



CODE OF CONDUCT

The purpose of this document is to establish a set of guidelines and procedures which outline the responsibilities of both staff and swimmers who are members of Dronfield Dolphins Swimming Club.

Changing Rooms

Swimmers should have due consideration towards others and in particular, any members of the public who may be using the facilities, and should treat all other people's property with respect.

It must be stressed that the ultimate responsibility for conduct outside the pool area rests with the parents, guardians or swimmer and the club cannot be held responsible for conduct, injury, loss or damage occurring in the changing rooms.

Warm Up

Parents should make every effort to ensure that their children arrive at the pool in adequate time to participate at the very start of a training session.

Swimmers should not loiter in the changing rooms, but should present themselves on the poolside in an orderly manner prior to the start of their training session.

A full and proper warm up prior to training is an important health and safety measure and reduces the risk of injury and strains to the body. Swimmers who do not participate in a warm up, do so at their own risk and their failure may result in an unnecessary injury.

Pool Behaviour

All swimmers must act in a manner that allows all others to fully participate and enjoy the training session.

After training

Parents are asked to collect their children promptly at the end of training.



When representing the Club

Behaviour and personal conduct must at all times be of a high standard and reflect favourably on the sport and Club. Language in public or relevant group situations must always 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 whilst en route, prior to, during or following a competition event, training camp or team activities without the specific consent of the Team Manager. 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 camp or team activities.

Personal appearance shall be appropriate to the circumstances and as indicated by the Team Manager.

Attendance at all activities is expected unless agreed by the Team Manager. Throughout the duration of a trip swimmers should inform staff of their whereabouts. Punctuality on all occasions is essential.

Illegal and performance enhancing drugs and substances are strictly forbidden.

Information on all medication being taken should be reported to the Team Manager. Allergies to any medication must be reported to the Team Manager.

Parents not travelling with swimmers are asked to show respect by collecting their child at a time agreed in advance with the Team Manager.

Dronfield Dolphins Swimming Club

Affiliated to ASA East Midland Region & Derbyshire ASA



It is expected that all members of Dronfield Dolphins Swimming Club, when representing the club shall:

- Comply with the codes, rules and laws within the guidelines set out by the ASA.
- Behave without discrimination on the grounds of race, colour, language, religion, birth or social status as set out in the equal opportunities policy.
- Respect the basic human rights, worth and dignity of each member.
- Not encourage swimmers, volunteers, officials or parents to violate the rules of the club or sport.
- Observe the authority and decision of all officials.
- Encourage all swimmers to obey the spirit of the rules and laws both in and out of the pool.
- Treat other competitors and teams with respect, in victory and defeat.

Failure to comply reasonably with the Code of Conduct may result in action being taken to correct the situation.



DO'S & DON'TS

Do :-

- Listen carefully and attentively to your coach at all times and observe the coach's instructions.
- Participate fully in the training session from beginning to end.
- Enter the water when instructed in a safe manner having due consideration for others already in the pool.
- Observe lane flow procedures.
- Allow adequate space between yourself and the swimmer in front.
- Take care not to make contact with other swimmers when using flippers and kickboards.
- Behave properly on club transport and at galas, as your conduct is a reflection of the club.
- Observe the rules of any swimming pool you attend.

Do Not :-

- Eat any food immediately prior to or during swimming and preferably do not eat for at least one hour prior to a training session.
- Wear jewellery or watches during a training session.
- Run, push or fool around on the poolside.
- Fool around, push or duck others whilst in the water.
- Jump or dive into crowded areas, or anywhere near other swimmers who are already in the water.
- Throw floats or goggles etc.
- Distract other swimmers whilst your coach is giving instructions.
- Bully other swimmers either in or out of the water.
- Take glass items on the poolside.

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Please complete this form and return it to the membership secretary, Helen Franklin, or another member of the committee.

Thank you.

I confirm that I have read the Code of Conduct and agree to comply with the guidelines and procedures set out within it.

Name (please print)

Signed Date

For members under 16 years

As the parent/carer of the above named member, I hereby confirm that I have explained to them the contents and implications of this Code of Conduct.

Signed Date