



# Nottingham Leander Swimming Club (NLSC)



## *Code of Conduct for Swimmers*

This is a set of guidelines and procedures outlining the responsibilities and behaviour of swimmers in NLSC. The Code of Conduct should be followed at all swimming events and training sessions.

In general, behaviour and personal conduct should at all times be of a high standard and should reflect favourably on swimming as a sport.

### **A swimmer should:**

- ◆ Make every effort to develop their own performance in training and other sessions.
- ◆ Give maximum effort and aim for the best possible performance during a competition.
- ◆ Set a good and positive example for others, particularly young swimmers.
- ◆ Not use inappropriate language or behave inappropriately.
- ◆ Avoid all forms of gamesmanship and time-wasting.

### **In training and competition, swimmers should:**

- ◆ Make every effort within the sport, consistent with fair play and the laws of the sport.
- ◆ Display high standards of behaviour and appearance at all times within training sessions, competition and places in which you represent the club e.g. changing rooms, entering or leaving pools.
- ◆ Arrive on time and be prepared to swim. Note – In general it is the parents' responsibility to ensure that swimmers arrive and leave swimming pools, whether it is for training or competition, in a quiet and timely manner.
- ◆ Ensure they have all the appropriate kit with them for training or competition.
- ◆ Behave in a friendly, sensible and appropriate manner to other swimmers, parents, coaches, teachers, and others that they come into contact with while representing the club. This behaviour should apply while in the pool, changing rooms and the pool environs.
- ◆ Help and support other members of the club as far as possible.
- ◆ Respect the bodies, belongings and feelings of other swimmers and people involved in the club.
- ◆ Not leave poolside without informing a coach or official first.
- ◆ Wear a club cap and swimwear when representing the club.
- ◆ Provide encouragement and support for fellow team members at galas.
- ◆ Join and remain with the team at poolside during galas and leave only after consulting the team manager.
- ◆ Advise their coach/team manager immediately if they feel unwell.

**Swimmers should also:**

- ◆ Know and abide by the laws, rules and spirit of the sport.
- ◆ Accept success and failure/victory and defeat equally.
- ◆ Resist any temptation to take banned substances or use banned techniques.
- ◆ Have respect towards opponents.

**Respect towards coaches and teachers**

A swimmer should:

- ◆ Abide by the instructions of their coach, teacher or team manager, provided that they do not go against the spirit of this code.
- ◆ Show due respect towards the coaches, teachers or team managers of other clubs/teams.
- ◆ Behave without discrimination on the grounds of race, colour, language, religion or social status as set out in the equal opportunities policy.
- ◆ Comply with the codes, rules and laws within the guidelines set out by the ASA.

**Respect towards officials**

A swimmer should:

- ◆ Accept the decision of gala officials without undue protest.
- ◆ Avoid words or actions which may mislead a gala official.
- ◆ Show due respect towards gala officials.
- ◆ Observe the authority and the decisions of all officials.

Breaches of the code of conduct shall be dealt with in the first instance by the coach, teacher or team manager. Any incidents may be reported to the committee of the club, who will take further action as deemed necessary.

**Name**

(please print).....

**Signed**

.....Date.....

*For members under 12 years old*

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

**Name**

(please print).....

**Signed**

.....Date.....