

# Dorking Swimming Club



Date of Issue: 1 February 2014 Authorised by: DSC Committee

The purpose of this document is to establish clear rules and guidelines so that all club members, parents/guardians and coaches understand the boundaries within which the club operates.

## General Statement of Intent:

It is the club's responsibility to ensure the safety, well-being and discipline of swimmers whilst they are either training or representing Dorking Swimming Club (DSC). It is also the intention of DSC to apply the rules and Code of Conduct equally and fairly to all of its members and staff regardless of gender, sexuality, race, religion, social status or disability. Whilst DSC will enforce its own rules it has a duty to uphold and conform to the rules of the Amateur Swimming Association (ASA), South East Region

## Code of Conduct for Swimmers from all disciplines

### General behaviour

1. Treat all members of and persons associated with the ASA with due dignity and respect.
2. Treat everyone equally and never discriminate against another person associated with the ASA on any grounds including that of age, sexual orientation, ethnic origin or nationality.
3. The use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
4. Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate club officer.
5. Recognise and celebrate the good performance and success of fellow club and team members.
6. Consumption of alcohol is strictly forbidden for all swimmers under the legal age (18 years) as defined by UK law.
7. Illegal and performance enhancing drugs are strictly forbidden. All swimmers must declare the use of medication on the medical forms provided by the club.

### Swimming training

1. Treat your coach and fellow swimmers with respect.
2. Make your coach aware if you have difficulties in attending training sessions as laid down for your squad.
3. Arrive in good time on poolside, no later than 10 minutes, before the training session starts to complete poolside warm up as directed by your coach.
4. If you arrive late report to your coach before entering the pool. Swimmers, who arrive consistently late for training sessions, may be sent home by their coach.
5. Ensure you have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc.
6. If you need to leave the pool for any reason during training inform your coach before doing so.
7. Listen to what your coach is telling you at all times and obey instructions given.
8. Always swim to the wall as you do in a race, and practice turns as instructed.
9. Do not stop and stand in the lane, or obstruct others from completing their training.
10. Do not pull on the ropes as this may injure other swimmers.
11. Do not skip lengths or sets - you are only cheating yourself.
12. Think about what you are doing during training and if you have any problems discuss them with your coach at an appropriate time.
13. If you have any problems with the behaviour of fellow club members report them at the time to an appropriate adult.

### Competition

1. At competitions whether they be open meets, national events or club galas always behave in a manner that shows

- respect to both your club coach, officers and team mates and the members of all competing clubs.
2. You will be required to attend events and galas that the Chief Coach has entered / selected you for unless previously agreed otherwise with the relevant club official and coach.
  3. You must wear appropriate swimwear, tracksuits, T shirts/shorts and hats as laid down by the club.
  4. Report to your club coach and / or Team manager on arrival on poolside.
  5. Warm-up before the event as directed by the coach in charge on that day and ensures you fully prepare yourself for the race.
  6. Be Part of the Team. Stay with the Team on poolside. If you have to leave poolside for any reason inform and in some cases get the consent of the Team manager / coach before doing so.
  7. After your race report to your coach for feedback.
  8. Support your team mates. Everyone likes to be supported and they will be supporting you.
  9. Swim down after the race, if possible again as advised by your coach. Your behaviour in the swim down facility must be appropriate and respectful to other users at all times.
  10. Never leave an event until either the gala is complete or you have the explicit agreement of the club coach or team manager.

### **Sanctions**

Minor breaches of the Code of Conduct shall be dealt with by the Head Coach, Team Manager, Chair and/or committee, or a combination of the above. Volunteer coaches should immediately report breaches to the Head Coach or Chair, unless of a minor nature. Sanctions for major breaches and very major breaches will only be enacted with the approval of the committee.

The Head Coach, Team manager and/or the committee has the responsibility and power to enact the following sanctions;

**Minor Breaches** of the Code of Conduct (defined as but not limited to, the following);

Arriving late for training/team galas; incorrect kit; minor behavioural infractions during training sessions.

**Sanctions:** VERBAL WARNING, POOLSIDE TIME-OUT (at discretion of volunteer coach)

**Major Breaches** of the Code of Conduct (defined as but not limited to, the following);

Persistent minor breaches of the Code of Conduct: failure to accompany swimmers under the age of 13 to training sessions; disrespectful behaviour towards other club members (use of language or behaviour likely to cause a member of the club or general public feel undermined or otherwise undervalued); acting in any manner likely to bring the club into disrepute; failure of coaches/volunteers to attain highest level of personal and coaching/volunteering standards; smoking/drinking alcohol while on club premises or at club events without permission of parents, guardians, caregivers or coaches; encouraging others to break the Code of Conduct.

**Sanctions:** A TWO-WEEK SUSPENSION FROM ALL CLUB ACTIVITIES (SWIMMING AND SOCIAL), INDEFINITE REMOVAL FROM COACHING/VOLUNTEER TEAM.

**NB;** if this falls during summer, Christmas or Easter breaks, the suspension will begin on resumption of the normal training schedule.

**Very major breaches** of the Code of Conduct (defined as but not limited to, the following);

Use of performance enhancing drugs; theft from the club, other DSC members or members of the public while on club premises or at club events; deliberately jeopardising the safety of others; physically/verbally aggressive, abusive or threatening behaviour/language against other swimmers/volunteers/parents of DSC and/or other clubs.

**Sanction:** EXPULSION FROM THE CLUB.

The list is not exhaustive and can be changed at any time at the discretion of the committee. It is a requirement for the members, swimmers, parents and coaches to adhere to these rules at all times.

Signed:

Date: