



Rugby Swimming Club Code of Conduct

Behaviour and Personal Conduct: must at all times be of a high standard and reflect favourably on swimming, Rugby Swimming Club and the town of Rugby.

Language in public or club situations must always be appropriate and socially acceptable.

The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.

Consumption of alcohol and smoking is totally forbidden at all times when training or representing Rugby Swimming Club.

Personal Appearance: shall be appropriate to the circumstances and as indicated by Rugby Swimming Club coaches. Club kit should be worn as directed by the coaches. Swimmers will be responsible for their own property.

Safety: Swimmers should not undertake any action to put their own or any other person's safety at risk. Safety procedures at all locations visited must be adhered to.

Respect: is a two-way thing - To earn respect you have to first give it.

- Respect your coach and fellow members and they will respect you.
- Respect the officials and do not argue back. Raise any query with your coach.
- Respect all other swimmers and representatives from other clubs they will respect you.

Damage: Accidents can happen, but as a general rule, any damage caused by swimmers must be paid for in full by swimmers/parents. This will be mandatory where it is wilful or caused by inappropriate behaviour.

Medication: It is important that information on all medication currently being taken and relevant medical conditions are reported to the coaches. Allergies to any medication must also be reported to the coaches.

Sanctions: Breaches of the code of conduct shall be dealt with, in the first instance by the coaches. If they deem that further action should be taken the matter will be referred to the committee.



10 Golden Rules

1. Arrive on poolside in good time to stretch, 10 - 15 minutes before start time.
2. Have all your equipment with you, i.e. hat, goggles, paddles, kick boards, fins.
3. Use the toilet before training begins and always inform the coach if you need to leave the pool during training.
4. Listen to what your coach is telling you.
5. Always swim to the wall as you do in a race, and practice turns as instructed.
6. Do not stop and stand in the lane, you may get injured.
7. Do not pull on the ropes as this may injure other swimmers.
8. Do not skip lengths or sets you are only cheating yourself.
9. Think about what you are doing during training.
10. Give 100% every session.

Competition:

- Ensure that you tick the team sheet as soon as it is published to indicate your availability - every effort should be made to compete and support the team.
- You must swim events and galas that the head coach/team manager has entered/selected you for unless agreed otherwise by prior agreement with the relevant club official.
- At open meets, check when you should post your cards and be sure to post them on time.
- Warm-up before the event. Warm up properly by swimming, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions.
- Be part of the team. Stay with the team on poolside. If you leave for any reason you must tell the coach and team manager where you are going.
- Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
- Support your team mates. Everyone likes to be supported. Do not leave a team gala early, unless otherwise directed by head coach/team manager.
- You must wear club kit and hats when representing the club.
- Swim down after the race where possible. Do not use this time to play.
- After your race report to the coach, not your parents to receive feedback on your race and splits.

Parents / Carers Code,

- Encourage your child to learn the rules and swim / train within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of all.



- Never punish or belittle a child for losing or making mistakes.
- Publicly accept official's judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.
- Accept the decision of the head coach/team manager in relation to what events your child has been selected to swim.
- If you don't understand what is happening in training or competition – ask rather than assume.

I confirm that I will adhere to the above code of conduct when training and/or in competitions.

Name :

Date :

Signed (swimmer) :

Signed (parent/guardian if swimmer under 18) :