



Harwich, Dovercourt & Parkeston Swimming Club



Code of Conduct and Rules for Swimmers

Swimmers of **Harwich, Dovercourt & Parkeston Swimming Club (HDPSC)** are required to abide by the provisions of this Code of Conduct and any subsequent updates as may be in force from time to time, and by their presence on club premises or at club events or activities are deemed to have accepted and to abide by the provisions of this Code and any other relevant Codes of Conduct, Rules or Regulations the Club has adopted.

HDPSC is fully committed to safeguarding and promoting the wellbeing of all its members.

HDPSC believes that it is important that members, coaches, administrators and parents, carers or guardians associated with the club should, at all times, show respect and understanding for the safety and welfare of others.

Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with **Hazel Godfrey, Club Child Welfare Officer Poolside [07854 831850]** or **Lesley Wiles, Membership Secretary [07767 767636]**.

As a member of **HDPSC** you are expected to abide by the following swimmers code of conduct:

TRAINING

- All swimmers must swim within the rules, disciplines (techniques) and respect coaches, officials and helpers and their decisions.
- All swimmers must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.
- Swimmers should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late. Swimmers understand that they must report to the coach if arriving late for training, before entering the pool.
- Swimmers are not permitted to wear any jewellery or make-up whilst swimming. This is to include hair extensions or false nails, however, if swimmers do have fixed hair extensions or false nails, then they swim with these at their own risk, the swimming club does not accept any responsibility for accident or injury involving these false pieces.

Swimmers must:

- Not leave the pool for any reason without prior consent from the coach or poolside assistant.
- Listen to what the coach is telling them at all times and obey instructions given.
- Have suitable kit (hat, goggles, water bottle, pull buoy and kick-board) for training and gala sessions.
- Always swim to the wall, as they would do in a race environment
- Not stand in the lane, or obstruct others from their training.
- Not pull or swing on the lane ropes, as this may injure other swimmers.
- Complete the schedule as set out by the coach, without skipping any lengths or sets.
- Report any problems of behaviour with other swimmers to the coach immediately.

COMPETITIONS

- Swimmers must always behave in a manner which shows respect to their coach, helpers and team mates.
- Swimmers must wear appropriate clothing poolside and have the kit required for the event, ie: club hat, goggles, water bottle.
- Swimmers must be part of the team at all times, this means remaining poolside and encouraging their team mates.
- If swimmers need to leave poolside for any reason, they must gain prior consent from the coach or club helper.

Name in Capitals _____

Signed _____
(Swimmer)

Date _____

Date Adopted: January 2017