



## **Barnes Swimming Club**

### **Code of conduct for swimmers**

#### **GENERAL BEHAVIOUR**

1. Treat all members of the club with due respect, fellow Swimmers, Coaches and Officials.
2. Treat all competitors and representatives from competing clubs with respect.
3. 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.
4. Do not say or do anything that will bring BSC into disrepute.

#### **SWIMMING TRAINING**

1. Arrive in good time to warm up on the poolside, 15-20 minutes before start time.
2. Have all your club kit with you. eg. Pull buoy/kickboard/fins/paddles/snorkel.
3. Give 100% of your best in both training and competition.
4. Ensure you bring a full drinks bottle to every training session.
5. Use the lavatory before training and inform the coach if you need to leave the pool during training.
6. Listen to what your coach is telling you and inform your coach if you are unwell or injured.
7. Always swim to the wall as you do in a race and practise turns as instructed.
8. Do not stop in the lane, you may get injured.
9. Do not pull or sit on the lane ropes as this may injure other swimmers.
10. Do not skip lengths or sets as you are only cheating yourself.
11. Think about what you are doing during training.
12. Make sure you know what training zone you are working in.
13. Behave sensibly in the changing rooms. Females and males should not share changing cubicles.

#### **COMPETITION**

1. Arrive ½ hour before your meet is scheduled and in good time to warm up or as instructed by your coach.
2. You must swim events and galas that your coach has entered/selected you for unless agreed otherwise prior to the event.
3. Be aware of the sign in and withdrawal procedure, check with your coach when you should post your cards or sign in.
4. Warm up before the event. Prepare yourself for the race.
5. Warm up and swim down properly under coaches instructions.
6. Always congratulate other swimmers after the race regardless of your own result.
7. Warm up properly by swimming, not playing or stopping in the lane.
8. Be part of the team. Stay with the team on poolside and if you must leave for any reason you must tell the Coach and Team Manager.
9. Listen for your race to be announced and go to the marshalling area in time and report in.
10. Support your teammates. Everyone likes to be supported.
11. You must wear club uniform and club hats when representing the club.
12. Swim down after the race, if possible. Do not use this time to play.
13. After your race report to the coach, not your parents. Receive feedback on your race and splits.
14. Performance enhancing drugs and illegal substances are all strictly forbidden.