



LINCOLN VULCANS SWIMMING CLUB

Code of Conduct for all 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 respected by us and other team members and be treated fairly
5. Feel welcomed, valued, and not judged based on your race, gender, sexuality, faith, or ability.
6. Be encouraged and develop your swimming skills with our help and support.
7. Be looked after if there is an accident or injury and have your parents/guardians informed where appropriate.

General behaviour

1. I will treat everyone equally and never discriminate against another person associated with Swim England on any grounds including that of age, sexual orientation, gender, faith, ethnic origin, or nationality.
2. Treat all competitors and representatives from competing clubs 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. Report any incidents of bullying or unkind behaviour to the club, even if you are just a witness.
5. if you have any problems with the behaviour of fellow members, report this at the time to an appropriate adult.
6. Treat other children with respect and appreciate that everyone has a different level of skill or talent.



7. Not use any device to take photographs or footage of others in the changing rooms or cubicles.
8. Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.

Swimming training

1. I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
2. Arrive in good time to stretch, 15 - 20 minutes before start time.
3. I understand that if I arrive late, I must report to my coach before entering the water.
4. Have all your equipment with you, i.e. paddles, kick boards, hats, goggles etc.
5. Use the toilet before training begins, at the end of sets or during the rest period. Always inform the coach if you need to leave the pool during training.
6. Listen to what your coach is telling you.
7. Always swim to the wall as you do in a race, and practice turns as instructed.
8. Do not stop and stand in the lane, you may get injured.
9. Do not pull on the ropes as this may injure other swimmers.
10. Do not skip lengths or sets you are only cheating yourself.
11. Think about what you are doing during training.
12. I will always display a high standard of work ethic

Competition

1. You must swim events and galas that the Coach has entered or selected you for unless agreed otherwise by prior agreement with the relevant club coach
2. At competitions, always behave in a manner that shows respect to the coach, the officers, teammates, and members of all competing organisations.
3. I will report to my coach and/or team manager on arrival on poolside.
4. Warm-up before the event. Prepare yourself for the race.



5. Warm up properly by swimming, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions.
6. Be part of the team. Stay with the team on poolside. If you leave for any reason you must tell the Coach and Team Manager where you are going *and* have the agreement of the coach or team manager.
7. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
8. Support your teammates. Everyone likes to be supported.
9. You must wear club uniform and hats when representing the club.
10. Swim down after the race, if possible. Do not use this time to play.
11. My behaviour in the warm-up/swim down facility must always be appropriate and respectful to other users.
12. After your race report to the coach, not your parents. Receive feedback on your race and splits.
13. The use of mobile phones on poolside for texting/gaming is not allowed devices taken onto poolside are for listening to music only.

Any continual breaches of this code of conduct may result in disciplinary action being taken by coaches or the clubs committee.

As a member of the Lincoln Vulcan's Swimming Club I agree to adhere to the Code of Conduct as written above.

Signed:

Date: