



## Swimmer Code of Conduct

At Oldbury Swimming and Triathlon Club we **ALL** have a responsibility to promote high standards of behaviour and as a swimmer you have an even bigger role in promoting the values and ethos of the club. We are more than just a swimming club, and it is down to you to make everyone feel an important part of the team.

We expect the following general behaviour from all Swimmers:

1. Treat all members of this and any competing swimming clubs with respect and dignity. This includes swimmers, coaches, club captains, officials, volunteers and parents.
2. Always listen to coaches, teachers, assistants and helpers and treat them with respect
3. Any bullying, use of inappropriate, bad or abusive language, discrimination, harassment or physical violence will not be tolerated and will result in action being taken through our disciplinary and welfare procedures (we have a ZERO tolerance against bullying of any form and anyone found guilty of bullying will be suspended until further notice).
4. To always act and speak positively about OSTC in a swimming, or non-swimming environment so as not to bring the club into any disrepute

We expect the following from training sessions:

1. Arrive in good time, loosen up and be ready to get in for when the session starts
2. Ensure you have all of your kit with you at the start of the session
3. Always swim to the best of YOUR ability giving 100% in both training and competition
4. Ensure you have a drinks bottle every session (no fizzy drinks)
5. Listen and focus on your coaches and teachers, do not take parental advice on swimming over your coaches, you will get confused or hinder your progress
6. Swim to the wall and always do the correct turns as you would in a race
7. Do not stop to let other swimmers past in the middle of the lane, swim to the wall and move across
8. Do not skip lengths or sets, you are only cheating yourself, swim until the coach asks you to stop
9. Do not follow or copy the swimmer in front, or stop when they stop, count your own lengths, check your own times
10. Focus on the points given while you are swimming, and retain them for every session

At Competition:

1. Arrive atleast 30 minutes before the first warm up to complete your pre-pool effectively with your teammates
2. You must enter any competition/meets that your coach has targeted unless a prior discussion has taken place for unavailability
3. Warm up following your coach's guidelines
4. Swim Down (where possible) following your coaches guidelines
5. You are part of the team. Stay with the team at all times on poolside and ask permission from the coach if you need to leave.
6. Always congratulate and support swimmers
7. No mobile phones are to be used by swimmers during galas
8. Always be proud of your club, wear club uniform and a club hat when racing.

9. Before your race, always go to your coach first for any pointers, advice or pep talks, not your parents
10. After your race, always go to your coach first for feedback, not your parents.

Having read and understood the Oldbury Swimming and Triathlon Code of Conduct, I hereby sign and agree to comply with all points as member and representative of the club

Print: \_\_\_\_\_

Signed: \_\_\_\_\_