

Code of Conduct requirements for athletes (under 18)

This code is something that you, as an athlete, should refer to in relation to your rights as an athlete, the respect you should expect but also that which you demonstrate to other members, what is expected of you in terms of listening and being listened to and your behaviour as a member of the club. This applies at training sessions, in changing rooms, during travel and galas.

Maintaining your swimmer's membership constitutes acceptance of this conduct of conduct. Should you not accept this code of conduct, you may cancel your membership without penalty up to 1st February 2025. We may amend this Code of Conduct occasionally without prior notice. When we materially change this document, we will update the version date at the bottom of this page. The amendment will take effect once the revised Code of Conduct is available via a link on our homepage, www.seagullsswimming.club. You are advised to check our website regularly for any amendments (but amendments will not be made retrospectively). For significant changes to this notice we will try to give you reasonable notice unless we are prevented from doing so.

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

- Feel safe and know how you can raise concerns.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected and treated fairly by every member of the club.
- Feel welcomed, valued and not judged based on your race, gender, sexuality, faith, ability or any other relevant characteristic.
- Be encouraged and developed with our help and support.
- Be looked after if there's an accident or injury and have your parents/guardians/emergency contact informed, where appropriate.

As a member of our club we expect you to:

- Be aware of Wavepower and adhere to relevant guidance.
- Adhere to the Swim England regulations, Code of Ethics, Club Constitution and rules.
- Listen to your coach or teacher, behave responsibly and speak out when something isn't right.
- Never leave the premises (at either training or a competition) without agreeing it with your coach, teacher or team manager first. This is just as important for our adult members as well as those under 18.
- Make it to training and competitions on time and if you're running late, let a member of the

club know.

- Make your coach or teacher aware if you have any difficulties attending training or competitions.
- Bring the right kit to training and competitions.
- *Take care of equipment and premises as if they were your own.
- Support and encourage your teammates.
- Respect volunteers and competitors at competitions.
- Respect the committee members, coaching and teaching team and volunteer helpers at all times.
- Get involved in club decisions, it's your sport too.

We expect certain standards of behaviour from our members. By becoming a member of the club and therefore agreeing to this Code of Conduct you agree to:

- Follow the rules of the club, squad or activity at all times.
- Respect and celebrate differences in the club and you will not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith, ability, or any other relevant characteristic.
- Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the club.
- Report any concerns you have about someone taking photographs or footage of others in the changing areas.
- Report any incidents of bullying or unacceptable behaviour to the welfare officer, even if you're just a witness.

Changing rooms

- Swimmers must behave in a responsible and well-behaved manner in the shower areas and the changing rooms and change as quickly as possible.
- Respect the privacy of others especially in the changing rooms.
- Not use any mobile device, at any time, in the changing areas.
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- Respect the property of other swimmers and any of the facilities and equipment provided.
- Be respectful and considerate of all leisure centre users at training venues, galas and open meets.
- Consider the health and safety of others and ensure that kit bags and belongings are contained within lockers or stored without blocking exit points, gangways or causing trip hazards on the floor.
- Obey any instructions from changing room staff, who will also help if you have a problem.

- At all locations change in the relevant single sex changing areas if provided.
- Consider there may be much younger swimmers present in the changing rooms, so remember you are required not to use rude or abusive language.

Swimming training

1. Treat your coach and fellow swimmers with respect.
2. Make your coach aware if you have difficulties in attending agreed training sessions.
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. paddles; 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; do give way to other swimmers trying to pass you. Don't obstruct others from completing their training, impede their progress, or hold onto their legs.
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.
13. If you have any problems with the behaviour of fellow club members let your coach, a committee member or your parents know at the time.

Competition

1. At competitions, whether open meets, national events, or club galas, always behave in a manner that shows respect to your club coaches, officers, parents and team teammates and the members of all competing clubs.
2. You must wear appropriate swimwear and Club Kit as stipulated by the club.
3. Report to your club coach and/or Team manager on arrival on the poolside.
4. Warm up before the event as directed by the coach in charge on that day and ensure you fully prepare for the race.
5. Be part of the team. Stay with the team on the poolside. If you have to leave poolside for any reason, inform and, in some cases, get the consent of the team manager/coach before doing so.
6. After your race, report to your coach for feedback.
7. Support your teammates. Everyone likes to be supported and they will be supporting you.
8. If possible, swim down after the race again, as advised by your coach. Be respectful of other swimmers and make sure you use the swim-down area properly.
9. Never leave an event until either the gala is complete or you have the clear agreement of the

club coach or team manager.

10. Always report any concerns regarding the health and safety of any other swimmers competing.

Travelling to away galas

Swimmers must:

1. Remain seated throughout the journey.
2. Not interfere with any safety equipment, including alarm buttons, switches, handles, etc.
3. Use the seat belts at all times where provided.
4. Respect the condition of the vehicle and place any rubbish into bags that may be provided.
5. Follow any instructions from the driver.

Disciplinary action

Failure to comply with these codes could result in action being taken against parents to protect the welfare of swimmers, parents, coaching staff or volunteers. Further details can be found in our Behaviour Policy. However, the following disciplinary action can be taken against parents or their swimmer:

1. Written warning.
2. Temporary exclusion.
3. Membership withdrawal.

The Committee can, if necessary, withdraw a swimmer's membership — a decision not taken lightly but made in the interests of the safety and well-being of the swimmers and the club.

The head coach or welfare officer may bypass the verbal or written warning stages when an initial incident is considered severe. In these cases, the incident may be referred to the Committee to consider and possibly implement a temporary exclusion or a permanent membership withdrawal.

Serious incidents will be reported to Swim England following their guidelines.

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