



CHASE SWIMMING CLUB

Affiliated to West Midland Region & Staffordshire Swim England

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 Chase SC Swimmers fully aware of their rights and responsibilities.

General behaviour:

All Chase 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 Chase Swimming Club.

Training Sessions: Chase SC Swimmers should:

1. Arrive in good time to get changed and be ready for the warm up at the 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. Have all of your equipment with you, i.e. paddles; kick boards, hats, goggles etc.
3. Go to the toilet before training begins and always inform the coach if you need to leave the pool.
4. Keep hydrated – have at least 1 filled water bottle ready for consumption during training.
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.
6. Always swim to the wall as you do in a race, and practice turns as instructed.
7. Don't stop and stand in the lane, you may get injured.
8. Don't pull on the ropes as this may injure other swimmers.
9. Don't skip lengths or sets (you are only cheating yourself).
10. Think about what you are doing during training.
11. Don't leave the pool without permission.

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

1. Having been allocated to a lane by the Coach, accept the Coach's decision and train accordingly.
2. Remain conscious of where your teammates are in the lane.



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3. When coming in to turn you must cut across the lane just before making your turn and push off straight – do not turn and then push off at an angle as this is dangerous for the swimmer behind you.
4. Don't try to overtake someone on the outside between the flags and the wall or within the flags and the lane end - you risk turning on top of each other.
5. Be considerate to allow a faster swimmer to pass safely by slowing down, avoid stopping where possible, and do not submerge to let the swimmer pass.
6. Faster swimmers must realise that slower swimmers are trying just as hard as they are and their set is no less important.
7. Pulling on others swimmers is forbidden.
8. One touch ONLY to the foot of the swimmer in front on the side that you are passing is allowed and can be helpful.
9. Don't swim on another swimmers feet/too close, this is annoying and disrespectful to that swimmer, a 5second/5m gap is ideal.
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 the extra inches of the arms and legs of Breaststrokers and 'Flyers.
11. Remember to allow other swimmers behind you to turn or finish correctly and safely, (move out the way of their finish).

Competition: Chase 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 Chase SC.
3. Wear Official Chase SC kit (Swim hats / Polo shirts). Chase SC kit club kit must be worn for the presentation of medals/awards.
4. At Open Meets, ensure you comply with arrangements and timings for the meet.
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/or 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) to 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.