offence will be reported – by the club - to the Police and any other authority deemed relevant.

Disciplinary action will take the form of sanctions. These will be preapproved by the committee before being implemented. The exception to this is the removal of a swimmer from a session due to behaviour that is likely to be harmful or refusal to follow instructions. In this case, removal of the swimmer from the session will be at the discretion of the coach and effective immediately. The committee will be informed as soon as is practicable after the event.

In extreme circumstances, if sanctions are ineffective, and in line with the club's constitution, it might be necessary for the committee to expel a swimmer. This decision will not be taken lightly and will only be done in the interests of the safety and wellbeing of the swimmers and club as a whole.

For ease of administration, it is assumed that receipt of this document confirms acceptance of the terms of the Code of Conduct.

The Code of Conduct will be circulated electronically and discussed with squads annually.

If you do not agree to adhere to the terms in the Code of Conduct, the onus is on the recipient to inform the club secretary in writing.