PENZANCE SWIMMING ASSOCIATION

SWIMMERS' CODE OF CONDUCT

General Behaviour

I will treat all members and persons associated with the Club and Swim England with due dignity and respect.
I will treat everyone equally and never discriminate against another person on any grounds including that of age, sexual orientation gender, faith, ethnic origin or nationality.
I understand that the use of inappropriate or abusive language, bullying, harassment and physical violence will not be tolerated and will result in referral through the disciplinary or child welfare policies.
I will display a high standard of behaviour at all times regardless of my performance in training or competitions.
I will respect and abide by any reasonable requests from the staff of the Leisure Centre.
I will conduct myself appropriately when using any areas of Penzance Leisure Centre or other facility used by the Club, having regard to other users.
I will always report any bullying or poor behavior by others to an appropriate Coach or member of the Team Managing volunteers even if I'm just a witness
I will recognise and celebrate the good performance and success of fellow Club and team members, treat other children with respect and appreciate that everyone has a different level of skill or talent.
I will support my teammates in training and competition environments both when they do well and when they are struggling.
I will be prepared to accept constructive criticism from Coaches.
I will respect the privacy of others especially in the changing rooms
I will take care of equipment and premises as it if it were my own
I understand that poor behaviour may result in the club taking disciplinary action against me. Any behaviour which may be a criminal offence will be reported to police by the club

Social Media

I will not take or share inappropriate images captured on any device at any time.
I will not take any images using any device where those concerned would not wish the image to be captured.
I will not engage in bullying on social media e.g. negative comments etc. including gaming platforms.
I will report any concerns about others using any device to take photos or footage of any others in changing rooms or cubicles and /or if I become aware that social media is being used to bully or make negative comments about other members or parents.

Changing Areas

I will treat the changing and shower areas with respect at all times.
I will not use a mobile phone or other devices to take images or other footage including audio while in the changing room area or cubicles. I understand that the use of mobile phones should be kept to a minimum.
I will report any concerns I have about others taking photographs or footage of others in the changing rooms or poolside.
I understand that the use of the changing rooms is for changing only and I should not use the area as a social/meeting area.
I will leave the changing area promptly once changed.
I will not share or use the changing area with members of the opposite sex.
I will respect fellow member and other users of the changing rooms.
I will not use foul, abusive or inappropriate language while using the changing rooms whether to or about members of the public, fellow Club members, parents or otherwise.
I recognise that the changing rooms may be used by people of different age, sexual orientation , gender, faith, ethnic origin or nationality , whether members of the public, fellow Club members, parents or otherwise. and my behavior, language and volume will at all times be appropriate.

Training

I will treat my Coaches and fellow Club members with respect at all times.
I will make my Coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
Where directed I will shower before entering the pool or poolside.
I will arrive in appropriate time on poolside before the training session starts to complete poolside warm-up as directed by my Coach. I understand that if I arrive late, I must report to my Coach before entering the pool.
I will ensure that I have all required equipment with me for each training session e.g paddles, kickboard, hat, goggles, fins etc.
If I need to leave the pool for any reason during training, I will inform my Coaches before doing so.

I will listen to what my Coaches are telling me at all times and obey any instructions given.
I will always swim to the wall as I would do so in a race and I will practice turns as instructed.
I will not stop and stand in the lane or obstruct others from completing their training.
I will not pull or lean on the lane ropes as this may injure other members.
I will not skip lengths or sets – to do so would only mean that I would be cheating myself.
I will think about what I am doing during training and if I have any problems, I will discuss them with my Coach at an appropriate time.
I will not push or tackle any swimmer while on poolside or in the changingrooms.
When taking part in any land training activity, I will respect the instructors' environment and equipment at all times.
If I have any problems with the behavior, I will report them at the appropriate time to an appropriate adult.

Competitions

At competitions, open meets, National events or Club galas etc I will always behave in a manner that shows respect to my Coach, the officials, my teammates and members of all competing organisations.
I understand that I will be required to attend events and galas that the Coaches have entered/selected me for unless agreed otherwise by prior arrangement with the relevant official/Coaches.
I understand that I must wear appropriate swimwear, tracksuits, t-shirts, shorts and hats as required.
I must report to my Coach and/or Team Manager on arrival on poolside.
I must warm up before an event as directed by the Coaches in charge on that day and ensure that I fully prepare myself for racing.
I will be part of the team and always support teammates. This means that I will stay with the team on poolside unless released by the Coach or Team Manager.
If I have to leave poolside for any reason, I will get the consent of the Coach/Team Manager before doing so.
After my race, I will report directly to my Coach for feedback.
I will show good sportsmanship in victory or defeat.
I will swim down or complete appropriate land recovery work after my race as advised by my Coach.
I will ensure my behavior in the swim down facility is appropriate and respectful to other users at all times.
I will not leave an event until either the gala is complete or unless I have previously notified the Coach or Team Manager and obtained their consent.

Breaches of the Swimmers' Code of Conduct may result in disciplinary action being taken against you by the club committee under the set Disciplinary process. Continued issues and repeated breaches may result in your dismissal from the club.

Swimmers Name (printed):

Swimmers Signature:

Date: