



# ATHLETE CODE OF CONDUCT

## CLUB POLICY DOCUMENT

The University of Aberdeen Performance Swimming is committed to providing a safe and nurturing environment for athletes, allowing them to enjoy a positive experience within our sport. Our athletes' conduct plays a vital part of this and we wish to empower them to base their conduct on the acceptance of rules, fairness, equality and respect.

### **I agree to:**

1. Be friendly, supportive, and trustworthy
2. Respect the rules of my club, those of the facilities and Scottish Swimming
3. Behave with respect to others including coaches, officials, other athletes, team managers, support staff and spectators
4. Respect the rights, dignity and worth of all participants regardless of age, disability, gender, ability, race, cultural background, religious beliefs or sexual identity
5. Always strive to do my best and refrain from inappropriate conduct towards others including physical, verbal, written or emotional, in person or through use of digital technologies and social media
6. Be focused and prepared for all training sessions and competitions, ensuring adequate communication with my coach
7. Always set a good example in aspects of dress, punctuality, language, behaviour and respect of equipment and others
8. Not smoke, consume alcohol or drugs of any kind
9. Adhere to the Club's policies on Anti-bullying, Online and Social Media, and Acceptable Use of Mobile Phones & Portable Electronic Devices
10. Report inappropriate behaviour or risky situations to a member of Club staff

Our Club recognises that to create a supportive atmosphere, which allows everyone to compete/ participate to the best of their abilities, it is important for athletes to know that while we have high expectations of behaviour, you can expect the same in return from us.

### **You have the right to:**

1. Be safe and happy while taking part in the sport in a protected environment
2. Be respected and treated fairly and participate on an equal basis, appropriate to your ability
3. Be protected from abuse by others from within or out with the club
4. Ask for help
5. Be believed
6. Be listened too
7. Be referred to professional help if needed



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### Breaches of the Athletes Code of Conduct

These will be dealt with in accordance with the Club's disciplinary procedures.

I understand that if I do not follow the Athletes Code of Conduct, any/all the following actions (not an exhaustive list) may be taken by my club or Scottish Swimming:

1. Be required to apologise formally
2. Receive a warning; verbal or written
3. Be dropped or substituted
4. Suspended by the club
5. Be required to leave the club

I have read and understood the above Code of Conduct and I agree to be bound by it:

#### Athlete

#### Parent/Guardian (required for U18s)

Name		Name	
Signed		Signed	
Date		Date	