



Ilminster Swimming Club - Code of Conduct For Children/Young Adult Swimmers & Adults

updated: June 2023

As a member of our Club, we understand you have a right to:

1. Enjoy the time you spend with us and know that you are safe
2. Be told who you can talk to if something's not right.
3. Be listened to.
4. Be involved and contribute towards decisions within the club or activity
5. Be respected by us and other swimmer members and be treated fairly
6. Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability
7. Be encouraged and develop your swimming, para swimming, diving, artistic swimming and openwater swimming skills with our help and support.
8. Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate

As a member of our Club or activity we expect you to:

1. Keep yourself safe by listening to your coach or teacher, behave responsibly and speak out when something is not right
2. Take care of our equipment and premises as if they were your own
3. Make it to training, swimming and competitions on time and if you are running late, let a member of the club know
4. Make your coach or teacher aware if you have any difficulties in attending training, swimming or competitions
5. Not wander off, or leave training, swimming or competitions without telling your coach, teacher or team manager
6. Bring the right kit and training equipment to training, swimming and competitions
7. Follow the rules of the club, training and swimming activities, squad or competitions at all times
8. Respect the privacy of others, especially in the changing rooms or any changing area facility

General Behaviour

1. Make our club and activities a fun, happy, friendly and welcoming place to be
2. Respect and celebrate difference in our club and activities and not discriminate against anyone else on the grounds age, gender, race, sexual orientation, faith or ability.
3. Understand and report any incidents of inappropriate or abusive language, bullying, harassment, or physical violence, even if you are just a witness, as this will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
4. Not to use any device and report any concerns you have about others taking photographs or mobile footage of others in the changing rooms, cubicles or poolside.
5. Display a high standard of behaviour at all times. Treat other children with respect and appreciate that everyone has a different level of skill or talent. Always report any poor behaviour by others to an appropriate club officer.
6. Support and encourage your team mates and fellow swimmers, tell them when they have done well and be there for them when they are struggling
7. Respect all children and adults of your club
8. Respect the committee members, coaching and teaching team and all volunteer helpers at the club
9. Be as active or involved in club decisions, it's your sport too

Swimming /Training Behaviour:

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 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.
5. Ensure you have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc.



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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 team manager.

Competition Behaviour:

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 ensure 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

Breaches of this Code of Conduct may result in disciplinary action being taken against you by the Club Committee

Print Swimmer's Name: _____

Signature of the Swimmer: _____ Date: _____

Print Parent/ Guardian Name: _____

Signature of the Parent/Guardian: _____ Date: _____

OMS Swim England No: _____