



BMSC Swimmers code of conduct

All swimmers will be asked to sign and return a summary of the Code to the Welfare Officer to indicate that they have read and understood it and that they agree to follow the Code at all training sessions and galas. Some of our younger swimmers may need to have the Code carefully explained to them by a parent or carer.

General Conduct

- Show respect for others and treat them how you would expect to be treated yourself.
- Show respect for the property of others. Please hand any items of clothing or equipment left behind on the poolside or in the changing rooms to one of the teaching staff, a poolside helper, team steward (if at a gala) or a Committee member.
- Use all swimming equipment in the appropriate way. Do not throw floats, fins, pullbouys, goggles, etc., about as this may result in an injury to another swimmer.
- Carry out all appropriate instructions given by the Coach, teaching staff, poolside helpers or team stewards to the best of your ability.
- Notify the Coach, teaching staff, poolside helpers or team stewards of any relevant medical problem, injury or illness that may affect your swimming (e.g. asthma).
- Use appropriate and socially accepted language (no swearing).
- Ensure that your behaviour and personal conduct is of a high standard and reflects favourably on the sport of swimming.

- Consumption of alcohol is totally forbidden for athletes under age as defined by UK law. It must not be consumed by swimmers or staff members, prior to, or following a competition event or training session. During competition, alcohol is strictly forbidden to all swimmers and staff.
- Smoking is prohibited by swimmers and staff prior to, during or following a competition event or training session.
- Illegal and performance enhancing drugs and substances are strictly forbidden. Swimmers or guardians are expected to be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a meet. Please refer to the ASA's Doping Control.

Conduct during Training

- Try to attend as many sessions as possible and arrive in plenty of time so that you can be ready to get into the water when the session begins.
- Listen carefully to instructions from the Coach and/or teaching staff. Do not talk or disrupt others while instructions are being given. If you don't understand, ASK.
- Winning is not necessarily the goal in training. Winning is for competition. Focus on good technique, streamlining and swimming at the pace instructed by the coach (if you are asked to swim a 'drill' do not swim the full stroke, if you are asked to "take it easy" do not race at full speed!)
- Make sure you use the pace clock to ensure you start at the correct time and take the allocated amount of rest.
- Practice all turns fast and legal. Avoid bad habits in training which will get you disqualified in competition.
- Finish all sets hard into the wall. Do not stop or change stroke on your approach, and ensure you leave sufficient room for others to do the same.
- There are no shortcuts to success. If you cheat by taking shortcuts such as missing out sets, not taking the required rest, pulling on the lanes ropes, missing out on correct turns, turning before the end of the pool, walking the first and last few metres of every length in the shallow end; you are only cheating yourself!
- Do not run or push people off the blocks or off the poolside as this can be very dangerous. Maintain good lane discipline:
- Consider the stroke you are going to do in each 'set' (set of lengths) and organise yourselves accordingly in each lane with the fastest swimmer starting first, second fastest next, and so on. The lead swimmer in the lane

will probably change for different strokes and sets. If the set is to be swum in a stroke of your 'own choice' discuss with the other swimmers in your lane which stroke each swimmer intends to do and organise yourselves appropriately (e.g. freestyle swimmers will need to go before breaststroke swimmers).

- At the start of each set leave at least a 5 second gap between you and the swimmer in front before you push off the wall. If fins/flippers are being used you will need to leave a longer gap. This is particularly important for the safety of swimmers when turning, as they need sufficient space to perform turns correctly without the danger of collisions.
- Pass other swimmers safely. Never attempt to pull another swimmer backwards or under the water. Do not cut in sharply, blocking the swimmer you have just overtaken.
- Do not deliberately obstruct another swimmer who is attempting to overtake you.
- Keep to your side of the lane to avoid collisions.
- Do not sit on lane ropes. These are expensive to repair/replace.
- At the end of the session get out of the pool promptly and collect equipment sensibly.
- Please do your best to make yourself available to swim in galas for which you are selected.

Conduct at Galas

- Please remember to wear club colours, hats, costumes and T-shirts at all competitions.
- Remember that you are representing Belper Marlin SC and that good conduct is expected at all times.
- Be punctual. Arrive at least 15 minutes before the specified warm-up time.
- When first you arrive on poolside report to the team steward and remain with the team throughout the gala. If you need to leave the poolside for any reason get permission from the team steward. They need to know where you are at all times (if they can't find you, you may miss a race).
- Swim every event that you are asked to swim to the best of your ability - even if it is not your best/favourite stroke.
- Respect, encourage and support all of your team mates. They are as much a part of the team as you and everyone's contribution to the team effort is important and should be valued and appreciated.
- Always demonstrate good sportsmanship and mutual respect for other teams, and fellow athletes.



- Always accept the decisions made by officials. Discuss any concerns you may have with either the coach or team manager.
- Do not leave litter on the poolside or in the changing room. Put all sweet wrappers, drinks bottles and other rubbish in a bin.

Sanctions

- With limited training times, we cannot afford coaches wasting session time continually disciplining swimmers. Swimmers disrupting sessions for whatever reason will be issued an initial warning by the coach. Swimmers continuing to ignore the warning will be asked to leave the pool. A letter will be sent home and the offender will only be allowed to attend subsequent sessions with a parent present, while the problem continues.
- More serious breaches of the Code of Conduct will be reported to the Chairman/Secretary of the club and the matter will be discussed at the next committee meeting.
- The failure of any squad member to continually comply with all of the code of conduct may result in suspension or permanent exclusion from the club.
- The Committee have the right to decide on any matters not covered in the Code of Conduct

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