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**Swimmers Code Of Conduct**

**Name of Athlete:** ……………………………………………………………..

**Aim:** To ensure that all athletes involved within the sport participate within an agreed philosophy and set of standards.

# Principal Statement on Ethics

Sporting integrity is based on the acceptance of rules, fairness equality, respect for others, moral conduct and a sense of what is right. Scottish sport’s goal is to create a sporting environment where violence, breaking the rules, the abuse of drugs, the lack of fair play and other unethical behaviour are automatically rejected as being irrelevant to the true purpose of sport.

I agree to:

1. Abide by the principal statement on Ethics above.
2. Practice and play within the spirit of the game/sport.
3. Behave with respect to others including coaches, officials, other players, athletes, team manager, spectators.
4. Treat all others how I would like to be treated, with integrity.
5. Refrain from inappropriate conduct towards others including physical, verbal, written or emotional, in person or through use of social media platforms. Bullying, harassment and discrimination whether physical mental or emotional will not be tolerated
6. Set a good example at all times in aspects of dress, punctuality, language, behaviour and respect of equipment and others.
7. The use of performance enhancing drugs or illegal substances is totally forbidden.

**Sanctions**: Breaches of the athlete’s code of conduct will be dealt with in accordance with the clubs disciplinary procedures.

Signature ……………………………………………

Date …………………………………………………..

**SWIMMERS CHARTER**

**General Behaviour**

Follow the agreed Code of Conduct.

 Any abandoned equipment or clothing should be handed in to teaching staff, poolside helpers or a club member.

Follow instructions given by coaches, poolside helpers or officials.

All members must refrain from making comments in the public domain which may bring the Club, officials or parents into disrepute. This includes chat rooms and social networking sites. (5)

There should be no photography or videoing during training sessions. To take photographs or video at a gala the pool operator requirements must be met.

**Swimming Training**

Arrive in good time with all necessary equipment to change, loosen-up and stretch.

Use the toilet facilities before training and always request permission of the coach if it is vital that you leave the pool during training.

Concentrate when being addressed or instructed and allow other swimmers to listen and complete their tasks without distraction. Do as instructed and think about what you are doing.

Swim to the wall and practice turns as you would in competition.

Do not stand or stop in the middle of a lane and do not pull on the ropes.

Pass other swimmers safely. Do not pull another swimmer back. Do not cut in sharply blocking another swimmers pathway and do not deliberately obstruct a swimmer who is attempting to overtake.

Attend as many sessions as possible and work to meet performance criteria set for your squad.

At the end of the session leave poolside and change quickly. Respect other swimmers and pool facilities and leave them tidy. Do not distribute food or drinks in the changing areas (birthdays etc.).

**At Competition**

Arrive in good time with all equipment and correct club colours i.e.club t-shirts, club hats and warm footwear. (Not outdoor shoes).

Represent your club in an appropriated and positive manner.

Treat all officials, competitors and staff at events with due respect and accept their decisions

Stay together as a team and check with your coach if you want to leave the group so that your whereabouts are known (in case you miss a race).

Warm-up and cool-down as instructed and go to marshalling on time with your spare equipment. Listen to the advice of your coach.

Swim to the best of your ability.

For whatever reason all withdrawals must be authorised by the coach

Support all of your team mates. Respect and encourage them. Everyone in Dunedin Swimming Club which includes swimmers, coaches, poolside helpers, members and parents are supporting your efforts and are part of the DUNEDIN TEAM.

On departure, tidy up. Make sure that you have all your kit. Do not leave the venue in a mess. Take your rubbish home or bin it.

**…………………………………………………………………………………………………**

Please sign and return this section.

I/We accept the Swimmers Code set by Dunedin

Swimmers name…………………………………Signed………………………………..

Parents name…………………………………….Signed………………………………..

Dated………………………………………………