



## **Athlete Code of Conduct (Under 18)**

Both AquaticsGB and Swim England have established Codes of Conduct setting expectations for those participating within the sport, whether as a coach, official, or athlete. The Teddington Code of Conduct ("Code") is something that you as a swimmer should refer to in relation to your rights as a swimmer, the respect you should expect as a member of Teddington Swimming Club, but also the respect which you are required to demonstrate to other members, volunteers, and coaches at Teddington Swimming Club. This Code includes what is expected from you in terms of listening and being listened to, and our expectations of your behaviour as a member of the Club.

### **As a member of Teddington Swimming Club (our "Club"), you have the right to:**

- Feel safe and know how you can raise wellbeing or welfare concerns.
- Be listened to.
- Be involved and contribute towards the decision-making process 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 at all times to relevant guidance.
- Adhere to the Swim England regulations, Code of Ethics, Club Constitution and rules.
- Be a team player – polite, supportive, caring and empathetic
- Listen to your coach, team manager (at galas) or swim teacher, behave responsibly and demonstrate respect for all other Club members, coaches and volunteers. This includes being prepared to accept constructive criticism, listening to what is being communicated and obeying instructions given.
- Let us know when something isn't right - constructive feedback is key to a growth mindset.
- Display a high standard of behaviour at all times regardless of performance in training and competition. You are a representative of the Club and we expect you to behave appropriately in the water, poolside, and in changing areas.
- 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 by sending an email.
- Make your coach or teacher aware if you have any difficulties attending training or competitions. Life happens - but we cannot support you if we don't know about the issues you are facing.
- Bring the right kit to training and competitions.
- Take care of the premises as if they were your own.
- Support and encourage your team mates.
- Respect the committee members, coaching and teaching team and volunteer helpers at all times at training, and members of organising teams and competing organisations at competitions
- Get involved in Club decisions, it's your sport too.



### **Athlete Code of Conduct (Under 18)**

#### **At training, I will:**

Treat my coach and fellow Club members with respect.

Make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.

Arrive in good time on poolside before the training session starts to complete poolside warm up as directed by my coach.

Understand that if I arrive late, I must report to my coach before entering the pool.

Ensure that I have all of my equipment with me, e.g. paddles, kick boards, hats, goggles, etc.

If I need to leave the pool for any reason during training, I will inform my coach before doing so.

Listen to what my coach is telling me at all times and obey any instructions given.

Always swim to the wall as I would do in a race, and I will practice turns as instructed.

At competitions, whether they be open meets, national events or club galas, I will:

report to my coach and/or team manager on arrival on poolside.

Warm up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race.

Be part of the team. This means I will stay with the team on poolside.

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.

After my race, I will report to my coach for feedback.

I will swim down after the race if possible, as advised by my coach.

My behaviour in the swim down facility must be appropriate and respectful to other users at all times.

**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 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, intimidation, physical violence or any other abusive behaviour will not be tolerated by the Club.
- Respect the privacy of others especially in the changing rooms.
- Not use any mobile device, at any time, in the changing areas.
- Report any concerns you have about someone taking photographs or footage of others in the changing areas to an adult as soon as possible, and let the Welfare Officer know by email.
- Report any incidents of abuse, bullying or other unacceptable behaviour to the Welfare Officer, even if you're just a witness.



## Athlete Code of Conduct (Under 18)

### Teddington Swimming Club:

- **T**ry your Best - attend all training sessions and competitions with a positive “can do” attitude;
- **E**arn respect - respect is a two-way process. If you expect respect yourself, earn it by having respect for the feelings and actions of all other Club members, including swimmers, coaches, volunteers and committee members;
- **D**irection - in every training session and competition, you are under the direction of the coach in charge, and you must follow the set / directions given to you. If you cannot do the session or race, let your coach know why. If you do not want to do the session or race, you may be asked to leave.
- **D**on't disrupt others - any swimmer whose behaviour is unruly, negative, aggressive to others, or who uses abusive or derogatory language will be asked to leave the session by the coach. The coach's decision is final on matters affecting performance and attitudes on poolside.
- **I**llness or injury - if you are unwell or have any injury - let the coach know before starting the training session or a competition. The coach will discuss with you whether the session is appropriate for you, or if it can be modified, if you are fit to race, or if you should leave.
- **N**o wandering off - don't leave your lane, or poolside, without first advising the coach.
- **G**et to the end - if you are unable to complete the session as given, the coach may (at his/her discretion) adjust the programme, ask you to move to a slower lane, or ask you to leave the session entirely.
- **T**eamwork - support your team mates in every training session and competition you attend. In training, ensure you follow good lane discipline: leave at correct intervals, swim at the instructed pace, take the correct rest, allow faster swimmers to move past you without holding up the lane.
- **O**n time - you should be on poolside at least 15 minutes before the start of any training session (when pool opening times permit) or before the scheduled warm up time for the competition, ready to swim, with all necessary equipment. Let someone know if you are going to be late.
- **k**Now what's going on - Ensure you are listening to the instructions and directions given by the coach and that you follow them. If you are unclear, ASK! You are in the water to train or race, so do not distract other swimmers from focusing on successful completion of their training programme or race.

Breaches of this Code of Conduct will result in disciplinary action being taken against you by the club committee and any behaviour which may also be a criminal offence will be reported to the Police and any other relevant authority, by the Club.

Signature of athlete/Member	Date: