

# Code of Conduct for Athletes from Aquatic Disciplines



This code is an extension to the Swim Wales Code of Ethics, both should be followed.

## General Behaviour

1. Treat all members of the club with due respect including:
  - ❖ Fellow Athletes
  - ❖ Coaches
  - ❖ Officials
2. Treat all competitors and representatives from completing clubs with due respect.
3. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
4. If you have any problems with other club members or staff please inform an appropriate adult, such as your parent, team manager or child welfare officer.
5. Smoking is prohibited whilst en route, prior to, during or following a competition event, training session or team activities.
6. Consumption of alcohol is totally forbidden and must not be consumed whilst en route, prior to, or following a competition event, training camp or team activities. During competition alcohol is strictly forbidden.
7. The use of illegal drugs and substances, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.
8. Illegal and performance enhancing drugs and substances are strictly forbidden. Aquatic Athletes 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. (List available from [www.wada-ama.org](http://www.wada-ama.org))
9. It is important that information on all medication being currently taken is reported to the Team Manager who will report it to the relevant personnel. Allergies to any medication must also be reported to the team manager.

## Swimming Training

1. Arrive in good time to stretch, 15-20 minutes before start time
2. Have all your equipment with you, i.e. paddles, kick boards, hats, goggles etc
3. Use the lavatory before training begins and always inform the coach if you need to leave the pool during training
4. Listen to what your coach is telling you
5. Always swim to the wall as you do in a race, and practice turns as instructed.
6. Do not stop and stand in the lanes, you may get injured
7. Do not pull on the ropes as this may affect and injure others
8. Do not skip lengths or sets you are only cheating yourself
9. Think about what you are doing during training

## Competition

1. You must enter events and competitions that the Chief Coach has entered/selected you for unless by prior agreement with the relevant club official.
2. At Open Meets check when you should post your cards and be sure to post them on time.
3. Warm up before the event. Prepare yourself for the race/event.

4. Warm up properly by swimming, not playing, stopping in the lane. Turning practice should have taken place during your normal training sessions.
5. Be part of the team. Stay with the team on poolside. If you leave for any reason you must tell the Coach and Team Manager where you are going.
6. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
7. Support your team mates. Everyone likes to be supported.
8. You must wear club uniform and hats when representing the club.
9. Swim down after the race, if possible. Do not use this time to play.
10. After your race report to the coach, not your parents. Receive feedback on your race and splits.
11. Aquatic Athletes are expected to only compete at meets that have been set out in the structured competition calendar. Swimming outside of this calendar is not acceptable unless previously discussed and approved by the Head Coach. Aquatic Athletes that ignore this rule will have their place in the squad reviewed, which may result in removal from the club squad.

### **Equality, Diversity and Inclusion**

1. Swim Wales and MHSS have committed themselves to tackling forms of discrimination and to strive to become inclusive of all those who want to participate in swimming (as competitors, officials, coaches and administrators) irrespective of their race, gender, disability, age, sexual orientation and faith and ability.
2. This code of conduct includes the Association's commitment to address equality, diversity and inclusion in swimming, therefore, the Association will not tolerate:
  - ❖ Discrimination on the grounds set out in 1 above
  - ❖ Harassment
  - ❖ Bullying
  - ❖ Abusive or insensitive language
  - ❖ Inappropriate behaviour detrimental to any individuals or groups of individuals
3. Swim Wales and MHSS are governed by England and Wales (Scotland where applicable) laws and will seek to ensure that its participants are committed to addressing its responsibilities under the Equality Act 2010, Equal Pay Act 1970, and the Human Rights Act 1998.
4. Committees, officials, and volunteers in all aquatic disciplines must address this responsibility to support equality diversity and inclusion in our sport.

Any misdemeanours and breach of this code of conduct will be dealt with by the club in the first instance.

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

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Code of Conduct for Parents



### Parents are expected to:

1. Complete and return the Medical Information Form as requested by the club and detail any health conditions/concerns relevant to your child on the consent form. Any changes in the state of your child's health should be reported to the coach prior to coaching sessions. Ensure the club has up to date contact details for you and any alternative person.
2. Deliver and collect your child punctually to and from coaching sessions/swim meets. Please inform a member of the committee or coaching staff if there is an unavoidable problem. If the club changes your child's lane and changing times, please remember the change is to provide appropriate levels of training and enable your child to progress and should be facilitated and encouraged at all times.
3. Ensure your child is properly and adequately attired for the training session/events including all required equipment, ie. hats, goggles etc.
4. Inform the Coach/Welfare Officer before a session if your child is to be collected early from a coaching session/meet and if so by whom.
5. Encourage your child to obey rules and teach them that they can only do their best.
6. Behave responsibly as a spectator at training/meets and treat swimmers, coaches, committee members and parents of yours and other clubs with due respect meeting Swim Wales commitment to equality.
7. Inappropriate language within the club environment will not be tolerated.
8. Show appreciation and support your child and all the team members.
9. Ensure your child's needs are met in terms of nutritional needs and listen to advice given from the club coach/nutritionist.
10. Support the club coach and committee appropriately and raise any concerns you have in an appropriate manner. Details of the club Welfare Officer can be found on club notice board.
11. Do not enter poolside unless requested to do so or in an emergency. If you wish to have a discussion with the coach check with the club Welfare Officer how this can be arranged.
12. Most of all help your child enjoy the sport and achieve to the best of their ability.
13. Parents must have knowledge of the club's Constitution and club's rules.

### The club will undertake to:

14. Inform you at once if your child is ill and ensure their wellbeing until you are able to collect him/her.
15. Ensure good child safeguarding guidelines are followed at all times to keep your child safe.
16. Ensure all activities are properly supervised/taught/coached and consent is obtained for any activity outside of that previously agreed.

### The parent has a right to:

1. Make a complaint to the club if they feel the club or a member of the club is not acting appropriate to Swim Wales / club rules and regulations. Details of how to do this can be obtained from the club Welfare Officer.
2. Make a complaint on behalf of their child to Swim Wales Office of Judicial Administration.

### General Behaviour

1. Smoking is prohibited whilst en route, prior to, during or following a competition event, training session or team activities.

2. Consumption of alcohol is totally forbidden and must not be consumed whilst en route, prior to, or following a competition event, training camp or team activities. During competition alcohol is strictly forbidden.
3. It is important that information on all medication being currently taken by a child is reported to the Team Manager who will report it to the relevant personnel. Allergies to any medication must also be reported to the Team Manager.
4. The use of illegal drugs and substances, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.
5. Illegal and performance enhancing drugs and substances are strictly forbidden. Parents 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. (List available from [www.wada-ama.org](http://www.wada-ama.org))

### **Equality, Diversity and Inclusion**

1. Swim Wales and MHSS have committed themselves to tackling forms of discrimination and to strive to become inclusive of all those who want to participate in swimming (as competitors, officials, coaches and administrators) irrespective of their race, gender, disability, age, sexual orientation and faith and ability.
2. This code of conduct includes the Association's commitment to address equality, diversity and inclusion in swimming, therefore, the Association will not tolerate:
  - ❖ Discrimination on the grounds set out in 1 above
  - ❖ Harassment
  - ❖ Bullying
  - ❖ Abusive or insensitive language
  - ❖ Inappropriate behaviour detrimental to any individuals or groups of individuals
3. Swim Wales and MHSS are governed by England and Wales (Scotland where applicable) laws and will seek to ensure that its participants are committed to addressing its responsibilities under the Equality Act 2010, Equal Pay Act 1970, and the Human Rights Act 1998.
4. Committees, officials, and volunteers in all aquatic disciplines must address this responsibility to support equality diversity and inclusion in our sport.

Any misdemeanours and breach of this code of conduct will be dealt with by the club in the first instance.

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

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Code of Conduct for Swimming Coaches and Teachers.

This code is an extension to the Swim Wales Code of Ethics, both should be followed.



## The Coach / Teacher must:

1. Put the well-being, health and safety of members above all considerations including developing performance.
2. At all times adhere to the Swim Wales Code of Ethics, Rules and Laws.
3. At all times adhere to the Swim Wales Child Safeguarding Policy and Procedures.
4. Consistently display high standards of behaviour and appearance.
5. Treat all swimmers with respect and dignity, value their worth and treat everyone equally recognising their needs and abilities within the context of their sport.
6. Develop an appropriate working relationship with swimmers based on mutual trust and respect.
7. Meet Swim Wales commitment to equality, diversity and inclusion.
8. Always place the well-being, health and safety of swimmers above all other consideration including developing performance.
9. Always ensure that all teaching, coaching and competition programmes are appropriate for the age, ability and experience of the individual swimmer.
10. Always identify and meet the needs of the individual swimmer as well as the needs of the team/squad.
11. Be fair and equal in team and training squad selection.
12. Never exert undue influence to obtain personal benefit or reward. In particular, coaches must not use their position to establish or pursue a sexual or improper relationship with an athlete or someone close to them
13. Encourage and guide swimmers to accept responsibility for their own behaviour and performance.
14. Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
15. Treat all information of a personal nature about individual swimmers as confidential except in circumstances where to do so will allow the child to be placed at risk of harm or continue to be at risk of harm.
16. Encourage all swimmers to obey the spirit of the rules and laws both in and out of the pool.
17. Co-operate fully with other specialists (e.g. other coaches, officials, sport scientists, doctors and physiotherapists) in the best interests of the swimmer.
18. Never encourage or condone swimmers, volunteers, officials or parents to violate the rules of the club or the sport and report any violations appropriately.
19. Observe the authority and the decision of the officials and only question those decisions in the appropriate manner.
20. Treat all competitors and other club teams with respect, whether that is in victory or defeat and encourage all team members and fellow club members to do the same.
21. Refer all concerns of a child safeguarding nature in line with the club/Swim Wales safeguarding children policy.

## General Behaviour

1. Smoking is prohibited whilst en route, prior to, during or following a competition event, training session or team activities.
2. Consumption of alcohol is totally forbidden and must not be consumed whilst en route, prior to, or following a competition event, training camp or team activities. During competition alcohol is strictly forbidden.
3. It is important that information on all medication being currently taken is reported to the Team Manager who will report it to the relevant personnel. Allergies to any medication must also be reported to the Team Manager.
4. The use of illegal drugs and substances, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.
5. Illegal and performance enhancing drugs and substances are strictly forbidden. Coaches / Teachers 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. (List available from [www.wada-ama.org](http://www.wada-ama.org))

### **Equality, Diversity and Inclusion**

1. Swim Wales and MHSS have committed themselves to tackling forms of discrimination and to strive to become inclusive of all those who want to participate in aquatic sports (as competitors, officials, coaches and administrators) irrespective of their race, gender, disability, age, sexual orientation and faith and ability.
2. This code of conduct includes the Association's commitment to address equality, diversity and inclusion in aquatic sports, therefore, the Association will not tolerate:
  - ❖ Discrimination on the grounds set out in 1 above
  - ❖ Harassment
  - ❖ Bullying
  - ❖ Abusive or insensitive language
  - ❖ Inappropriate behaviour detrimental to any individuals or groups of individuals
3. Swim Wales and MHSS are governed by England and Wales (Scotland where applicable) laws and will seek to ensure that its participants are committed to addressing its responsibilities under the Equality Act 2010, Equal Pay Act 1970, and the Human Rights Act 1998.
4. Committees, officials, and volunteers in all aquatic disciplines must address this responsibility to support equality diversity and inclusion in our sport.

Any misdemeanours and breach of this code of conduct will be dealt with by the club in the first instance.

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

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Code of Conduct for Committee Members, Officials and Volunteers



This code is an extension to the Swim Wales Code of Ethics, both should be followed.

## Committee Members, Officials and Volunteers must:

1. At all times adhere to the Swim Wales Code of Ethics, Rules and Laws. (Please see Swim Wales website)
2. At all times adhere to the Swim Wales Child Safeguarding Policy and Procedures. (Please see Swim Wales website)
3. Adhere fully to the role and job description as outlined by the club and never use that role to gain favour for yourself or any individual swimmer
4. Consistently display high standards of behaviour and appearance
5. Treat all swimmers with respect and dignity, value their work and treat everyone equally recognising their needs and ability within the context of the sport.
6. Encourage and guide swimmers to accept responsibility for their own behaviour and performance
7. Continue to seek and maintain your own development in line with your role and complete a Safeguarding Children in Sport course, if appropriate to your role
8. Meet Swim Wales commitment to equality, diversity and inclusion
9. Treat all information of a personal nature about individual swimmers as confidential except in circumstances where to do so will allow the child to be placed at risk of harm or continue to be at risk of harm.
10. Encourage all swimmers to obey the spirit of the rules and laws both in and out of the pool.
11. Never encourage or condone swimmers, volunteers, officials or parents to violate the rules of the club or the sport and report any violations appropriately.
12. Observe the authority and the decision of the officials and only question those decisions in the appropriate manner.
13. Treat all competitors and other club teams with respect, whether that is in victory or defeat and encourage all team members and fellow club members to do the same.
14. Refer all concerns of a child safeguarding nature in line with the club/Swim Wales safeguarding children policy.

## General Behaviour

1. Smoking is prohibited whilst en route, prior to, during or following a competition event, training session or team activities whilst responsible/in charge of children & vulnerable adults and/or residing in the same accommodation or attending athletes and team staff.
2. Consumption of alcohol is totally forbidden under the conditions above in point 1. During competition alcohol is strictly forbidden at all times.
3. The use of illegal drugs and substances, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.
4. Illegal and performance enhancing drugs and substances are strictly forbidden. Coaches / Teachers 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. (List available from [www.wada-ama.org](http://www.wada-ama.org))

## Equality, Diversity and Inclusion

1. Swim Wales and MHSS have committed themselves to tackling forms of discrimination and to strive to become inclusive of all those who want to participate in aquatics (as competitors, officials, coaches and administrators) irrespective of their race, gender, disability, age, sexual orientation and faith and ability.
2. This code of conduct includes the Association's commitment to address equality, diversity and inclusion in aquatics, therefore, the Association will not tolerate:
  - Discrimination on the grounds set out in 1 above
  - Harassment
  - Bullying
  - Abusive or insensitive language
  - Inappropriate behaviour detrimental to any individuals or groups of individuals
3. Swim Wales and MHSS are governed by England and Wales (Scotland where applicable) laws and will seek to ensure that its participants are committed to addressing its responsibilities under the Equality Act 2010, Equal Pay Act 1970, and the Human Rights Act 1998.
4. Committees, officials, and volunteers in all aquatic disciplines must address this responsibility to support equality diversity and inclusion in our sport.

Any misdemeanours and breach of this code of conduct will be dealt with by the club or event management as appropriate.

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

Name: \_\_\_\_\_ Date: \_\_\_\_\_