

Code of Conduct for swimmers from ALL disciplines



General Behaviour:

1. Please sign in with your Teacher/Coach on poolside shortly before your session starts.
2. If you should arrive at the Leisure Centre early please remember that you are still representing the Club and therefore respectful behaviour throughout the building is expected. Don't let your Club down!
3. Treat all members of the Club with due respect including fellow swimmers, Coaches, Team Managers and Officials.
4. Treat all competitors and representatives from competing Clubs, Leisure Centre staff and members of the public with due respect, and obey the pool rules.
5. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken in line with the Club Disciplinary Code.
6. Details of the Club Welfare Officer and "Child Power – Your Voice" leaflets are available at the notice board to anyone requiring them. Please also refer to the Club website – www.pzswimclub.co.uk

Swimming Training:

1. Arrive in good time for your session with all your equipment i.e. hat, goggles, fins, etc - and a DRINK. If you are late for any reason please offer an apology to the Teacher/Coach.
2. All shoes are to be removed before entering the cubicle/shower area. Please use a locker – do not leave your belongings in cubicles – you must be responsible for your own property! Sensible and safe behaviour is expected in the cubicle/shower areas at all times. Shoes are to be carried out and put on in the Reception area after your session.
3. Inform the Teacher/Coach or poolside helper immediately if you need to leave the pool for any reason.
4. Listen to what your Teacher/Coach or poolside helper is telling you.
5. Always swim the complete length of the pool as you do in a race. Do not stop and stand in the lane as this can result in injury and/or disruption to other swimmers.
6. Do not skip lengths or sets – you are only cheating yourself!
7. Always practice turns as instructed.
8. Do not pull on the lane ropes as it may cause damage to them or cause injury to other swimmers.
9. Always think about what you are doing during training.

General Competition:

1. Arrive in good time as directed by your Coach or Team Manager. In event of illness, please notify the Coach or Team Manager as quickly as possible.
2. At team events you must swim the races that the Head Coach has entered/selected you for unless agreed otherwise by prior agreement with the relevant Club Official.
3. For individual or Open events, be aware which events you are racing. Take a photocopy of your entry form before submitting it, or write a note of your events so that you know which ones you have entered.
4. Prepare yourself for the race. Follow nutritional advice in the days before the gala.
5. It is preferable for you to wear your Club shirt and hat when representing the Club.
6. Use your warm-up session properly by swimming, not playing or stopping in the lane.
7. Be part of the team. Stay with the team on poolside. If you need to leave poolside for any reason you must first check with the Team Manager.
8. Listen for your race to be announced, and go to the marshalling area in time as directed by the Team Manager. Have your hat and goggles ready and with you.
9. Support your team mates – everyone likes to be supported!
10. If a swim-down pool is available permission to use it must be obtained from a Team Manager - it is not to be used as time to play!
11. Report to the Coach before and after your race to receive feedback regarding times/splits.

Additional Information for “away” Competitions:

1. Follow any instructions from the Team Manager, Coach and other Staff.
2. During travel remain properly seated and fully seat-belted whilst the vehicle is moving, and respect the vehicle and the driver.
3. All personal items, food and drink are to be kept tidy. All rubbish is to be placed in the bags provided.
4. No alcohol is to be taken on the trip.
5. Swimmers will not leave the accommodation alone or without permission, or wander off alone at Service Stations.
6. Swimmers are to comply with any curfew imposed by the Team Manager/Chaperone (i.e. to be in their own rooms at the given curfew time).
7. Swimmers are not to eat on poolside (subject to regulations). However, most pools do allow food to be consumed on poolside.