

# AQUA SWIMMING CLUB

## Code of Conduct

All Club members are expected to comply with the following 'Code of Conduct' guidelines while taking part in any club activities. Similarly, it is expected that all members of Aqua S C including swimmers, teachers/ coaches, volunteers, and parents adhere to the following:

‘We have created an environment that allows swimmers the opportunity to reach their individual goals.’

### Overall Philosophy:

1. Swimmers are allowed to learn
2. Swimmers are part of a safe environment
3. Swimmers are part of a successful swimming club
4. There is a *team* philosophy where individual swimmers support each other
5. A swimmer’s behaviour and conduct at practices and in competition should support any other swimmer’s ability to learn and the coach’s ability to teach other swimmers
6. Swimmers should show a commitment and strive for their own goals and for the good of the team

### Swimmer’s Code of Conduct

Swimmers agree to abide by the Code of Conduct

### Philosophy:

1. Behave with care, courtesy and consideration at all times
2. Work hard and let others work hard too
3. Respect and take pride in your club
4. Enjoy being part of a happy and successful club

### How to achieve:

- Arrive on time – 10 minutes before the start time of each session
- Be fully equipped and prepared for practice sessions. Each swimmer should have their own Goggles, swim caps, drinks bottles, boards, fins etc. These should be sorted out before the start of each practice session. Swimmers should also use the lavatory **before** each practice session.
- Complete the work required – disruption of practice by a swimmer will be grounds for removal from the session
- Show respect and care for the property of others
- Pay others respect including all club Coaches and Teachers
- Be polite to everyone; show team spirit and good sportsmanship at **ALL** times
- Be proud of yourself and of the Club’s achievements
- Support your club whenever and wherever possible
- **Any** form of Bullying will not be tolerated

- Swimmers must not drink alcohol or use tobacco products or illegal drugs or substances banned by British Swimming or FINA
- Inform your Teacher/Coach if you are feeling unwell or you have a medical problem (without first consulting your doctor)

### **Parent's Code of Conduct**

Aqua S.C is fortunate to have highly experienced professional Teachers and Coaches working to develop our children into better swimmers and above all teaching and instilling important life skills e.g. sportsmanship, self-discipline and time management. In this respect Parents should support and encourage their child in the course of their development within the sport of swimming.

Parents agree to abide by the code of conduct

- Set the right example for your child and other children by showing respect and courtesy to all Aqua S.C Teachers and Coaches
- Demonstrate good sportsmanship at practices and competition. Be proud of your child's achievements however small or large
- Respect the aims and objectives of Aqua S.C. in practices and competitions and support your child by allowing them to turn up on time for practice and competitions
- Parents should recognise that Aqua S.C Teachers and Coaches are professionals working for the swimmer's benefit, allowing them to coach your child without interference during practice and competition. This includes not being present on the poolside in practice and competition (unless assisting at competition)
- Any concern that Parents have should be addressed to the Teacher/Coach in private or member of the Aqua S.C committee
- Parents should insist that their child should avoid the use of alcohol, tobacco products, violence, abusive or bad language, inappropriate sexual conduct or any other behaviour regarded as discourteous, dishonest, offensive, or disrespectful of others
- Parents should not impose any personal ambitions on their child

### **Teacher / Coach Code of Conduct:**

Agree to abide by the code of conduct

Respect the rights, dignity and worth of every individual swimmer as a human being

- Treat everyone equally regardless of gender, disability, ethnic origin or religion.
- Respect the talent, developmental stage and goals of each swimmer in order to help each swimmer reach their full potential.
- Not participate (or benefit from assisting others involved) in sports betting or gambling activity associated with swimming events and/or swimming results in which they are participating or have been directly involved in.
- Maintain high standards of integrity
- Operate within the rules of your sport and in the spirit of fair play, while encouraging all swimmers to do the same.
- Advocate a sporting environment free of drugs and other performance enhancing substances within the guidelines of the British Swimming and FINA.

- Do not disclose any confidential information relating to any swimmer without prior written consent.

Be a positive role model for your sport and swimmers and act in a way that projects a positive image of coaching

- All swimmers are deserving of equal attention and opportunities
- Ensure the swimmer's time spent with you is a positive experience
- Be fair, considerate and honest with swimmers
- Encourage and promote a healthy lifestyle – refrain from smoking and drinking alcohol around swimmers.

Professional responsibilities

- Display high standards in your language, manner, punctuality, preparation and presentation
- Display control, courtesy, respect, honesty, dignity and professionalism to all involved within the sphere of sport - this includes opponents, coaches, officials, administrators, the media, parents and spectators.
- Encourage swimmers to demonstrate the same qualities.
- Be professional and accept responsibility for your actions.
- You should not only refrain from initiating a relationship with a swimmer, but should also discourage any attempt by a swimmer to initiate a sexual relationship with you, explaining the ethical basis of your refusal.
- Accurately represent personal coaching qualifications, experience, competence and affiliations.
- Refrain from criticism of other coaches.

Make a commitment to providing a quality service to all swimmers

- Seek continual improvement through ongoing teacher/coach education, and other personal and professional development opportunities.
- Provide swimmers with planned and structured training programmes appropriate to their needs and goals.
- Seek advice and assistance from professionals when additional expertise is required.
- Maintain appropriate records

Provide a safe environment for training and competition

- Adopt appropriate risk management strategies to ensure that the training and/or competition environment is safe.
- Ensure equipment and facilities meet safety standards.
- Ensure equipment, rules, training and the environment are appropriate for the age, physical and emotional maturity, experience and ability of the swimmers.

- Show concern and caution toward sick and injured swimmers
- Allow further participation in training and competition only when appropriate
- Encourage swimmers to seek medical advice when required
- Provide a modified training programme where appropriate
- Maintain the same interest and support toward sick and injured swimmers

Protect swimmers from any form of personal abuse

- Refrain from any form of verbal, physical and emotional abuse towards swimmers.
- Refrain from any form of sexual and racial harassment, racial vilification and harassment on the grounds of disability.
- Any physical contact with swimmers should be appropriate to the situation and necessary for the swimmer's skill development.
- Be alert to any forms of abuse directed towards swimmers from other sources while in their care.