

City of St. Albans Swimming Club

Code of Conduct

Training sessions

- ✓ Always be poolside, ready to swim 5 minutes before the start of the session
- ✓ Ensure your name is taken on the register
- ✓ Respect and follow the instructions/ decisions made by your coach
- ✓ Listen when your coach is speaking (no talking to other swimmers)
- ✓ Always use good lane discipline
- ✓ Only ask to use the toilet once you have completed a set
- ✓ If for any reason you are unable to complete a session, inform your coach, get changed and return to poolside until you are collected
- ✓ Do not use inappropriate language
- ✓ Understand that bullying in any form, physical, verbal or emotional will not be tolerated by either the club or the ASA

At Galas, Open Meets and Training Camps/ Visits

Behaviour and Personal Conduct must at all times be of a high standard and reflect favourably on the club. Language must be appropriate and socially acceptable.

Consumption of alcohol is totally forbidden for athletes under age as defined by UK law. It must not be consumed by swimmers or staff members whilst en route, prior to, or following a competitive event, training camp or team activities. During competition alcohol is strictly forbidden to all swimmers and staff.

Smoking: is prohibited by swimmers and staff whilst en route, prior to, during or following a competition event, training session or team activities.

Personal Appearance: shall be appropriate to the circumstances and as indicated by the Team Manager. Team kit and equipment shall be worn as directed by the Team Manager when competing and training, when assembling or travelling, at official team functions or on other occasions as notified.

Attendance at all activities is expected unless agreed by the Team Manager. Throughout the duration of the trip swimmers should inform staff of their whereabouts. Punctuality on all occasions is essential and any curfew must be observed.

Illegal and Performance Enhancing Drugs and Substances are strictly forbidden. Swimmers are expected to be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a meet.

Illegal Drugs and Substances: The use of these, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.

Accommodation at hotels or equivalent must be as directed by the club staff and at no times must anyone extra be accommodated in swimmers' rooms.

Medication: It is important that information on all medication being currently taken should be reported to the Team Manager who will report it to the relevant personnel. Allergies to any medication must be reported to the Team Manager.

Sanctions: Breaches of the Code of Conduct shall be dealt with in the first instance by the Team Manager or Coach. He/she shall report the incident to the Secretary of the club who shall take such further action as is deemed necessary.

Code of conduct for club officials and volunteers

The essence of good ethical conduct and practice is summarised below. All volunteers must:

- 1 Consider the well-being and safety of participants before the development of performance.
- 2 Develop an appropriate working relationship with performers, based on mutual trust and respect.
- 3 Make sure all activities are appropriate to the age, ability and experience of those taking part
- 4 Promote the positive aspects of the sport (e.g. fair play)
- 5 Display consistently high standards of behaviour and appearance
- 6 Follow all guidelines laid down by the national governing body and the club
- 7 Hold the appropriate, valid qualifications and insurance cover
- 8 Never exert undue influence over performers to obtain personal benefit or reward
- 9 Never condone rule violations, rough play or the use of prohibitive substances