



ATHLETE CODE OF CONDUCT

AIM

To ensure that all athletes involved within the sport participate within the agreed philosophy and set of standards of Garioch Amateur Swimming Club (GASC).

PURPOSE

To establish a minimum standard of behaviour required of swimmers both on and off poolside: this applies to all training sessions, galas and meets. In order to maintain the Club's reputation as a friendly and disciplined organisation and above all for the safety and wellbeing of swimmers, all members must agree to abide by the Rules of the Club and in particular the rules contained in this Code of Conduct.

GENERAL

GASC will not tolerate bullying in any of its many forms - see GASC Equality Policy.

- Members should behave in a polite, safe and responsible manner at any time they are representing or associated with GASC, whether in training, and when travelling to or from a gala or meet.
- Members should respect the rights and dignity of others, behave without discrimination and treat others with due consideration.
- Members should not use abusive language or act in an aggressive manner at any time.
- Members should respect, at all times, the swimming facilities they are using and behave in a courteous way towards pool staff.

PRINCIPLE STATEMENT ON ETHICS

Sporting integrity is based on the acceptance of rules, fairness, equality, respect for others, moral conduct and a sense of what is right. Scottish Sport's goal is to create a sporting environment where violence, breaking the rules, the abuse of drugs and alcohol, the lack of fair play and other unethical behaviour are automatically rejected as being irrelevant to the true purpose of sport.

IN WATER AND ON POOLSIDE

Swimmers must:

- Obey promptly all instructions from the coaches*. This also applies to obeying instructions at galas and meets from officials on duty.
- Behave in a safe and responsible manner at all times.
- Never change lanes unless instructed to do so by the coach*.
- Not use abusive language or act in an aggressive manner.
- Not be on poolside until a GASC adult representative is present.
- Always listen to the coach* and think about what they are doing during training.
- Always adhere to the lane etiquette.
- Behave in a 'sporting' manner in all races, support and encourage their team.
- Treat competitors and teams with respect at all times.
- Before and after their race, report to the coach*, not to their parents, to receive feedback on their race.

- Always wear club kit when representing the club.
- Treat competitors and teams with respect at all times.
- Refrain from inappropriate conduct towards others including physical, verbal written or emotional in person or through use of social media platforms.
- Be focused and prepared for all training sessions and competitions.
- Set a good example at all times in aspect of dress, punctuality, language, behaviour and respect of equipment and others.
- Always communicate with their coach* as it is essential.
- Keep logbooks maintained and up to date at all times.
- The possession and consumption of alcohol while representing the club is prohibited.
- Misuse of legal, illegal drugs or other possession of illegal drugs is prohibited.

Please Note: From time to time GASC may not be able to provide a coach poolside, however a Poolside Assistant, Parent Helper or person allocated by GASC will always be in attendance abiding to Head Coach directive.

CHANGING ROOMS

Swimmers must:

- Behave in a responsible, orderly and appropriate manner in the shower area and the changing rooms and change as quickly as possible.
- Respect the property of other swimmers and any of the facilities and equipment provided.
- Obey any instructions from changing room staff, whom will also help if you have a problem.
- Change in the relevant changing area provided at all locations and behave in a courteous and respectful manner.
- Never use a mobile phone in the changing rooms - see GASC Mobile Phone Usage Policy

COACHES / TRANSPORT TO AWAY GALAS / MEETS

Swimmers must:

- Remain seated throughout the journey.
- Not interfere with any safety equipment including alarm buttons, switches, handles etc.
- Use the seat belts at all times when provided.
- Respect the condition of the coach/transportation and place any rubbish into bags that may be provided.
- Comply with any instruction from the Coach Driver, Swimming Coach* or Team Manager.

SANCTIONS

Breaches of the Athlete's' Code of Conduct will be dealt with in accordance with the clubs disciplinary procedures, but could include the following:

- Parent(s)/Guardian(s) will be informed of the athlete(s) offending behaviour.
- Parent(s)/Guardian(s) will be asked to remove the athlete escorting him/her home if necessary
- The athlete(s) will be withdrawn from the event or session.
- Parent(s)/Guardian(s) may be requested to make independent travel and accommodation arrangements for future events.
- The Management Committee will reserve the right to refuse to chaperon the offending athlete(s) at future events.
- The athlete(s) may be excluded from attending future events.
- The athlete(s) may be suspended or permanently excluded from training/competing with the club.

ATHLETE CODE OF CONDUCT Declaration

I agree to abide to all the criteria in the Athlete's' Code of Conduct in full and that any breaches of the Athlete's' Code of Conduct will be dealt with in accordance with the club's disciplinary procedures.

ATHLETE

Name: (print) _____

Age: _____

Date: _____

Signature: _____

PARENT / GUARDIAN

Name: (print) _____

Date: _____

Signature: _____

****Please Note:** For any athlete under the age of 16 the name and signature of the parent / guardian of the athlete must also be given. This acknowledges that the full Code of Conduct has been clearly advised to the swimmer.