



## CODE OF CONDUCT

The purpose of the Code of Conduct is to maintain the Club's reputation as a friendly and disciplined organisation and above all for the safety and well being of swimmers. Members must agree to abide by the rules of the Club, and in particular the rules contained in the following Code of Conduct.

### **General**

Reasonable behaviour and personal conduct is expected at all times. Members should:

- Not cause offence or embarrassment to other swimmers, officials, spectators, parents and team coaches of Ashbourne Swimming Club
- Not cause offence or embarrassment to other swimmers, officials, spectators, parents and team coaches of other swimming clubs or organisations
- Set a good example and positive attitude to others
- Use language in public or group sessions that it always appropriate and socially acceptable and not cause offence
- Respect the rights, dignity and worth of all members
- Treat other swimmers and competitors with respect, in victory and defeat
- Not get involved in conduct or activities that would harm or bring into disrepute the reputation of the club. Serious misbehaviour shall be reported to the committee or its representative and appropriate action taken in line with the club constitution and ASA guidelines / law
- Comply with the rules, laws and guidelines as set out by the ASA
  
- The Club will not tolerate bullying in any form.

NB Parents are responsible for ensuring their children adhere to this code at all times.

### **Competitions**

- Team members are expected to wear team clothing eg T-shirt and hat, when representing the club at competitions or events
- Instructions from the coaches and any of the officials on duty, including the Team Manager, should be carried out immediately

Swimmers should:

- Remain with the team at all times.
- Ask permission from the Team Manager or Coach before going to the toilet, or leaving the poolside for any reason.
- Not leave the poolside to get changed before the end of the gala, unless permission is given.
- Support and encourage your team.

# ASHBOURNE & DISTRICT SWIMMING CLUB



## In the changing rooms swimmers must

- Behave in a responsible and orderly manner in the shower area and the changing rooms and change as quickly as possible.
- Respect the property of other swimmers and the Leisure Centre.
- Obey any instructions from changing room stewards.

## On the coach to away galas, swimmers must

- Remain seated throughout the journey and comply with any instructions from the coach driver.
- Not interfere with any safety equipment including alarm buttons, switches, handles etc
- Respect the condition of the coach and clear up rubbish

## In addition, all club members are expected to comply with the following 'Code of Conduct' guidelines while taking part in any club activities:

- Consumption of Alcohol is totally inadmissible for all members under age as defined by UK law. Members of legal age are only allowed to drink alcohol with the agreement of the Chief Coach/Team Manager. During competition, alcohol is strictly forbidden to all swimmers whilst en route, prior to, during or following a competition event or training session without the specific consent of the Chief Coach/Team Manager.
- Smoking is similarly prohibited for all swimmers whilst en route, prior to, during or following a competition event or training session.
- On 'away' trips, the chief coach or team manager should be made aware of the swimmers' whereabouts at all times. Punctuality on all occasions is essential and any curfew must be observed.
- The use of any drugs or substances other than for medical reasons is prohibited. Please refer to the ASA's Doping Control ([www.britishswimming.org](http://www.britishswimming.org)). Swimmers are reminded to check that any drugs used for medical purposes are not on the ASA 'banned' list. (if in doubt checks should be made with the ASA Medical Officer).

Breaches of the Code of Conduct should be reported to the committee or its representative and appropriate action taken in line with the club constitution and ASA guidelines / law

Name (please print) .....

Signed ..... Date .....

For members under 12 years

As the parent/carer of the above named member, I hereby confirm that I have explained to them the contents and implications of this Code of Conduct.

Signed.....(parent/carer) Date .....