



CODE OF CONDUCT FOR ATHLETES

AS A MEMBER OF KASC, WE UNDERSTAND YOU HAVE THE RIGHT TO:

- Enjoy the time you spend with us and know that you are safe.
- Be told who you can talk to if something is not right.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected by us and other team members and be treated fairly.
- Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
- Be encouraged and develop your swimming skills with our help and support.
- Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate.

GENERAL BEHAVIOUR

As an athlete in the club, you are expected to:

Essentials

- Keep yourself safe by listening to your coach or teacher, behave responsibly and speak out when something isn't right.
- Take care of our equipment and premises as if they were your own.
- Make it to training and competitions on time and if you're running late, let a member of the club know.
- Make your coach or teacher aware if you have any difficulties attending training or competitions.
- Not wander off, or leave training or a competition without telling your coach, teacher or team manager.



- Bring the right kit to training and competitions.
- Follow the rules of the club, squad or activity at all times.
- Respect the privacy of others especially in the changing rooms.
- Treat all members of, and persons associated with, Swim England with due dignity and respect.

Behaviour

- Make our club and activity a fun, happy, friendly and welcoming place to be.
- Respect and 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.
- 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.
- Not use any device to take photographs or footage of others in the changing rooms or cubicles.
- Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
- 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.
- Report any incidents of bullying or unkind behaviour to the club, even if you're just a witness.
- Treat other children with respect and appreciate that everyone has a different level of skill or talent.
- Support and encourage your teammates; tell them when they've done well and be there for them when they are struggling.
- Respect the children and adults competing for other teams at competitions.



- Respect the committee members, coaching and teaching team and all volunteer helpers at the club.
- Display a high standard of behaviour at all times.
- Consumption of alcohol is totally forbidden for athletes under age as defined by UK law.
- Smoking is prohibited by athletes whilst en-route, prior to, during or following a competition event, training session or team activity.
- Personal appearance shall be appropriate to the circumstances and as indicated by the team manager. Team kit and equipment shall be worn as directed by the head coach/ team manager when competing and training, when assembling or traveling, at official team functions on other occasions as notified.
- Attendance at all activities is expected unless agreed by the club coach/ team manager. Throughout the duration of any trip, athletes should inform staff of their whereabouts. Punctuality on all occasions is essential.
- The use of any drugs or substances other than for officially approved medical reasons is prohibited.
- It is important that information on all medication being currently taken should be reported to the head coach or team manager who will report it to the relevant personnel. Allergies to any medication must be reported to the team manager.
- Illegal and performance enhancing drugs and substances are strictly forbidden. Swimmers/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. Please refer to **Swim England's Doping Control** policies. Athletes are reminded to ensure that any drugs used for medical purposes are not on the Swim England **'banned' list**. (if in doubt checks should be made with the Swim England Medical Officer).

TRAINING

In training, you will be expected to:

- Treat your coach and fellow members with respect.



- Follow all covid guidelines and procedures that you have watched from the videos and read from the written guidance provided to you.
- Maintain social distancing at all times and follow all instructions immediately given from any covid officers during the session.
- Make your coach aware if you have difficulties in attending training sessions as per the rules laid down for your squad.
- Arrive in a positive frame of mind, ready to train at the level your coach requires
- Arrive in good time to allow correct entrance procedures and registration to be followed correctly.
- Report to your coach before entering the pool if you arrive late.
- Ensure that you have all your equipment with you - goggles, pull buoys, kick boards, hand paddles, swim fins and water bottles. Look after them, mark with your name if possible. Do not share any equipment and clean equipment when you return home.
- If you need to leave the pool for any reason during training, inform your coach before doing so.
- Concentrate on what your coaches tell you and do as they ask. Coaches are there for your benefit, not their own. They are there to make you a better athlete. With many athletes in the pool, coaches can't always see everything, and so you are trusted to do as they always ask.
- Avoid stopping and standing in the way or obstructing others from completing their training.
- Avoid pulling on the ropes as this may injure other members.
- Observe and respect the local rules of the facilities in which we train. The club is very fortunate to have access to these facilities and we would be badly affected if we were not able to use them because of poor behaviour by our athletes. Please therefore keep the changing rooms tidy and inform coaches of any problems.
- Remain properly hydrated throughout the training session. Diluted still drinks from a water bottle are allowed but fizzy drinks should not be consumed. Do not bring glass bottles to any training activity.



- Pace yourself properly as directed, do all the repetitions your coach asked for, and take the rest your coach requires, no more and no less.
- Avoid distracting other athletes in the pool. Get on with what you are supposed to be doing and let other athletes get on with their training.
- Practice good technique at all times.

If you are swimming in lanes you are expected to:

- Be aware of other athletes swimming behind and in front of you and do not stop at the end wall unless requested to do so.
- Finish each set correctly and finish at your starting position.
- Allow faster swimmers to overtake you. If your toes are tapped, continue swimming then stop at the wall, turning away and allowing the swimmer to pass.
- Recognise that turns are an essential part of a race. Make sure you practice all turns correctly and efficiently.
- Practice streamlining at all times; it is very important.

When you are participating in club training sessions, please remember:

- End each session having accomplished something.
- Practice makes perfect. The more you put into training sessions, the more you will get out of them. What you have missed in practice, you will find difficult to do when it really matters, in a competition!
- Winning is not necessarily the goal in practice; winning is for competition. There are times in practice when other things such as technique or training correctly at the right intensity are more important.
- There are no shortcuts to success. All athletes will not miss anything from any set, keep to all turnaround times & rest intervals, and execute all training in a legal manner. If you can't finish sets, you shouldn't be there!
- Poor behaviour in the pool will not be tolerated, especially if it affects others. Abuse of equipment - throwing or hiding kick boards, pull buoys, drink bottles, sitting on the lane ropes etc. is unacceptable.



Be aware that athletes consistently interfering with another athlete's training will be asked to leave the pool and will risk losing their squad place.

- If any athlete is unable to follow the covid guidelines that have been put into place to keep everyone safe, then the athlete will be asked to sit out of the session until they are ready to accept and follow the rules set out. If any athlete repeatedly breaks the rules and guidelines then they will be asked to leave the session and their parents will be contacted.

COMPETITION

When you are representing Keynsham Swimming Club in competition, you will be expected always to:

- Behave in a manner that shows respect to your coach, your team mates, the officials, and the members of all competing organisations.
- Wear appropriate swimwear, tracksuits, T-shirts/shorts, footwear and hats as per the rules laid down by the club.
- Report to your coach and/or team manager on arrival at the event.
- Warm up before the event as directed by the coach in charge on that day and ensure that you are prepared for the event.
- Be part of the team. This means you will stay with the team on poolside.
- Inform, or obtain the consent of, the team manager or coach if you have to leave poolside for any reason
- After your event, report to your coach for feedback.
- Support your team mates. Everyone likes to be supported and they will be supporting you in return.
- Swim down after an event if possible, as advised by your coach.
- Behave appropriately and respectfully to other users in the swim down facility at all times.



- Avoid leaving an event until either it is finished, or you have the explicit agreement of the coach or team manager.

Also, please remember:

- You will be required to attend events and galas that your head coach has entered/selected you for, unless agreed otherwise by prior arrangement. Please do your best to make yourself available to swim in arranged open meets and competitions when selected.
- When travel to an activity, event or competition is organised by the Club, we encourage everyone to travel together using the organised transport. In such circumstances seat belts are to be worn at all times.

SANCTIONS

With limited training times, we cannot afford for coaches to be wasting session time continually disciplining athletes. If necessary, we will enlist the support of parents in resolving behavioural issues.

- Athletes disrupting sessions for whatever reason will be issued an initial warning by the coach. Athletes continuing to ignore the warning will be asked to leave the pool. A letter will be sent home and the offender will only be allowed to attend subsequent sessions with a parent present, whilst the problem continues.
- More serious breaches of the Code of Conduct will be reported to the discipline chairman/secretary and the matter will be discussed at the next discipline committee meeting.
- The Committee has the right to decide on any matters not covered in the Code of Conduct.
- The continued failure of any athlete to comply in full with the Code of Conduct will result in sanctions being taken under the club rules which may result in permanent exclusion from the club.
- Get involved in club decisions, it's your sport too.

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