



## Swimmers Code Of Conduct

Swimmers are the most important people in the sport. Swimming for the club to be successful is the most fundamental part of training and competing but not at any cost. Respect and regard for fellow swimmers is of the utmost importance.

### **Obligations Towards The Sport and Club**

Every swimmer should;

- Make every effort to develop their own swimming ability in terms of skill, technique and stamina.
- Give maximum effort and strive for the best possible performance during training and competition.
- Set a positive example for others, particularly new and younger swimmers.
- Always have regard to the best interest of the sport and club.
- NEVER criticize or condemn a fellow swimmer.
- Never use inappropriate language, gestures or disrespectful behaviour.
- Resist any influence which might or might be seen to bring into question your commitment to the club and any individuals performance .
- Arrive for training on time .
- Accept without question the trainings session plan.
- Accept without question the coaches decision regarding lane position. Coaches will determine this through the assessment of an individuals ability, attitude and aims for that session. Issues such as recovery from illness or injury may also influence these decisions.
- Use appropriate training aids as requested by the club and coach.
- Wear appropriate swim kit both when training and representing the club in competitions.
- NEVER take any banned substances and always make known to the club coaches any medication currently being taken.

### **Respect**

Every swimmer should;

- Know and abide by the laws, rules and spirit of the sport in both training and competition.
- Accept success and failure, victory and defeat equally.
- Treat opponents and fellow swimmers with respect at all times, irrespective of the results of training and when in competitions.
- Accept the decisions of the club, coaches or competition officials.
- Show respect for all club, coaches or competition officials, regardless of their age or qualification level.
- Respect and acknowledge the club supporters.

**Any swimmer in breach of any of the above will be dealt with in accordance to the Behaviour and Sanctions Policy of this club**