



City of Rochester Swimming & Lifeguard Club

Affiliated to A.S.A.S.E.R., K.C.A.S.A., M.A.S.A., RLSS



Code of Conduct for Swimmers All Disciplines

1) General behaviour

- Treat all members of the club with due respect including: Fellow swimmers, Coaches, Officials.
- Treat all competitors and representatives from competing clubs with due respect.
- 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.
- Adhere to the ASA photography and photographing policy.

2) All forms of Training

- Arrive at training session in good time to allow coaching instructions, warm ups etc. as directed by Coach/Teacher.
- Ensure you have all your equipment with you, i.e. paddles; kick boards, hats, goggles, or other equipment as required by the session.
- Use the toilet before training begins, always ask the Coach/Teacher if you need to leave the pool during training.
- Listen to what your Coach/Teacher is telling you, and obey instructions.
- Always swim to the wall as you do in a race, and practice turns and other skills as instructed.
- Do not stop and stand in the lane, you may get injured or cause injury to others.
- Do not pull on the ropes as this may injure other swimmers and damage property.
- Do not skip lengths or sets you are only cheating yourself, your fellow swimmers, your Coach/Teacher.
- Think about what you are doing during training. If you have any problems raise them with the Coach/Teacher at the appropriate time.

3) Competition

- You must swim events and galas that the Chief Coach has entered/selected you for unless agreed otherwise by prior agreement with the relevant club official.
- At all Competitions irrelevant of what level behave in a manner that shows respect to your Coach, Club and fellow Swimmers.
- At all Competitions report in adequate time to check in, post entry cards or sign in/sign out as appropriate to the event. Report to your Coach or Team Manager as directed. If you are not going to attend let your Coach or Team Manager know at least two hours before the start of the competition.
- Warm up before the event as directed and prepare yourself for the event. Warm up properly by swimming in the appropriate directed lane, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions, unless this is designated in the warm up.
- 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.
- Listen for your race to be announced. Go to the marshalling area at the appropriate time and report in. Take your hat goggles and any other appropriate equipment required with you.
- Support your team mates. Everyone likes to be supported, they will be supporting you.
- You must wear the appropriate club uniform, swimwear, clothing and hats when representing the club. Clothing should not be deemed offensive.
- Swim down after the race, if possible. Do not use this time to play.
- After your race report back to the Coach or Team Manager, not your parents. Receive feedback on your race and splits. Never leave an event until either the gala is complete or you have the permission of the Coach or Team Manager

If you have any problems with the behaviour of fellow Club Members or other Club Members report them at the time to an appropriate adult.



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Code of Conduct for Parents

1) Parents are expected to:

- Complete and return the Health and Consent form as requested by the club and detail any health concerns relevant to the child on the consent form. Any changes in the state of the child's health should be reported to the coach prior to coaching sessions. And ensure the club has up to date contact details for you and any alternative person. Complete and return any other ad hoc forms that from time to time are requested by the club.
- Deliver and collect the child punctually to and from coaching sessions/swim meets. Please inform a member of the committee or coaching staff if there is an unavoidable problem. If the club changes your child's lane and changing times, please remember the change is to provide appropriate levels of training and enable your child to progress and should be facilitated and encouraged at all times.
- Ensure your child is properly and adequately attired for the training session/events including all required equipment, i.e. hats, goggles etc.
- Inform the Coach/WO before a session if your child is to be collected early from a coaching session/meet and if so by whom.
- Encourage your child to obey rules and teach them that they can only do their best.
- Behave responsibly as a spectator at training/meets and treat swimmers, coaches, committee members and parents of yours and other clubs with due respect meeting the ASA commitment to equality, diversity and inclusion.
- Ensure both you and your child do not use inappropriate language or behaviour within the club environment.
- Show appreciation and support your child and all the team members.
- Ensure your child's needs are met in terms of nutritional needs and listen to advice given from the club coach/nutritionist.
- Support the club coach and committee appropriately and raise any concerns you have in an appropriate manner. Details of the club W/O are available at the club reception desk or through the Secretary.
- Do not enter poolside unless requested to do so or in an emergency. If you wish to have a discussion with the coach check with the club Welfare Officer or Secretary how this can be arranged.
- Most of all help your child enjoy the sport and achieve to the best of their ability.
- If your child is under the age of 8 years, the parent/carer should remain in the building.
- Adhere to the ASA photography and photographing policy.

2) The club will undertake to:

- Inform you at once if your child is ill and ensure their wellbeing until you or a designated/authorised person by you is able to collect him/her.
- Ensure good child protection guidelines are followed at all times to keep your child safe.
- Ensure all activities are properly supervised/taught/coached and consent is obtained for any activity outside of that previously agreed.

3) The parent has a right to:

- Make a complaint to the club if they feel the club or a member of the club is not acting appropriate to ASA/club laws and rules. Details of how to do this can be obtained from the club Welfare Officer.
- Make a complaint on behalf of their child to the ASA.
- Any misdemeanours and breach of this code of conduct will be dealt with by the club.



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Code of Conduct for Swimming Coaches and Teachers

The Teacher/Coach must:-

- Put the well-being, health and safety of all members above all considerations including developing performance.
- At all times adhere to the ASA Code of Ethics, Rules and Regulations.
- At all times adhere to Wavepower the ASA Child Safeguarding Policy and Procedures.
- At all times adhere to the ASA Equality Policy.
- Consistently display high standards of behaviour and appearance.
- Treat all swimmers with respect and dignity, value their worth and treat everyone equally, recognising their needs and abilities within the context of their sport.
- Develop an appropriate working relationship with swimmers based on mutual trust and respect.
- Always ensure that all teaching, coaching and competition programmes are appropriate for the age, ability and experience of the individual swimmer.
- Always identify and meet the needs of the individual swimmer as well as the needs of the team/squad.
- Be fair and equal in team and training squad selection.
- Never exert undue influence to obtain personal benefit of reward. In particular, coaches must not use their position to establish or pursue a sexual or improper relationship with an athlete or someone close to them.
- Encourage and guide swimmers to accept responsibility for their own behaviour or performance.
- Continue to seek and maintain their own professional development in all areas in relation to coaching and teaching children.
- Treat all information of a personal nature about individual swimmers as confidential, except in circumstances where to do so will allow the child to be placed at risk or harm or continue to be at risk or harm.
- Encourage all swimmers to obey the spirit of the rules and regulations both in and out of the pool.
- Co-operate fully with other specialists (e.g. other coaches, officials, sport scientists doctors, and physiotherapists) in the best interests of the swimmer.
- Never encourage or condone swimmers, volunteers, officials or parents to violate the rules of the club or the sport and report any violations appropriately.
- Observe the authority and decision of the officials and only question those decisions in an appropriate manner.
- Treat all competitors and other club teams with respect, whether that is in victory or defeat and encourage all team members and fellow club members to do the same.
- Refer all concerns of a child safeguarding nature in line with procedures detailed in Wavepower 2012/15.
- Adhere to the ASA photography and photographing policy.



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Code of Conduct for those Committee Members, Officials & Volunteers who work directly with children in the Swimming Club.

- At all times adhere to the ASA Code of Ethics, Rules and Regulations.
- At all times adhere to Wavepower the ASA Child Safeguarding Policy and Procedures.
- At all times adhere to the ASA Equality Policy.
- Adhere fully to the role and job description as outlined by the club and never use that role to gain favour for yourself or any individual swimmer.
- Consistently display high standards of behaviour and appearance.
- Treat all swimmers with respect and dignity, value their worth and treat everyone equally recognising their needs and ability within the context of the sport.
- Encourage and guide swimmers to accept responsibility for their own behaviour and performance.
- Continue to seek and maintain your own development in line with your role and complete a Safeguarding Children in Sport course if appropriate to your role.
- Treat all information of a personal nature about individual swimmers as confidential, except in circumstances where to do so will allow the child to be placed at risk or harm or continue to be at risk or harm.
- Encourage all swimmers to obey the spirit of the rules and regulations both in and out of the pool.
- Never encourage or condone swimmers, volunteers, officials or parents to violate the rules of the club or the sport and report any violations appropriately.
- Observe the authority and decision of the officials and only question those decisions in an appropriate manner.
- Treat all competitors and other club teams with respect, whether that is in victory or defeat and encourage all team members and fellow club members to do the same.
- Refer all concerns of a child safeguarding nature in line with procedures detailed in Wavepower 2012/15.
- Adhere to the ASA photography and photographing policy.