



## Code of Conduct

Members Name \_\_\_\_\_

### SWIMMERS

#### General

- Swim for fun, because you want to, and not just to please others, remembering that the goals of the sport are to improve your skills and feel good.
- Strive to do your best and measure yourself performance against this, not necessarily the ability of others.

#### Rules

- Swim within the spirit of the rules of Swim Wales and Pembroke and District Swimming Club.

#### Commitment

- Practice hard for yourself, the team and your Club. Encourage others to do the same. Listen to advice given during training sessions. Tell your teacher/coach why you might not be able to swim your best.

#### Respect

- Respect your teacher/coach – listen to what they have to say. Set a good example to other swimmers. During competitions applaud all good effort from your team and other teams.
- Look up and listen to the coach while he/she is talking. Do not chat with friends or go underwater while being talked to.
- During Training session you are expected to work to the best of your ability. Slacking, chatting or messing about with friends is not acceptable.
- Make sure you have a pair of goggles that's fits. Fiddling with goggles during training waste valuable time.
- Be on time for the training sessions. Swimming without a warming up can result in injury.
- Never enter the water or leave the water or poolside without telling your teacher/coach.

#### Behaviour

- Treat other swimmers as you would like to be treated. Act in a safe and considerate manner. Be kind and courteous, no bullying, control your temper, no disrespectful language, no throwing etc.

Signed

Date

### PARENTS

#### General

- Encourage your child to swim for their own enjoyment, and to develop their swimming skills.

#### Rules

- Encourage your child to participate within the rules of the sport and show respect for official's decisions and encourage your child to do the same.

#### Commitment

- Encourage your child to attend the swimming sessions provided for them. Read the Notice Board and Website and respond to requests by the Club as soon as possible.
- **Inform the Club of any medical condition that may affect your child during swimming.**

#### Respect

- Recognise the value and importance of all the volunteers, teachers and coaches etc that enable your child/children to swim within the Club.

#### Behaviour

- Parents are reminded that they are responsible for their child's behaviour and safety until they are handed over to the teacher and when they leave poolside.
- Support all efforts made by the Club to encourage good behaviour.

#### Additional

- **Parents of swimmers aged 10 years of age and under must stay on the premises whilst their child is swimming/ land training. As a Club we will not be held responsible for any swimmer once they have left poolside/Sports hall within a training session to go the toilet etc.**

Signed

Date

### CLUB

#### General

- The Club will provide an environment where your child can learn new skills, develop existing skills and enjoy swimming and good sportsmanship.
- The Club is operated by volunteers and will encourage parents to help.

#### Rules

- The Club will encourage and promote the rules of the sport so that participation for the swimmers is more enjoyable.

#### Commitment

- The club will provide information on the Notice Board and Website regarding any Club activity and competition. The Club will ensure that swimming sessions run regularly and safely.

#### Respect

- The Club will respect the rights, dignity and worth of every swimmer.

#### Behaviour

- The club expects and will encourage good behaviour. Poor/bad behaviour will be referred to the Clubs Management Committee and dealt with in accordance to the Clubs constitution.

Signed *Pembroke & District Amateur Swimming Club*

Date 24<sup>th</sup> April 2015