



CHELMSFORD CITY SWIMMING CLUB

MEMBERS' CODE OF CONDUCT

1. Reasonable behaviour is expected at all times by club members. Behaviour, including language that will cause offence or embarrassment to any member of the general public, other swimmers, site staff, parents and coaches of CCSC, or any visiting club is prohibited. This includes language that is violent, indecent, disorderly, threatening, offensive or causes fear or distress to others. If incidents occur swimmers are encouraged to report the details to the Directors, preferably through the Club Welfare Officer (contact details are on our website under Club Officers page).
2. Be respectful of the sites facilities and staff whether in training, competition or guests at another location; remember we are guests at these locations.
3. Treat swimmers, coaches, officials, Directors members and parents of your and other people's clubs with due respect, meeting the Swim England commitment to equality, inclusion and diversity.
4. Be respectful of other team member's personal items.
5. CCSC prohibits bullying or derogatory remarks about other members, coaches, officials, local staff or a facility we use or visit whether physical, verbally or electronically i.e. social media sites.
6. We are all part of the team that is Chelmsford City Swimming Club and will all be expected to give support and encouragement to all team members at all times, in training, competition or matches.
7. Under 18's must not drink alcohol or take banned substances at training, competition events or camps.
8. Breaching any of the above will not be tolerated and could mean suspension from the Club or withdrawal of your membership.
9. Arrive on poolside at least 5 minutes before the session commences and begin poolside warm up.
10. Ensure you are prepared for your training session i.e. you have the correct equipment, ensure drinks bottles are easily accessible and utilised, use the toilet before the session commences.
11. Advise the coach of any injury, or if feeling unwell, at the earliest opportunity.
12. Tell the coach of any problems outside of swimming that may affect training.
13. No swimmer is to leave the poolside without asking the coach's permission
14. If a swimmer has to leave a session early through, for example, ill health, and their parent/guardian is not in the building, the swimmer should get changed and return to poolside to wait for their parent to arrive. Under no circumstances shall a swimmer leave a session early and remain in the changing-room or foyer or leave the building alone.
15. Pay attention and listen silently while the coach is giving out session details and then carry out the training programme as directed by the coach.
16. Any swimmer who continually talks at inappropriate times, misbehaves or intentionally distracts other swimmers may be asked to leave the session.
17. Except in the case of an emergency no parent is to communicate with a swimmer whilst he/she is on the poolside or in the water.
18. If a parent wishes to speak to the coach this will be possible after the session, or at an arranged time.
19. Club uniform must be purchased and worn whenever a swimmer is representing the club.



Swimmer specific:

- 20. Attend the agreed number of sessions and be prepared to put in your best possible effort. Inform the coach in advance, if possible, of any unavoidable absence.
- 21. Swimmers are expected to respect other swimmers in their lane and not fight for position in a lane. It is more important to complete the set correctly.
- 22. Swap position as often as is needed. This ensures that all swimmers will have adequate water space and get the most out of their training.
- 23. Any swimmer arriving late must explain their lateness. It will be at the coach's discretion if the swimmer is then allowed to commence the session. Persistent lateness will result in a warning being issued.
- 24. If any swimmer is regularly leaving sessions early, the matter will be brought to the attention of the swimmer's parent/guardian.
- 25. Parents are only allowed on the poolside at the discretion of the coach.

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Swimmer's name and signature

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Parent's signature

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Date