Code of Conduct for Swimmers

**As a member of our club, we understand you have the right to:**

1. Enjoy the time you spend with us and know that you are safe.
2. Be told who you can talk to if something’s not right.
3. Be listened to.
4. Be involved and contribute towards decisions within the club or activity.
5. Be respected by us and other team members and be treated fairly.
6. Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
7. Be encouraged and develop your swimming, para-swimming, diving, and open water skills with our help and support.
8. Be looked after if there’s an accident or injury and have your parents/guardians informed, where appropriate.
9. Know which ‘squad’ you are a part of, and understand the training requirements expected for that squad.

**As a member of our club or activity we expect you to:**

**General behaviour**

1. Treat all members with due dignity and respect.
2. Celebrate difference in our club or activity and not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith or ability.
3. Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the club.
4. Not use any device to take photographs or video footage of others in the changing rooms or cubicles.
5. Immediately report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
6. Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which may be a criminal offence will be reported to police by the club.
7. Report any incidents of bullying or unkind behaviour to the club, even if you’re just a witness.
8. Respect the children and adults competing for other teams at competitions.
9. Respect the committee members, coaching and teaching team and all volunteer helpers at the club.
10. Be aware of Wavepower and adhere to relevant guidance. Wavepower can be found https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/
11. Adhere to the Swim England regulations, Code of Ethics, Club Constitution and rules.
12. Follow the rules of the club, squad or activity at all times.

**Swimming training**

1. Make your coach aware if you have difficulties attending training sessions as laid down for your squad.
2. Arrive on time for training sessions, and if you are late report to your coach before entering the water. Repeated patterns of lateness will be addressed with parents/guardians. Punctuality is important both for safety and growth.
3. Aim to attend the FULL training session, and inform the Head Coach in advance of the session if you feel this will not be possible.
4. Attend the required number of sessions as laid down for your squad. ‘*Development Squad’* swimmers must attend a minimum of 2 sessions per week. *‘Performance Squad’* swimmers must attend a minimum of 3 sessions per week. *‘Dual Club’* swimmers must attend a minimum of 3 sessions per week with Market Drayton Swimming Club (MDSC) on top of the training they may undertake elsewhere. Swimmers failing to meet these requirements will be first supported to do so within a given time frame. If a swimmer continues to fall short of the above requirements, then their place at MDSC will be withdrawn.
5. Keep the club informed and updated regarding absences. If you are absent for 3 consecutive weeks without reason, your place within the club may become void. Absences are of course acceptable under certain circumstances, which may include, but are not limited to, injury or medical issues.
6. Ensure you have the correct ‘swim equipment’ with you as laid down by your coach. This may include, but is not limited to, goggles, hats, kick boards, pull buoys, fins, paddles and snorkels. The club has a selection of spare kit. It is your responsibility to collect this BEFORE the beginning of the session.
7. Always listen and obey the instructions given to you by a coach. This is to ensure the safety of ALL swimmers.
8. Not obstruct the lane, and to keep moving – swimming to the wall before stopping.
9. Not pull on the lane ropes, as this could injure yourself or others, and cause damage to the equipment.

**Competitions**

1. Race at a minimum of 3 competitions per year, as set out by the Head Coach, if you are in the *‘Performance Squad’* (these will be known as ‘Targeted Meets’). *‘Development Squad’* swimmers are encouraged to attend as many competitions as they desire.
2. Make it to training and competitions on time (as decided by the Head Coach) and if you’re running late, let a member of the club know.
3. Not wander off, or leave a competition without telling your coach or team manager.
4. Understand that whilst at a competition, coaches and team managers are in Loco Parentis.
5. Know the races you will be swimming in the session BEFORE you arrive at the venue. It is your responsibility.
6. Wear the correct MDSC uniform. Swimmers MUST race wearing an MDSC hat. Swimmers are encouraged to wear club kit where possible. Though they are free to wear non-uniform attire, which is suitable, too.
7. Support all members of your team, and understand that some performance may not be wished for.

**Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee.**

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| Signature of the child |  |
| Signature of parent/guardian |  |
| Date |  |