



**Daventry Dolphins Swimming Club**

*Affiliated to East Midlands &  
Northamptonshire ASA*

[www.daventrydolphins.co.uk](http://www.daventrydolphins.co.uk)



---

## **Daventry Dolphins Swimming Club Rules**

***This document works in conjunction with our official code of conduct which can be found on the club website. As a club we ask all swimmers to:***

**Be Ready** – DDSC swimmers should be poolside 5 minutes before the start of each training session (and at least 15 minutes before warm up for galas) with the correct equipment, changed and ready to enter the pool at the designated time. When arriving for training, swimmers must wait in their designated areas until the start of their session and not disrupt other squads currently training.

**Be Respectful** - towards coaches, swimmers and equipment. Show a high standard of behaviour and conduct that reflect favourably on themselves, the club, and the sport. Language and behaviour in public or group situations must always be appropriate and socially acceptable. This includes when changing - poor behaviour in changing areas will not be tolerated.

**Be Safe** – swimmers must ensure that their actions are conducive to the success of all sessions. They must, at all times, respect those around them along with equipment to safeguard all involved in the sessions.

**Show Commitment** – always try and complete the training set to the best of their abilities and not sit out on poolside, as this can have an adverse effect on their training and others around them.

**Listen to Feedback** – swimmers should ask for and receive feedback from coaches. If they have any questions or concerns about any feedback, they should get out of the pool and talk to the coach present in a reasonable and respectful manner.

**Set the Standards** - senior swimmers, at all times, should set the example for the younger swimmers and junior squads at DDSC. They are the face of Daventry Dolphins Swimming Club, and the inspiration that gives the junior swimmers the determination to reach their goals.

**Attend Regularly** – ensure dedication is shown by attending training sessions and specified galas unless there are extenuating circumstances that have previously been agreed with the coach. Throughout any external meets swimmers will always inform the team manager(s) of their whereabouts (this includes leaving poolside to use the changing/toilet facilities).

**Maintain Discipline** – if swimmers fail to maintain the expected standards as listed above, coaches will give a clear reminder to adhere to the Code of Conduct. Continued failure to do so will result in a warning. If a swimmer continues to ignore instructions or be disruptive, then the swimmer will be asked to leave the session. Coaches will then inform the parents of that swimmer as to the details of the incident.