



ESSA Code of Conduct - Swimmers

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/warm up 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.

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, race, ability or any other relevant characteristic.
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 ESSA disciplinary or child welfare policies.
4. I will display a high standard of behaviour at all times.
5. I will always report any incidents of bullying or unacceptable behaviour to the team manager, coach or welfare officer, even if I am just a witness.
6. I will recognise and celebrate the good performance and success of fellow team members.
7. I will respect the privacy of others, especially in the use of changing rooms.
8. I will not use any mobile device, at any time, in the changing areas.
9. I will report any concerns I have about someone taking photographs or footage of others in the changing areas to the welfare officer.

Training/warm-ups

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 session/warm ups as per the rules laid down for my squad.
3. I will arrive in good time on poolside before the training session/warm up 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 training/warm-up I will inform my Coach or Team Manager before doing so.

Competitions

1. At competitions I will always behave in a manner that shows respect to my Coach/Team Manager, the ESSA officers, officials, my team mates and the members of all competing teams.
2. I understand that I will be required to attend events 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.

Print name:

Signed:

Date:
