



Swimmers' Code of Conduct

General behaviour

1. I will treat all members of, and persons associated with, the ESSA with due dignity and respect.
2. I will treat everyone equally and never discriminate against another person associated with the ESSA on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
3. I understand that 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 disciplinary or child welfare policies.
4. I will display a high standard of behaviour at all times.
5. I will always report any poor behaviour by others to an appropriate officer or member of staff.
6. I will recognise and celebrate the good performance and success of fellow club and team members.
7. I will respect the privacy of others, especially in the use of changing facilities.

Training

1. I will treat my Coach, Team Manager and fellow members with respect.
2. I will make my Coach/ Team Manager aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
3. I will arrive in good time on poolside before the training session starts to complete poolside warm up as directed by my Coach or Team Manager.
4. I understand that if I arrive late, I must report to my Coach/Team Manager before entering the pool.
5. I will ensure that I have all of my equipment with me.
6. If I need to leave the pool for any reason during the event, I will inform my Coach or Team Manager before doing so.
7. I will listen to what my Coach/ Team Manager is telling me at all times and obey any instructions given.

8. I will think about what I am doing during training and if I have any problems, I will discuss them with my Coach or Team Manager at an appropriate time.
9. If I have any problems with the behaviour of fellow members, I will report them at the time to an appropriate adult.

Competitions

1. At competitions, whether they be open meets, national events or club galas, I will always behave in a manner that shows respect to my Coach/Team Manager, the officers, my team mates and the members of all competing organisations.
2. I understand that I will be required to attend events and galas that the Chief Coach or Team Manager has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official and Coach/Team Manager.
3. I understand that I must wear appropriate swimwear, tracksuits, T-shirts/shorts and hats as per the rules laid down by the organisation.
4. I will report to my Coach and/or team manager on arrival on poolside.
5. I will warm up before the event as directed by the Coach/ Team Manager in charge on that day and ensure I fully prepare myself for the event.
6. I will be part of the team. This means I will stay with the team on poolside.
7. If I have to leave poolside for any reason, I will inform, and in some cases, get the consent of the Coach or Team Manager before doing so.
8. After my event, I will report to my Coach/Team Manager for feedback.
9. I will support my team mates. Everyone likes to be supported and they will be supporting me in return.
10. I will never leave an event until either the event is complete or I have the explicit agreement of the Coach or Team Manager.

Signed:

Date:



Parent's Code of Conduct

1. I will complete and return the Medical Information Form as requested by the organisation and provide details of any health conditions/concerns relevant to my child on the consent form. I will report any changes in the state of my child's health to the Coach or Team Manager prior to training sessions or events. I will ensure that the organisation has up-to-date contact details for me and for any alternative person(s) as required.
2. I will deliver and collect my child punctually to and from training sessions/events. I will inform a member of the committee or Coach or Team Management staff if there is an unavoidable problem.
3. I will ensure my child is properly and adequately attired for the training session/ events including all mandatory equipment.
4. I will inform the Coach or Team Manager/welfare officer before a session if my child is to be collected early from a training session/event and if so, by whom.
5. I will encourage my child to obey the rules and teach them that they can only do their best.
6. I will behave responsibly as a spectator during training/events and treat members, Coach/ Team Managers, committee members and other parents of members of both my child's organisation and any other organisation with due respect, in accordance with the ESSA commitment to equality and diversity.
7. I will not use inappropriate language within the organisation environment.
8. I will show appreciation and support my child and all the team members.
9. I will ensure my child's needs are met in terms of nutrition and I will listen to advice given from the Coach or Team Manager/nutritionist.
10. I will support the Coach or Team Manager and committee appropriately and raise any concerns may have in an appropriate manner to the welfare officer.
11. I will not enter poolside unless requested to do so or in an emergency.
12. If I wish to have a discussion with the coach, I will check with the welfare officer as to how this can be arranged.
13. Most of all, I will help my child to enjoy the sport and to achieve to the best of their ability.

The organisation will:

1. Inform you at once if your child becomes ill and will ensure their wellbeing until you are able to collect him/her.
2. Ensure good child safeguarding guidelines are followed at all times to keep your child safe.
3. Ensure all activities are properly supervised/ taught/coached and that consent is obtained for any activity outside of that previously agreed.

You have a right to:

1. Make a complaint to the organisation if you feel the organisation or a member of the organisation is not acting appropriately or in accordance with ESSA/organisation rules and regulations. Details of how to do this can be obtained from the welfare officer.
2. Make a complaint on behalf of your child to the ESSA Office of Judicial Administration.

Signed: _____

Date: _____