Hitchin Swimming Club

Code of Conduct – Athletes
August 2023

General Behaviour

1. Enoy the time you spend with us and feel supported by the club.
2. Treat all members of and persons associated with Swim England with due dignity and respect.
3. Treat everyone equally and never discriminate against another person associated with Swim England on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
4. The use of inappropriate or abusive language, bullying, harassment, threatening behaviour or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
5. Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate club officer.
6. Do not use a camera or mobile phone to take photographs at any of the swimming centres used for training or competition unless permission has been granted. Report concerns you have about others taking photographs or footage of others in the changing room or poolside.
7. Changing cubicles within changing villages at any of the swimming centres used by the club should be occupied by one person only. Under no circumstances must swimmers of the opposite sex change together.
8. Recognise and celebrate the good performance and success of fellow club and team members. Support fellow club and team members when they are struggling to achieve their goals.
9. Promote team spirit and behave in a way that makes fellow club members feel included.
10. Be informed of Wavepower and the club child safeguarding reporting procecedures and other club rules
11. Be aware of and adhere to the Social Media Code of Conduct.

Swimming training

1. Treat your coach and fellow swimmers with respect.
2. Make your coach aware if you have difficulties in attending training sessions as laid down for your squad.
3. Arrive in good time on poolside before the training session starts to complete poolside warm up as directed by your coach.
4. If you arrive late report to your coach before entering the pool.
5. Ensure you have all your equipment with you, i.e., drink, kick boards, hats, goggles etc.

6. If you need to leave the pool for any reason during training inform your coach before doing so.
7. Listen to what your coach is telling you at all times and obey instructions given.
8. Always swim to the wall as you do in a race, and practice turns as instructed.
9. Do not stop and stand in the lane or obstruct others from completing their training.
10. Do not pull on the ropes as this may injure other swimmers.
11. Do not skip lengths or sets – you are only cheating yourself.
12. Think about what you are doing during training and if you have any problems discuss them with your coach at an appropriate time.

Water Polo Training – General

1. Be mindful at all times of the your duty of care towards your fellow players, regardless of age, gender or ability.
2. Treat your coaches and fellow players with respect.
3. Any and All conflict shall be resolved out of the pool. Should any conflict occur within the pool, those involved shall be immediately removed from pool.
4. Absolute respect and obedience at all times should be paid to match officials by players, captains and coaches during training and matches.
5. Absolute respect must be given to the rules of the game as defined by FINA. Players are expected to learn the rules of the game.
6. If you think you may be absent for a longer time due to injury, please advise the coaches or the administrator. The club has a policy to cover long term injuries.
7. Arrive in good time on poolside before the training session starts to complete poolside warm up as directed by your coach.
8. If you arrive late, report to your coach before entering the pool.
9. Listen to what your coach is telling you at all times and obey instructions given.
10. Goggles can only be used for warm up swimming only. Once the coach directs that the warm up is over, they must be removed from the pool side.
11. Remain vigilant in the pool at all times to preserve the safety of all fellow players.
12. Players shall refrain from excess pulling or grabbing outside of the permitting rules. Under no circumstances is it considered acceptable to pull or hold a fellow player's head beneath the waterline.
13. Take full part in your training sessions. If you wish to rest or sit out a particular drill, you must inform the coach directly.
14. Players shall never deliberately goad or belittle fellow players.

Water Polo Training – Seniors

1. When training in the same pool as juniors, beginners or players of a different gender, be mindful of your increased duty of care.
2. Experienced players are expected to adopt a less competitive and more constructive playing style when training with juniors or beginners.
3. Experienced players are expected to pass on their knowledge and skills to less experienced players for the benefit of the team.
4. Where it is required and if you are able, you are expected to assist in the pool setup and packing down of the club equipment before and after a session in which you are involved. This includes but is not limited to: Goals, Balls, Ropes, Pool Markers, Shot Clocks, Table, Sub Chairs.
5. During training matches, the club has a policy of double refereeing where possible. Experienced players are expected to take turns in volunteering to be the 2nd referee or table officials during these matches.
6. It is encouraged that all senior players work towards undertake the club referee qualification and table qualification to assist game knowledge and to build a pool of qualified officials within the club.

Water Polo – Parents or Guardians

1. Where possible, take an active part in helping the club. This may be as involved as training for a formal role such as coach, referee, table official or team manager or helping with the set up of the club for training and at hosted matches and tournaments.
2. Respond promptly to Spond alerts for match availability.