

CODE OF CONDUCT FOR SWIMMERS

(You agree to abide by this code of conduct when you - or your parent/carer(s) (if you are under 18yrs) - sign the Membership Form).

OBJECTIVES: To make **Boldmere** SC Swimmers fully aware of their rights and responsibilities.

General behaviour: All **Boldmere** SC Swimmers will at all times:

1. Treat all members of the club with due respect including:

Fellow swimmers

Coaches

Officials

2. Treat all swimmers/representatives from other clubs/officials/pool staff politely and 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. Participate in their sport within the rules of the ASA and respect both officials and their decisions.

5. Respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion.

6. Be aware that Bullying will not be tolerated by the ASA or Boldmere Swimming Club.

Training Sessions: **Boldmere** SC Swimmers should. . .

- 1. Arrive in good time** to stretch, (10 - 15 minutes before start time). If you are unavoidably late for a session apologise to your coach and ask permission to train. If you arrive after the warm up has been completed or when there is insufficient time left to fully warm up, your coach may not allow you to swim.
- 2. Prepare for training. Take:** Drinks Bottle, Hat, Goggles, Kickboard, Pullbouy, Paddles, (in wet bag) and your Logbook (Squad Swimmers). **DON'T FORGET YOUR COSTUME AND TOWEL.** Make sure that you have energy for your session and have followed the guidelines on Nutrition (See website – Members' Page – Swimmers' Section).
- 3. Keep hydrated** – have at least one (1 Litre) water bottle filled and ready for consumption during training.
- 4. Use the lavatory before training.** Do not go to the toilet during the main set. **Inform the coach if – at any time – you need to leave the pool.**
- 5. Pay attention** to pre-training instructions and explanations of the set – it wastes time for both the coaches and the swimmers if instructions need repeating. Face the coach when he/she is talking and **LISTEN.** (No chatting).
- 6. Start every set with a correct race start.** Swim to the wall and turn as you would in a race, and finish fast at the wall (no breathing in last 5 metres). Once finished, move over for the next swimmer to finish.
- 7. Don't stop and stand in the lane,** you may get injured.
- 8. Don't pull on the ropes** (may injure other swimmers) or sit on them (stretches them – expensive to repair).
- 9. Don't skip lengths or sets** (you are cheating yourself). Concentrate on **TECHNIQUE** throughout the session.

Julie Wall and Melanie Mitalla are the **Boldmere SC Welfare Officers**, and - if you have a problem - can be contacted on: **07879 912080** or **melanie.mitulla@yahoo.com** Should they be unavailable, then you can 'phone Childline (**0808 800 5000**) or Swimline (**0808 100 4001**).

Lane Etiquette (Training and Warm-ups): Boldmere SC Swimmers must . . .

1. **WARMING UP: START SLOWLY** – Gradually warm up your muscles and joints - so that you reduce the risk of injury – and are ready to work hard in the main set.
2. Having been allocated to a lane by the Coach, accept the **Coach's decision and train accordingly**.
3. **Remain conscious** of where others are in the lane and be considerate to faster/slower swimmers (*They are all trying as hard as you are*).
4. **Use the pace clock - leave a 5 second gap before you set off**.
5. **Swimmers should not make contact with another swimmer. (Do not tap a swimmers leg to tell them that you want to overtake them)**.
6. **When overtaking, move into the middle of the lane and overtake the swimmer in front**.
7. **If you are being overtaken, maintain your pace and rhythm – Don't stop, submerge or slow down**.
8. **If you have overtaken another swimmer - maintain your speed and keep ahead**.
9. **Don't overtake between the flags and the wall**.
10. **Don't swim in the middle of the lane** – this is the area to be used for passing and is also the extra space needed for swimmers' arms (Fly and Breast) and legs (Breast).
11. **When coming in to turn, cut across the lane just before making your turn and push off straight** – Don't turn and then push off at an angle - This is dangerous for the swimmer following you.
12. **Allow the swimmers following you to turn or finish correctly and safely, (move out the way of their finish)**.

Competition: Boldmere SC Swimmers must . . .

1. Swim events and galas that the Coach/Team Manager has entered/selected you for (unless agreed otherwise by prior agreement with the relevant club official). **Show respect and compliance to requests/instructions from the coach, team manager and chaperone(s)**.
2. Behave in a manner that **supports and reflects the good name of Boldmere SC**.
3. Wear Official **Boldmere SC** kit (Swim hats / Polo shirts / Tracksuits). **Boldmere SC** kit club kit must be worn for the presentation of medals/awards.
4. At Open Meets, **check the arrangements/timings for posting cards** and be sure to post them on time.
5. **Warm-up before the event**. Prepare yourself for your races.
6. Warm up properly by swimming, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions. **Obey the instructions of the Warm up Marshals**.
7. Be part of the team. Stay with the team on poolside. **If you leave poolside for any reason, you must tell the Coach and Team Manager where you are going**.
8. Listen for your race to be announced. **Report to the Marshalling Area /Clerk of the Course/Competitors Stewards in good time for your race(s). Take your hat and goggles with you!**
9. **Support your team mates**. Everyone likes to be supported.
10. **(If the facility exists) Swim down after each race**. Do not use this time to play.
11. After your race **report to the coach** (not your parents). Receive feedback on your race and splits.
12. **Let the coach be the judge of your performance**, you must talk/listen to your coach immediately before and **immediately after your event for accurate/specific feedback** on your performance. Make a mental note of any suggestions for improvement which you can practise in training and implement in future competitions.
13. **Publicly accept all the judgments of officials**. If you need to speak to the Referee, be polite – and chose an appropriate moment. She/he will not mind you asking polite questions.

PLEASE NOTE: When you/your parent/carer(s) sign the Boldmere SC membership form, you are agreeing to abide by the above Code of Conduct.

Plenty of good advice for swimmers can be found in the **Boldmere SC 'Handbook for Swimmers and Parents'** which can be viewed at – or downloaded from the Members' Page of www.boldmereswimmingclub.co.uk