



CITY OF CANTERBURY SWIMMING CLUB
(Affiliated to ASA South East Region, EIASA)



Swimmers' Code of Conduct

General

You are a member and a representative of City of Canterbury Swimming Club. Your behaviour and personal conduct must at all times be of a high standard and reflect favourably on the sport and the Club. Language in public or relevant group situations must always be appropriate and socially acceptable.

Consumption of alcohol is totally forbidden for swimmers under age as defined by UK law. Smoking is prohibited by swimmers as is the use of illegal drugs and substances. The use of illegal and performance enhancing drugs and substances is strictly forbidden. Swimmers are expected to be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a meet.

You will adhere to the Club policy of zero tolerance with regard to physical, verbal or emotional bullying.

Training Sessions

- Swimmers should attend **all** their allocated sessions unless otherwise agreed with the Chief Coach.
- Swimmers must be on poolside and be ready to train **at least 10 minutes before** the start of the session and commence a warm up on poolside.
- Swimmers who arrive on poolside after the session start time **will not** be allowed to swim in that session (on the 2nd occasion) – this rule will be adhered to (except where permission has been given prior to the session).
- Swimmers must not enter the pool until instructed by their lane coach.
- Swimmers in each squad must start the warm up together.
- Swimmers whose hair length necessitates that they wear a swim cap must wear a **club cap** for all club training sessions and competition.
- Swimmers should bring their own kick boards, pull buoys, fins etc to every session and have them available at the end of their swimming lane.
- Swimmers should swim in speed order based on their PB for a specific stroke/s except where expressly told to change.
- Lane allocation for all swimmers may vary and is determined by the coaches. In general, however, swimmers will swim in the same lane every session.
- No toilet breaks or other breaks during main sets.

- No stopping during swims except at the allocated breaks.
- No changing stroke during swims unless explicitly told to do so.
- Hands must be kept on the kick board during kick drills except for one stroke into the turn, or as directed by the lane coach.
- Any injury that restricts a swimmer from full training must be advised to their lane coach, with confirmation by the parent/guardian of swimmers under 16 years of age to Chief Coach/lane coach.

Competition, Leagues, Open Meets and Training Trips

- Alcohol must not be consumed by swimmers or coaches whilst en route, prior to, or following a competition event, training camp or team activities, without the specific consent of the Team Manager. During competition alcohol is strictly forbidden to all swimmers and coaches.
- Smoking is prohibited by swimmers and coaches whilst en route, prior to, during or following a competition event or team activity.
- Personal appearance shall be appropriate to the circumstances and as indicated by the Team Manager. Swimmers will wear Club strip (club tracksuit, polo shirt, shorts) on poolside, to include club swimming hat for warm up and races.
- Swimmers should arrive at the specified time and may not be allowed to swim if late.
- When representing the Club at any interclub and league competitions, all swimmers will remain on poolside until the competition and any presentation is completed.
- At Open meets, swimmers will remain on poolside until their events and any presentation of awards are completed (includes East Invicta, Kents, Southern Counties, Nationals).
- No swimmer will leave poolside unless given permission by the team manager/coach/helper at any event.
- Swimmers are reminded that part of the conditions of continued allocation to training squads and sessions is that they agree to represent the Club in competitions – except where agreed with Chief Coach and/or organiser.
- Accommodation at hotels or equivalent must be as directed by the Club staff and at no times must anyone extra be accommodated in swimmers' rooms.
- It is important that information on all medication being currently taken should be reported to the Team Manager who will report it to the relevant personnel. Allergies to any medication must be reported to the Team Manager.

Breaches of the Code of Conduct shall be dealt with in the first instance by the Team Manager or Coach. He/she shall report the incident to the Chief Coach who shall take such further action as is deemed necessary.

Tony Smith
Chief Coach

City of Canterbury Swimming Club

September 2008

I hereby confirm that I have read and agree to comply with the City of Canterbury Swimming Club's Code of Conduct

Swimmer: Date:

If swimmer aged 16 years and under, to be signed below by parent/carer.

Name of swimmer:

I hereby confirm that I have explained to the above named swimmer the contents and implications of the Code of Conduct.

Parent/Carer: Date: