



Nottingham Northern Swimming Club
Harvey Hadden Sports Village
Wigman Road
Bilborough
Nottingham
NG8 4PB

www.northernsc.co.uk



A Nottingham City Club

NOTTINGHAM NORTHERN SWIMMING CLUB

CODE OF CONDUCT FOR ALL SWIMMERS

General behaviour

1. Treat all members of and persons associated with the ASA with due dignity and respect.
2. Treat everyone equally and never discriminate against another person associated with the ASA on any grounds including that of age, sexual orientation, ethnic origin or nationality.
3. The use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
4. Display a high standard of behaviour at all times.
5. Always report any poor behaviour by others to an appropriate club officer.
6. Recognise and celebrate the good performance and success of fellow club and team members.
7. Respect the privacy of others, especially in the changing rooms.

At swimming training

1. Treat my coach and fellow members with respect.
2. Make the head coach aware if you have difficulties in attending training sessions.
3. Arrive in good time on poolside before the training session starts.
4. If you are late report to your coach, you may be stopped from joining the session if you are too late.
5. Wear the right swimwear. Bermuda type shorts are not allowed. Hats for all with non-short hair. Have the necessary equipment; goggles which fit properly, floats, flippers and pull buoy for lane swimmers. You are responsible for your kit and any ear rings worn. Look after your belongings and respect other people's belongings.
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. I will always swim to the wall as I would do in a race, and I will 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 and damage the ropes.
11. Put effort into the training sessions. 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 or feel unwell discuss them with your coach straight away.
13. If you have any problems with the behaviour of fellow club members report them at the time to an appropriate adult.
14. Ensure you have a non-fizzy drink by the poolside in a non-breakable container and use it during the sessions to prevent dehydration.
15. Keep up with the activities of the club by looking at the website, reading the notice board and the newsletters.
16. Try to attend as many sessions as you are able. The more you attend the better your swimming will be.

At swimming galas

1. In all events behave in a responsible manner which 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 head coach has selected you. You must swim in the event for which you have been asked as this depends on other swimmers who are there.
3. You should wear NNSC hats and NNSC poolside T-shirts/T bags. Bring poolside footwear and shorts if appropriate.
4. Bring non-fizzy drinks with you. Do not consume any food at the poolside.
5. Report to your club coach and / or Team manager on arrival on poolside.
6. Warm-up before the event as directed by the coach in charge on that day.
7. Keep in constant touch with the programme and prepare yourself in plenty of time for your race without relying solely on the team manager.
8. Be Part of the Team. Stay with the Team on poolside. If you have to leave poolside for any reason inform the team manager.
9. After your race report to your coach for feedback.
10. Provide encouragement and support to your team mates. Everyone likes to be supported and they will be supporting you.
11. Never leave an event until either the gala is complete, or you have the explicit agreement of the team manager.
12. Look after your belongings, they are your responsibility.

Signed:

Date: