



# THE CELTIC DOLPHINS SWIMMING CLUB

## CODE OF CONDUCT FOR OUR SWIMMERS



### 1.0 INTRODUCTION

- 1.1 Just as we expect others to behave properly to our swimmers, we expect all our swimmers to behave in an appropriate manner to each other as well as to their coaches, all helpers, and all adults and young people they may have contact with.
- 1.2 This Code of Conduct, which in line with the guidelines set by Swim Wales, sets out the standards of behaviour expected by the Celtic Dolphins Swimming Club during training and competitions and well as social events and any other activities organised by the Club.
- 1.3 It is complemented by similar Codes of Conduct that are in place to guide the behaviour of spectators, coaches and volunteers.

### 2.0 POSITIVE BEHAVIOR

- 2.1 The Celtic Dolphins Swimming Club offers a fun, family friendly and social environment which caters for all abilities and interests in competitive swimming.
- 2.2 The Club's swimmers are a key part of creating a positive swimming culture. Team spirit is critical to our philosophy and we actively encourage our swimmers to support one another on and off poolside.

### 3.0 NEGATIVE BEHAVIOR

- 3.1 The following are examples of the types of negative behaviour that is frowned upon by the Club.
- 3.2 This information is intended only as a guide; it is not an exhaustive list as there may be other behaviours deemed inappropriate.
- Arriving late for training/ warm up
  - Ignoring lane order
  - Weaving across the lane
  - Pulling limbs
  - Swimming over other swimmers
  - Stopping before the end of the lane
  - Sitting on the ropes
  - Swearing and using offensive language and/ or gestures
  - Inappropriate touching
  - Shouting and aggressive behaviour towards others
  - Kicking / pushing/ being physical with other swimmers
  - Not listening when instruction is being given e.g. talking or messing around
  - Not completing sets/ cutting corners
  - Ignoring direct instruction
  - Repeated toilet breaks
  - Leaving the pool without permission
  - Splashing
  - Distracting other swimmers from training/ competing

- Interfering with the other peoples belongings
- Disrespecting the facilities/ equipment at the pool

## 4.0 OUR CODE OF CONDUCT OF EXPECTED STANDARDS

4.1 In order to maintain the highest possible standards of good behaviour, the Celtic Dolphins Swimming Club expects its swimmers to abide by a series of rules which are set out according to the following Code of Conduct.

4.2 All swimmers are required to confirm that they agree to comply with these rules which include general behaviour as well as conduct during training and whilst representing the Club at competitions. Refusal to sign the Code of Conduct will prevent the swimmer training/ competing.

### 4.2.1 General Behaviour

The cornerstone of good behaviour is based upon respect which applies across all the activities that the Club's swimmers are involved with according to the following principals:

- A. *I will treat all members of the Celtic Dolphins Swimming Club and persons associated with the Club with dignity and respect.*
- B. *I will treat everyone equally and never discriminate against another person associated with the Swimming Club on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.*
- C. *I understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in disciplinary action being taken.*
- D. *I will treat the facilities and equipment where I train and compete with the upmost respect.*
- E. *I will display a high standard of behaviour at all times and will take responsibility for my actions if I behave inappropriately.*
- F. *I will always report any poor behaviour by others to my coach, Club official or member of staff.*
- G. *I will recognise and celebrate the good performance and success of my team-mates.*
- H. *I will respect the privacy of others, especially in using the changing facilities.*

### 4.2.2 During Training

The Club's coaches are responsible for managing their lanes during training, their overall aim is to ensure that all swimmers get the maximum benefit out of each session. In order to achieve this, the following rules apply:

- A. *I will treat my coach and fellow swimmers with respect.*
- B. *I will make my coach aware if I have any difficulties in attending training.*
- C. *I will report to reception to record my arrival at the Pool (Pontardawe Pool only).*
- D. *I will arrive in goodtime on poolside before the training session starts to complete poolside warm up and stretching as directed by my coach. This rule also applies to any land training that I take part in.*
- E. *I will arrive at training ready and motivated to train.*
- F. *I understand if I arrive late, I must report to my coach before entering the pool.*
- G. *I will ensure that I have all my equipment with me, e.g. paddles, kick boards, hats, goggles etc.*
- H. *If I need to leave the pool for any reason during training, I will seek permission from my coach beforehand.*
- I. *I will listen to what my coach is telling me at all times and follow any instructions given.*
- J. *I understand that lane allocation and order within the lane is determined by my coach and may vary according to the set I am swimming.*
- K. *I will always swim to the wall as I would do in a race and practice turns as instructed.*

- L. *I will not stop and stand in or at the end of the lane, or obstruct others from completing their training.*
- M. *I will not sit or pull on the ropes as this may injure other swimmers or damage the ropes.*
- N. *I will not cut corners, for example skip lengths or sets – to do so means I would only be cheating myself.*
- O. *I will think about what I am doing during training and if I have any problems, I will discuss them with my coach at the appropriate time.*
- P. *If I have problems with the behaviour of other swimmers during training, I will report them at the time to an appropriate adult.*

#### **4.2.3 During Competitions**

During the various swim competitions that the Club attends, the designated Team Manager, supported by the attending coach that day, will be responsible for the good conduct of swimmers according to the following standards:

- A. *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, fellow team-mates, Team Manager, the competition officials and other competitors.*
- B. *I recognise that I will need to arrive in good time prior to my designated warm up slot and report to the Team Manager on poolside.*
- C. *I understand that I must come to events suitably dressed in the Club kit.*
- D. *As I am part of a team, I will sit with their team mates for the duration of the competition.*
- E. *I will make sure that I come to the event prepared in terms of food, drinks, goggles, towel, change of clothes etc.*
- F. *I will participate in pre-pool stretching and a water based warm up before my race as directed by my coach.*
- G. *I will attend marshalling at the instruction of the Team Manager and queue there in an orderly manner until my race unless otherwise guided.*
- H. *I will not distract other swimmers prior to their race as I understand that preparation is an important part of competing.*
- I. *In the event that I am disqualified, I will seek clarification off my coach as to the reason why and they will liaise, if necessary, with the competition officials.*
- J. *If I have to leave the spectators gallery for any reason, I will seek the approval of the Team Manager before doing so. Equally I will not leave the gala without the explicit agreement of the Team Manager or coach in attendance.*
- K. *After my race, I will report to my coach for feedback.*
- L. *I will support and cheer on my team mates when they race. Everyone likes to be supported and they will be supporting me in return.*
- M. *I will swim down after racing if possible as advised by my coach during which time I will be conscious to behave respectfully to other users of the swim down facility.*
- N. *I will be respectful of the facilities and equipment at the competition pool as well as the belongings of other competitors.*

#### **5.0 OUR DISCIPLINARY PROCEDURE**

5.1 Breaches in behaviour and failure to uphold the standards set out in the Code of Conduct above, may result in disciplinary action being taken which could include sanctions, suspension and even expulsion from the Swimming Club.

## 6.0 DOCUMENTATION – POOL LOGS

- 6.1 To ensure a consistent and fair approach is undertaken, all coaches and team managers have been issued with log books to record any issues and welfare concerns as well as the follow up action that is taken during training and competitions.
- 6.2 These logs will be monitored by the Club's Welfare Officer on a regular basis who will ensure that everyone is treated equally and that the appropriate disciplinary measures are taken if and when necessary.
- 6.2 The Welfare Officer will also have the authority to escalate any concerns to the Club Committee.

----- Please complete the section below and place in the Silver Box at Pontardawe Pool -----

### **CODE OF CONDUCT SIGNATURE SHEET**

**Name of swimmer:** \_\_\_\_\_

*As a swimmer I agree to behave in a positive way during training, competitions and at other Club events in keeping with the standards of expected behaviour set out in the Club's Code of Conduct.*

**Signature of swimmer:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### **GENERAL DATA PROTECTION REGULATIONS (GDPR)**

*The Celtic Dolphins Swimming Club is the data controller for the personal information you provide on this form. Your information will be used only for the purposes stated and will not be used for any other reason.*

*As they are the governing bodies for swimming in Wales and the UK, we may share your data with Swim Wales and British Swimming. We may also share details with Celtic Leisure as they are the membership organisation through which swimmers join the Club. We will not share your data with any other third parties without your explicit consent unless we are required or permitted to do so by law.*

*For further information about our Privacy Policy please visit [www.celticdolphinsswimmingclub.co.uk](http://www.celticdolphinsswimmingclub.co.uk)*



[www.celticdolphinsswimmingclub.co.uk](http://www.celticdolphinsswimmingclub.co.uk)

