



DERBY EXCEL SWIMMING CLUB

Code of Conduct for Swimmers

Derby Excel swimmers should abide by the following:

Behaviour and Personal Conduct

At all times this must be exemplary and reflect favourably on the squad and sport. Language in public and relevant group situations must always be appropriate and socially acceptable.

Bullying

Bullying will NOT be tolerated

What is bullying?

- ◆ Emotional – including being unfriendly, excluding (emotionally and physically), sending hurtful text messages, tormenting (eg hiding goggles, floats and hurtful gestures).
- ◆ Physical – including pushing, kicking, hitting, punching or any use of physical strength.
- ◆ Racist – including racial taunts, graffiti or gestures.
- ◆ Sexual – including any unwanted physical contact or sexually abusive comments.
- ◆ Homophobic – in a way because of or focusing on the issue of sexuality.
- ◆ Verbal – including name-calling, sarcasm, spreading rumours or teasing.

Consumption of Alcohol

This is strictly prohibited for swimmers underage as defined by UK Law.

Alcohol must not be consumed by any team member enroute, prior to or returning from a competition, training camp or other team activity. This also applies to daily training sessions.

Smoking/Vaping

This is strictly prohibited whilst enroute, prior to, during or returning from a competition, training camp or other team activity. This also applies to daily training sessions. It is against UK law to smoke in any public confined space, or the workplace. The definition of a workplace includes any transport (minibus, coach etc) used to convey swimmers to any event. Derby Excel's policy is that vaping is not permitted whilst engaging in any activity organised by the club.





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Personal Appearance

This shall be appropriate to the circumstances as indicated by the Coach or Team Manager.

Team Kit must be worn:

- ◆ When competing for Derby Excel (DX swimming hats should be worn in races wherever possible)
- ◆ When assembling or travelling as a team
- ◆ At official functions
- ◆ On other occasions as notified (eg photo shoots)

Team Kit (including Swim Caps where used) must not be worn:

- ◆ When competing for your 'Home/Pathway Club'
- ◆ When you have entered an Open Meet that is not one of those selected as Derby Excel team entry by the Derby Excel coaching team (in this situation you must enter the gala under the auspices of your Home Club in addition to seeking approval from the Derby Excel coaching team).

Attendance

- ◆ Full attendance in accordance with the Coach's personal recommendation is expected.
- ◆ If you are ill and cannot attend training, you must inform the Coach as soon as possible
- ◆ Your Coach will inform you individually of the weekly volume you will be required to complete.
- ◆ Always be punctual. If you need to leave a training session early, inform your coach prior to the start of the session. Do NOT leave a training session without the express permission of the coach.

Pool Environment & Lane Discipline

- ◆ The swimming pool rules should be observed at all times. ie no bombing, running on poolside, littering, spitting etc.
- ◆ All swimmers are expected to always be mindful of other swimmers in the water.
- ◆ Swimmers must endeavour to pass with care and consideration.
- ◆ If you are being passed, please allow the swimmer to pass you without impeding their progress whilst at the same time maintaining your own swimming.
- ◆ Finishing swimmers always have the priority, ensure that you allow anyone behind you to finish correctly by allowing space.
- ◆ Dive starts are to only take place in a safe environment; swimmers must always check the area below is clear before entry.
- ◆ Whenever land work is done on poolside, it must be completed safely, any equipment must only be used for its intended purposes.





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Race Etiquette

Derby Excel encourages good race etiquette - hold the lane rope (not the timing pad) after a race, and thank the timekeeper after your race. Swimmers should endeavour to be humble in victory and gracious in defeat. Report to your coach before and after races for race information and feedback. Listen to and respect the team managers.

Illegal Performance Enhancing Drugs & Substances

Use of these is strictly forbidden. Swimmers are expected to be aware of all banned substances and particular care must be exercised when taking medication prior to and during a competition (Drug testing may take place). Use of illegal drugs and substances is prohibited even if they do not appear on the official banned list in respect of performance enhancing drugs.

Medication

It is important that information on all medication being taken by a swimmer is notified to the Coach, who will report it to the relevant people. Allergies to any medication must be reported to the Coach. A Swim England Medical Declaration must have been completed by their Home Club.

The Trustees of Derby Excel will review this document at regular intervals to ensure that it is effective and is achieving its stated objectives.

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SwimMark



Swim England
East Midlands

