



Code of Conduct for Swimmers

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

- Enjoy the time you spend with us and know that you are safe.
- Be told who you can talk to if something's not right.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected by us and other team members and be treated fairly.
- Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
- Be encouraged and develop your swimming, para-swimming, diving, high diving, artistic swimming, water polo and open water swimming skills with our help and support.
- Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate.

As a member of our club or activity we expect you to:

Essentials

- 1 Keep yourself safe by listening to your coach/teacher, behave responsibly and speak out when something isn't right.
- 2 Take care of our equipment and premises as if they were your own.

Arrive poolside or land training 10 minutes before the session start time if you're running late, let a member of the club know.

Inform your coach/teacher if you have any difficulties attending training or competitions.

Stay with the group, do not wander off, or leave training or a competition without telling your coach/teacher or team manager.

Bring the correct kit to training outlined in appendix 1

Follow lane etiquette during training outlines in appendix 2

- 3 Follow the rules of the club, squad or activity at all times.

- 4 Respect the privacy of others especially in the changing rooms.

Behaviour

- 1 Make our club and activity a fun, happy, friendly and welcoming place to be.
- 2 Respect and celebrate difference in our club or activity and not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith or ability.

Understand Stanies Swimming Club operates a zero tolerance to any abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others. Serious breaches may result in immediate suspension

Niver use any device to take photographs or footage of others in the changing rooms or cubicles.

- 3 Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
- 4 Understand that poor behaviour at training, competitions or towards coaching staff may result in disciplinary. Any behaviour which may be a criminal offence will be reported to police by the club.
- 5 Demonstrate respect, responsibility, and consideration at all times—both in and out of the water. Leave changing areas tidy and act to the standard expected of a representative of Stanies SC.
- 6 Report any incidents of bullying or unkind behaviour to the club, even if you're just a witness.
- 7 Treat other children with respect and appreciate that everyone has a different level of skill or talent.
- 8 Support and encourage your team mates. Celebrate their successes and support them when they are struggling.
- 9 Show respect towards swimmers and adults from other clubs during competition.
- 10 Respect the committee members, coaching and teaching team and all volunteer helpers at the club.
- 11 Get involved in club decisions, it's your sport too.

Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee.

Name of Child

Signature of the child

Signature of parent/guardian

Date

Kit list

Appendix 1

PARENT'S GUIDE – Training Equipment for 2025

	Hat	Goggles	Water	Kickboard	Training Fins	Pullbuoy	Hand Paddles	Snorkel
Performance 1, 2, 3	X	X	2 litres	X	X	X	X	X
Junior Performance 1 & 2	X	X	2 litres	X	X	X	X	X
Development	X	X	2 litres	X	X	X		X
AT Gold	X	X	1 litre	X	X	X		X
AT Silver	X	X	1 litre	X	X	X		
AT Bronze	X	X	1 litre	X	X	X		
Junior Academy	X	X	1 litre	X	X	X		
Senior Academy	X	X	1 litre	X	X	X		
Black Hats	X	X	1 litre	X	X			



Pullbuoy



Training Fins



Hand paddles



Snorkel

Appendix 2 – Lane Etiquette

- Leave 5 seconds between you and the swimmer ahead unless told otherwise.
- If you catch up to the swimmer ahead, gently tap their feet, then wait until the end of the length for them to let you through
- If your feet are tapped, let the faster swimmer pass at the end of the length (not mid-length), leaving a 5-second gap.