

York City Baths Club Code of Conduct for Swimmers

As a member of our club, we understand you have the right to:

- Enjoy the time you spend with us and know that you are safe.
- Be told who you can talk to if something's not right.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected by us and other team members and be treated fairly.
- Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
- Be encouraged and develop your swimming with our help and support.
- Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate.

As a member of our club or activity we expect you to:

Essentials

- Keep yourself safe by listening to your coach or teacher, behave responsibly and speak out when something isn't right.
- Take care of all equipment and premises as if they were your own.
- Make your coach or teacher aware if you have any difficulties attending training or competitions.
- Follow the rules of the club, squad or activity at all times.
- Respect the privacy of others especially in the changing rooms.

Behaviour

- Make our club and activity a fun, happy, friendly and welcoming place to be.
- Treat everyone with respect and do not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith or ability.
- Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the club.
- Not use any device to take photographs or footage of others in the changing rooms or cubicles.
- Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
- Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which may be a criminal offence will be reported to police by the club.
- Report any incidents of bullying or unkind behaviour to the club, even if you're just a witness.
- Treat other children with respect and appreciate that everyone has a different level of skill or talent.
- Support and encourage your team mates, tell them when they've done well and be there for them when they are struggling.
- Respect the committee members, our coaching and teaching team, all volunteer helpers at the club, and the staff at the facilities we use.
- Get involved in club decisions, it's your sport too.

Swimming sessions

- Arrive in good time on poolside before the training session starts (in accordance with facility rules).
- If you arrive late report to your coach/teacher before entering the pool.
- Ensure you have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc.
- Have adequate fluids with you for your session - you will not be allowed to swim without a drink.
- If you need to leave the pool for any reason during training inform your coach/teacher before doing so.
- Listen to what your coach/teacher is telling you at all times and obey instructions given.

- Always swim to the wall as you would do in a race, and practice turns as instructed.
- Do not stop and stand in the lane or obstruct others from completing their training.
- Do not pull on the ropes as this may injure other swimmers.
- Do not skip lengths or sets - you are only cheating yourself.
- Think about what you are doing during sessions and if you have any problems discuss them with your coach/teacher at an appropriate time.
- If you have any problems with the behaviour of fellow club members report them to an appropriate adult.

Competition (if appropriate)

- At competitions whether they be open meets, national events or club galas always behave in a manner that shows respect to both your coach/officers and team mates and the children and adults of all competing clubs.
- You will be required to attend events and galas that the coach has entered / selected you for unless previously agreed otherwise with the relevant club official and coach.
- The Coach should be consulted on the competition entries of each swimmer prior to the closing date. This can be done via email or before/after training sessions at an appropriate time. The coaches would like this communication to take place in advance of the closing date.
- Swimmers are expected to race in all of the events they have been entered for at a competition.
- Any withdrawals from selective events before or during a competition are at the discretion of the Coach. Parents should contact the Coach at the earliest convenience for a consideration to withdraw from a specific event. This will be assessed on an individual basis.
- Swimmers may be withdrawn from the rest of the meet by the Coach if they have withdrawn or missed a race without prior consent to do so by the Coach.
- You must wear appropriate swimwear, tracksuits, T shirts/shorts and hats as laid down by the club.
- Report to your club coach and / or Team manager on arrival on poolside.
- Warm-up before the event as directed by the coach and ensure you fully prepare yourself for the race.
- Be Part of the Team. Stay with the Team on poolside. If you have to leave poolside for any reason inform, and in some cases, get the consent of the Team manager / coach before doing so.
- After your race report to your coach for feedback.
- Support your team mates. Everyone likes to be supported and they will be supporting you.
- Swim down after the race, if possible, again as advised by your coach. Your behaviour in the swim down facility must always be appropriate and respectful to other users.
- Never leave an event until either the gala is complete, or you have the explicit agreement of the coach.

Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee.

Signature of the child

Signature of parent/guardian

Date: