



CODE OF CONDUCT AND DISCIPLINARY PROCEDURES (SWIMMERS)

Code of Conduct

1. Behaviour and Personal Conduct

This must at all times be exemplary and reflect favourably on the squad and sport. Language in public and relevant group situations must always be appropriate and socially acceptable.

2. Bullying will NOT be tolerated!

What is bullying?

- a) Emotional – including being unfriendly, excluding (emotionally and physically), sending hurtful text messages, tormenting (eg hiding goggles, floats and hurtful gestures).
- b) Physical – including pushing, kicking, hitting, punching or any use of physical strength.
- c) Racist – including racial taunts, graffiti or gestures.
- d) Sexual – including any unwanted physical contact or sexually abusive comments.
- e) Homophobic – in a way because of or focusing on the issue of sexuality.
- f) Verbal – including name-calling, sarcasm, spreading rumours or teasing.

3. Consumption of Alcohol

This is strictly prohibited for swimmers Under Age as defined by UK Law.

Alcohol must not be consumed by any team member en route, prior to or returning from a competition, training camp or other team activity. This also applies to daily training sessions.

4. Smoking

This is strictly prohibited whilst en route, prior to, during or returning from a competition, training camp or other team activity. This also applies to daily training sessions. After July 1st 2007 this will be against U.K Law in any public confined space, or the workplace. The definition of a workplace includes any transport (mini bus, coach etc) used to convey swimmers to any event.

5. Personal Appearance

This shall be appropriate to the circumstances as indicated by the Coach or Team manager.

Team Kit (including Swim Caps where used) **must be worn:**

- a) When competing for Derventio eXcel
- b) When assembling or travelling as a team
- c) At official functions
- d) On other occasions as notified (eg Photo shoots)



Team Kit (including Swim Caps where used) **must not** be worn:

- a) When competing for your 'Home Club'
- b) When you have entered an Open Meet that is not one of those selected as DX Team Entry by the DX Coaching Team (in this situation you must enter the gala under the auspices of your Home Club in addition to seeking approval from the DX Coaching Team).

6. Attendance

Full attendance in accordance with the Coach's personal recommendation is expected.

If you are ill and cannot attend training inform the Coach and record this on your Weekly Log Sheet.

Your Coach will inform you individually of the weekly volume you will be required to complete. Be punctual at all times, if you need to leave a training session early inform the Coach prior to the start of the session. Do **NOT** leave a training session without the express permission of the Coach.

7. Pool Environment & Lane Discipline

- a) The swimming pool rules should be observed at all times i.e. no bombing, running on poolside, littering spitting etc.
- b) All swimmers are expected to be mindful of other teammates at all times in the water.
- c) Swimmers must endeavour to pass with care and consideration.
- d) If you are being passed, please allow the swimmer to pass you without impeding their progress whilst at the same time maintaining your own swimming.
- e) Finishing swimmers always have the priority, ensure that you allow anyone behind you to finish correctly by allowing space.
- f) Dive starts are to only take place in a safe environment; swimmers must always check the area below is clear before entry.
- g) Whenever land work is done on poolside it must be completed safely, any equipment must only be used for its intended purposes.

8. Illegal Performance Enhancing Drugs & Substances

Use of these is strictly forbidden. Swimmers are expected to be aware of all banned substances and particular care must be exercised when taking medication prior to and during a competition (Drug testing may take place). Use of illegal drugs and substances is prohibited even if they do not appear on the official banned list in respect of performance enhancing drugs.

9. Medication

It is important that information on all medication being taken by a swimmer is notified to the Coach, who will report it to the relevant people. Allergies to any medication must be reported to the Coach. An ASA Medical Declaration must have been completed by their Home Club.



Declaration

I (insert name) fully understand the

DERVENTIO EXCEL CODE OF CONDUCT (SWIMMERS)

And hereby agree to abide by this code.

I fully understand that Derventio eXcel Swim Squad fully embraces all Swim England Codes of Conduct and Ethics Equity and Child Protection policies and that I must fully adhere to these codes and policies (full information on these documents may be found by accessing www.british-swimming.org/).

By signing this document I fully agree that I will be bound by all Derventio eXcel Disciplinary Procedures and I confirm that I understand the consequences if I do not do so.

I understand that any future amendments or additions to these policies and procedures will be notified to me.

Signed Date

Parents/Guardians of Minors (Please sign this section)

My Son/Daughter is under 18 years of age. I have explained this document to them and I am satisfied that they understand its contents.

Parent name Parent Signature Date

Parent name Parent Signature Date

