



Nottingham Northern Swimming Club
Beechdale Swimming Centre
Beechdale Road
Bilborough
Nottingham
NG8 3LL
www.northernsc.co.uk

COMPETITIVE SWIMMING SQUADS CODE OF CONDUCT

PURPOSE

The Swimming club exists for the benefit of the swimmers, to develop their skill in swimming and to instil a code of behaviour that will carry them forward with credit. To create the atmosphere and example necessary to achieve this objective the following code of conduct will be adopted.

Swimmers

At training sessions, it is expected that they will:

1. Endeavour to attend at least 75% of their sessions.
 2. Arrive in good time for the beginning of the session with all necessary equipment* in good order and marked with their name using a permanent marker.
 3. Arrive poolside in time for the start of the session. The person manning reception for the session or coaches can stop members from joining the session if they are late.
 4. Try to prepare for the session by doing flexibility exercises.
 5. Put every effort into the training sessions and avoid short cutting or missing sections by toilet excuses etc.
 6. Always consult their coach if they arrive late, wish to leave early, feel unwell etc.
 7. All members are to respect their coaches and obey their instructions at all times, paying attention when he/she is talking to them.
 8. Keep up with the activities of the Club by reading the notice board, regular club newsletter and the club website (www.northernsc.co.uk) and by consulting coaches/officials.
 9. Generally act in a responsible manner at all times treating everyone and his or her property with respect.
 10. Always bring a non fizzy drink in a non breakable container poolside for refreshment during training sessions to avoid dehydration.
 11. Retain responsibility for any ear-rings worn.
 12. Wear a one piece swimwear - Bermuda type shorts are not allowed.
- NB Necessary equipment means goggles and hat (for those with medium/long hair) for all swimmers plus float, flippers and pull buoy for lane swimmers.*

In addition at galas it is expected that swimmers will:

1. Arrive at the venue in plenty of time for the warm up and immediately join their team group.
2. Remain at all times throughout the gala with their team group unless they have agreed with the team manager a reason to leave the poolside.
3. Not leave the poolside after their last swim until their team manager has agreed for them to go. In a gala where trophies are presented, it is hoped they remain to acknowledge the winning team.
4. Not consume food on the poolside.
5. Provide encouragement and support to fellow team members.
6. Keep in constant touch with the programme and prepare themselves in plenty of time for their race without relying on the team manager.
7. Wear a Club hat, T bag or T shirt if possible.
8. Generally act in a responsible manner at all times.

NB We are a competitive swimming club therefore members are expected to swim in galas when requested. This is to enable the club to field a complete team and to enable it to compete to the best of its ability. If for any reason a member is unable to swim in a gala, they should notify the club coach as soon as possible.

Parents / Guardians

At training sessions, it is expected that they will:

1. Ensure that the swimmers get to training sessions in good time.
2. Keep in touch with the Club activities, by reading the notice board, regular club newsletter and the club website (www.northernsc.org) and by consulting coaches/officials.
3. Direct any queries to Club Officials or Coaches, only when not involved in training sessions.
4. Where queries are unresolved, request the issue be raised with the Committee.
5. Wherever possible, offer assistance in Club activities.
6. Promote a responsible and disciplined attitude.
7. Encourage your child to learn the rules and play within them.
8. Discourage unfair play and arguing with officials.
9. Never force your child to take part in sport.
10. Encourage good performance in all swimmers not just good results

At all galas it is expected they will:

1. Get swimmers to the gala venue in good time.
 2. Remain in the spectator area, whilst in the pool hall, unless requested to assist.
 3. Encourage swimmers to remain with the team group.
 4. Wherever possible offer assistance at galas.
- NB Requests to swim in galas will be sent by email wherever possible or by slips that are handed out to members or their parents/guardians.*
- NB Children remain the responsibility of their parents/guardians throughout training sessions and at galas and therefore must not be dropped off and left*

Coaches / Officials/Volunteers:

At all times it is expected that they will:

1. Arrive in good time to organise and control their activities.
2. Meet the commitments they make to the Club.
3. Be supportive of the agreed Club policies.
4. Be prepared to assist swimmers and their Parents/Guardians in any queries they may have and carry forward to the Committee any issues they are unable to resolve.
5. Display a disciplined and sporting positive attitude and help to promote the same from the swimmers.
6. Develop an appropriate working relationship with performers, based on mutual trust and respect.
7. Display consistently high standards of behaviour and appearance.
8. Hold the appropriate valid qualifications and insurance cover.

Health & safety matters

1. No parents/helpers are allowed poolside unless they have been CRB checked and are acting in an official capacity.
2. No mobile phones are allowed to be used poolside, in the changing rooms or in the spectator area.

NB The club accepts no responsibility for any items lost at training sessions or galas.

(Updated February 2010)