

ROMFORD TOWN SWIMMING CLUB

CODE OF CONDUCT FOR SWIMMERS

This code is something that you as a swimmer should refer to in relation to your rights as a swimmer, the respect you should expect but also that which you demonstrate to other members, what is expected of you in terms of listening and being listened to and your behaviour as a member of the club.

RTSC complies with Codes of Conduct recommended by Swim England for everyone involved in swimming. Please see Wavepower (<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs> pages 105-108.

Below is set out RTSC members Code of Conduct in the form of a 'contract' with regards to levels of behaviour expected whilst attending the clubs' activities.

General Behaviour:

As a member of RTSC, I understand and agree to the following commitments:

- Keep myself safe by listening to the coaches, behaving responsibly, and speaking out if something is not right
- Follow the rules of the Club, Squad, or activity at all times
- Treat all members and persons associated with the Club and Swim England with respect
- Treat everyone equally, without discrimination based on age, sexual orientation, gender, faith, ethnic origin, or nationality
- Understand that inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and will result in disciplinary action or referral to child welfare policies
- Always display a high standard of behaviour, regardless of performance in training and competition.
- Respect the premises and comply with any reasonable requests from facility/pool staff.
- Conduct myself with dignity and decorum in all areas of the centre.
- Always report any poor behaviour by others to an appropriate coach or member of staff.
- Recognise and celebrate the good performance and success of fellow club and team members.
- Support my teammates in training and competition environments.
- Be prepared to accept constructive criticism from coaches.
- Understand that poor behaviour may result in the Club taking disciplinary action against me.
- Report any medical conditions to the coaching staff. If a condition requires prescribed medication, such as an inhaler, ensure it is accessible at poolside.
- Acknowledge that I may be refused participation in training sessions due to short-term illness.

Training:

- Treat coaches and fellow club members with respect at all times
- Follow reasonable instructions from the coach, lifeguard, and club officials at all times
- Notify my coach if I have difficulties attending training sessions (via message on the squad's WhatsApp group)
- Arrive on time to complete a poolside warm-up as directed by the coach
- If I arrive late, I must report to the coach before entering the pool
- Complete each training set and session without distracting fellow squad members

- Inform the coach before leaving the pool for any reason during training
- Always listen to coaches and obey any instructions given
- Always swim to the wall as in a race, practicing turns as instructed
- Do not stop, stand in the lane, or obstruct others from completing their training
- Do not pull or lean on the lane ropes to avoid injuring other members
- Do not skip lengths or sets
- Think about my actions during training; if I have any issues, I will discuss them with the coach at an appropriate time
- Treat all recovery work with the same attention to detail as training sessions
- Show respect for the environment and any equipment during land training activities
- Report any problems with the behaviour of fellow members to an appropriate adult at the time they occur
- Always wear/bring club-approved kit during training sessions

Changing Areas:

- Always treat the changing and shower areas with respect
- Keep all mobile phones switched off in the changing areas and secure them in lockers while poolside
- Place all belongings in a secure locker and do not leave them in cubicles or group changing areas. Understand that RTSC, the pool, and facility operators will not be responsible for items left unattended
- Use the changing rooms solely for changing and not as a meeting or social area
- Leave the changing area promptly once changed
- Show respect for fellow members and other users of the facility; refrain from disruptive behaviours, such as banging on cubicle doors
- Complete showers within 10 minutes after morning sessions
- **NO** Smoking or Vaping in any of the changing areas of any facilities that we use. This includes when we are at competitions.

Competitions:

- At competitions, including open meets, national events, or club galas, I will always behave in a manner that shows respect to my coach, team officials, teammates, and members of all competing organisations
- I understand that I am required to attend events regularly and compete in all events I am entered in
- I will wear appropriate swimwear, tracksuits, T-shirts/shorts, and hats as per the rules laid down by the club
- Upon arrival at poolside, I will report to my coach and/or team manager
- I will never engage in or tolerate offensive, rude, insulting, or abusive language or behaviour, whether in person, towards other club members, or on social media
- I will warm up before events as directed by the coaches and ensure I am fully prepared for my races
- I will be part of the team, supporting my teammates, and staying on poolside until the end of the gala
- I will always listen to my coach/team manager and go to marshalling when advised by them
- If I need to leave the poolside area for any reason, I will obtain consent from the team manager/coach
- After my race, I will report directly to my coach for valuable feedback
- I will show good sportsmanship in victory or defeat and always collect any medals or cups I win, even if I am disappointed with my performance

- I will swim down, or complete appropriate land recovery work as advised by my coach, ensuring my behaviour in the swim-down facility is respectful to other users
- I will not leave any rubbish behind and will place all waste in the appropriate bins
- I will always notify the team manager/coach before leaving, regardless of my age

Social Media:

- Do not take or share inappropriate images captured on any device at any time
- Never capture images of individuals in situations where they would not wish the image to be taken
- Avoid engaging in bullying or making negative comments about others on social media
- Do not use any device to take photos or footage of others in changing rooms or cubicles
- Report any concerns regarding individuals using devices to take photos or footage in changing rooms or cubicles to an appropriate authority immediately

Away Camps:

- Treat the facility, including all bedrooms and common areas, with respect
- Under no circumstances should I enter the room of a member of the opposite sex
- Remain within the complex boundary unless granted permission by a coach or team manager to leave
- Understand that the consumption of alcohol, recreational drugs, and smoking is strictly prohibited for all swimmers at the camp, regardless of age

Breaches of the Code of Conduct may result in disciplinary action being taken against you by the club committee and any behaviour which may be a criminal offence will be reported to Police and any other relevant authority, by the club.

Signature of the Swimmer

Printed Name _____

Squad _____

Signature of the Parent/Carer

(if under 18)
Printed Name _____

Date: _____ / _____ / _____