



Code of Conduct for athletes (under 18)

As a member of our club, we understand you have the right to:

- Feel safe and know how you can raise concerns.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected and treated fairly by every member of the club.
- Feel welcomed, valued, and not judged based on your race, gender, sexuality, faith, ability, or any other relevant characteristic.
- Be encouraged and developed with our help and support.
- Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate.

As a member of our club or activity we expect you to:

Essentials

- Be aware of Wavepower and adhere to relevant guidance.
- Adhere to the Swim England regulations, Code of Ethics, Club Constitution, and rules.
- Listen to your coach, behave responsibly, and speak out when something isn't right.
- Never leave the premises (at either training or a competition) without agreeing it with your coach or team manager first.
- Make it to training and competitions on time and if you're running late, let a member of the club know.

- Make your coach aware if you have any difficulties attending training or competitions.
- Bring the right kit to training and competitions.
- Take care of our equipment and premises as if they were your own.
- Support and encourage your teammates.
- Respect the children and adults competing for other teams at competitions.
- Respect the club directors, coaches, and all volunteer helpers at the club at all times.
- Get involved in club decisions, it's your sport too.

Behaviour

- Follow the rules of the club, squad, or activity at all times.
- Respect and celebrate difference in our club or activity and not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith, ability, or any other relevant characteristic.
- Understand that the use of abusive or inappropriate language, bullying, physical violence, or any other behaviour which hurts others will not be tolerated by the club.
- Respect the privacy of others, especially in the changing areas.
- Not use any mobile device, at any time, in the changing areas.
- Report any concerns you have about someone taking photographs or footage of others in the changing areas or poolside.
- Report any incidents of bullying or unkind behaviour to the club, even if you're just a witness.
- Make our club and activity a fun, happy, friendly, and welcoming place to be.
- Respect that at all pools that outside shoes must not be worn in the changing rooms.
- Not disrupt the training of others.
- Treat other swimmers with respect and appreciate that everyone has a different level of skill or talent.
- Respect the authority of officials and follow the rules of the sport if questioning decisions.

- Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which may be a criminal offence will be reported to police by the club.

Additional Behaviour Expectations for Competitive Swimming Squads

- Not pull or sit on the lane ropes.
- Always swim to the wall, and practice turns as instructed.
- Not stop or stand in the lane or in any way obstruct others in the lane.
- Not skip lengths or sets.
- Always leave the correct interval between yourself and other swimmers (unless instructed otherwise by the coach the interval is 5 seconds).
- Not swap lane positions mid-length:
 - if you catch the swimmer in front tap ONCE on their foot/lower leg (not pull or scratch) and prepare to overtake at the wall.
 - If the person behind taps you swim to the wall and then let them pass.
- Always follow the coaches instructions, and if asked to move lanes, do so without question.

Membership of Chelmsford City Swimming Club conveys acceptance of the Code of Conduct.

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