

Member's/Swimmers Code of Conduct

The purpose of this Code is to establish a clear set of daily standards, responsibilities and behaviours for all members participating in Putteridge Swimming Club's Training Program.

Behaviour - both land and pool

1. I will treat all members of, and persons associated with Putteridge Swimming Club (hereinafter referred to as PSC), including Swimmers, Coaches, Teachers, Officials and Volunteers with the utmost dignity and respect.
2. I will treat ALL public facilities and equipment provided by the Club with respect and care and will not to cause any damage to such facilities or equipment.
3. I will 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. I understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated in any form, including online and in any form of Social media and will result in action being taken in accordance with our Disciplinary or Child Welfare Policies.
5. I will display a high standard of behaviour at all times and will not disrupt training sessions with poor behaviour.
6. Any use of social media that is derogatory or abusive to any staff or member of PSC will result in immediate disciplinary action.
7. I will always report any poor behaviour by others to an appropriate Coach/Teacher or member of staff.
8. I will recognise and celebrate the good performance and success of fellow club and team members.
9. I will respect the privacy of others, especially in the use of changing facilities.
10. I will be responsible and accountable for my actions.

Training

I understand that being part of the PSC training program demands the adoption and demonstration of professional behaviours, including positivity, readiness, good humour, commitment and RESPECT for others at all times. As such:

1. I ensure consistent and regular attendance at training sessions, strive to meet 100% weekly attendance and accept that if my attendance falls below 70% on a regular basis a formal review meeting will be called.

2. I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
3. I will arrive in good time on poolside before the training session starts to complete pre-pool warm up as directed by my Coach. In the instance that I arrive late to training, I will apologise and prepare myself to be ready to train as quickly as I can.
4. I take responsibility for my performance at all times by focusing on my goals and my lifestyle choices.
5. I will ensure that I have all of my equipment with me, e.g. kick boards, hats, goggles, etc.
6. If I need to leave the pool for any reason during training, I will inform my Coach before doing so.
7. I accept that mobile phones are not to be used at any time during training or at any other time as instructed by my Coach/Teacher.
8. I will listen to what my Coach is telling me at all times and obey any instructions given.
9. I will always swim to the wall as I would do in a race, and I will practice turns as instructed.
10. I will not stop and stand in the lane nor obstruct others from completing their training.
11. I will not pull on the ropes as this may injure other members.
12. I will use my best endeavours not to skip lengths or sets – as I fully understand this only cheats myself.
13. 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.
14. If I have any problems with the behaviour of fellow members, I will report them at the appropriate time to a Coach/Teacher.

Competitions and Camps

Please remember that when you are representing PSC you are also an ambassador of the Clubs training program. This Code applies in all cases.

1. At Competitions, whether they be Open Meets, National Events or Club Galas, I will always behave in a manner that shows respect to my coach, the officers, my team mates and the members of all competing organisations.
2. I will only use my mobile phone at an event for listening to music. I will not use it for messaging, calling, games or for use on any social media platform and I have read and fully understand the Club's Social Media policy.
3. I understand that I will be required to attend events and galas that the head/lead Coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant Official and Coach.

4. I will wear the appropriate swimwear, tracksuits, T-shirts/shorts and hats as per the rules laid down by the organisation.
5. I will report to my Coach and/or Team Manager on arrival on poolside.
6. I will complete a pre-pool warm up prior to my pool warm-up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race.
7. I will be part of the team. This means I will stay with the team on poolside.
8. 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.
9. After my race, I will report to my Coach for feedback.
10. I will support my team mates. Everyone likes to be supported and I understand that they will be supporting me in return.
11. I will swim down and perform post pool work after the race if possible, as advised by my Coach.
12. My behaviour in the swim down facility must be appropriate and respectful to other users at all times.
13. I will never leave an event until either the Gala is complete or I have the explicit agreement of the Coach or Team Manager.

Breach of Code

Any breaches of this code will be dealt with as follows;

1. Verbal warning from the (training program manager) (strike1)
2. Written warning from the training program manager (strike2)
3. Written removal from the programme.

Name of Swimmer _____

Signed _____ Print Name _____

Date / /2023

Parent/Guardian to sign if Swimmer is under 18yrs Old