



HAWICK & TEVIOTDALE AMATEUR SWIMMING CLUB **CODE OF CONDUCT**

The purpose of this Code of Conduct is to establish a set of guidelines, which will outline the responsibilities and behaviour of swimmers, coaches and parents/guardians of swimmers who are members of Hawick and Teviotdale Amateur Swimming Club. This is not intended to be all encompassing but rather a set of guidelines. It is a condition of membership of Hawick & Teviotdale ASC that this Code of Conduct is adhered to. Coaches and committee members must follow the Scottish Amateur Swimming Association Code of Ethics and the provision of the Child Protection Act. They have also signed a Code of Conduct which can be found on the club notice board.

GENERAL

- All members shall maintain the highest standard of personal behaviour at all times
- All members and parents/guardians should be respectful and courteous to coaches, teachers, Club Officials and other members at all times.
- Any form of bullying will not be tolerated.
- All members and parents/guardians should behave without discrimination to other individuals
- Refrain from any behaviour that may bring the club into disrepute.

PARENTS AND GUARDIANS CONDUCT

All parents/guardians are expected to:

- Encourage your child to learn the rules and to participate within them.
- Recognise the value and importance of poolside staff to your swimmer and the club, remembering that they are all volunteers. Do not undermine them, they give their time and effort to provide a recreational activity for your child's benefit.
- Do not interrupt the coach or attempt to communicate with a swimmer whilst a coaching session is in progress.
- Encourage your child but do not coach. Advice needs to be given by the club's poolside staff. Conflicting advice will only lead to confusion and undermine confidence.
- Do not physically or verbally abuse or harass anyone associated with the sport (Swimmer, Coach, Officials or Spectators.)
- Discourage challenging/arguing with officials.
- Help your child to recognise good sportsmanship and to applaud the good performances of all
- Never force your child to take part in sport.
- Be positive about the club and how it works. If you see a problem or have a concern please raise this with a member of the committee, who will ensure that the matter receives attention.
- Support your child's involvement and help them to enjoy their sport.
- Never go on poolside to discuss matters with either coaches or swimmers. If a parent would like to speak with coach they should arrange this through a member of the Committee.
- Refrain from coaching your child from the balcony.

SWIMMERS CONDUCT

All swimmers are expected to:

- Be poolside **AT LEAST 10 minutes** prior to the start of a session to participate in dry side warm up and be properly equipped for training sessions. **Failure to be on poolside for the warm up will see you excluded from the session unless the coaches have had prior notice from parent / guardian that you will be late.**
- Train and compete to the best of their ability, completing all sets before stopping for break
- Show respect to teachers, coaches and officials.
- Be willing to represent the Club when selected for a team.
- Refrain from stopping and standing in lanes – you may get injured, do not pull on ropes this may injure others, do not skip lengths / sets you are only cheating yourself.
- Refrain from using abusive language and acting in an aggressive manner.

POOL ETIQUETTE

- Enter the pool in a safe manner.
- Swim in the lane indicated by your coach.
- Swim in a straight line and as close to lane ropes as possible.
- Do not swim in the middle of lane unless advised otherwise by Coach or Poolside helper.
- Allow safe distance between swimmers.
- Allow swimmers to complete full lengths and to execute correct finishes.
- Complete full lengths
- Complete full sets, on completion of full sets take on drinks as required while taking instruction for next exercise.

BE COURTEOUS

- Listen to coaches, poolside staff and do not talk when they do.
- Look and listen at all times.
- Be polite and helpful at all times.
- Do not be rude or cheeky to your elders.
- Do not use bad language
- Behaviour such as being unfriendly, excluding or tormenting, sending hurtful text messages, exchanging hurtful chat room and website gossip, spreading rumours, name calling and sarcasm **WILL NOT BE TOLERATED.**
- Children will leave the pool quietly and use the shower and changing facilities quickly. They will leave them Clean and tidy and remember that at all times **YOUR** behaviour in the whole leisure centre reflects on the Club and bad behaviour could result in the club being excluded from the facilities.

BE CO-OPERATIVE

- Carry out the coach's instructions and requests, quietly and in the required time scales.
- Put your hand up if you are not sure of instructions given.
- Do your best at all times.

SANCTIONS

Any swimmer found not abiding by these rules will be subject to the following discipline procedure:

- 1) First verbal warning from coach or poolside helper
- 2) Second verbal warning and reminder of procedure
- 3) Swimmer will be asked to leave the pool and will be excluded for the remainder of the session

Swimmers who are persistently asked to leave the pool due to bad behaviour will be excluded from the club. A meeting between the Head Coach, Child Protection Officer, member and guardian would be held prior to this decision being taken



CODE OF CONDUCT AGREEMENT

MEMBERS NAME:

Parent / Guardian: I confirm that I have read the Hawick & Teviotdale ASC Code of Conduct and agree to abide by the rules set out therein.

In the event of an emergency, or that my child is excluded from a session due to bad behaviour, I understand that I will be contacted on the number(s) provided below and that I will be responsible to collect my child, or make alternative arrangements for them to be collected from the pool.

Print:

Signed:

Date:

Tel(s)
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Member

I confirm that I have read, or have had read to me, the Hawick & Teviotdale ASC Code of conduct and that I understand the rules and behaviour expected of me at all times within the club.

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