

Modernian Swimming Club Code of Conduct



Modernian Swimming Club expects **ALL** swimmers, parents and club members to comply with the club and ASA code of conduct.

General:

To accept and act on all reasonable instructions and requests by the club coaches, teaching staff, officials and any other member of team staff especially in matters of health and safety.

To behave in a reasonable and safe manner while attending, and travelling to, training sessions and competitions.

To comply with the codes, rules and laws within the guidelines set out by the ASA.

To behave in a manner that will not bring the Club, Swimmer or any other Team Member into disrepute.

To behave without discrimination on the grounds of race, colour, language, religion, birth or social status.

To respect the basic human rights, worth and dignity of all swimmers, club members and every person using the facilities.

To respect the facilities, equipment and any other pool users whilst at either training or competition venues.

Not to encourage swimmers, volunteers, officials or parents to violate the rules of the club or the sport.

To observe the authority and decisions of the coaches, teaching staff, team managers and all ASA officials.

To encourage all swimmers to obey the spirit of the rules and laws of the sport both in and out of the pool.

To treat all other competitors and teams with respect, in victory and defeat.

Punctuality at training, competitions and any other club commitments is essential and any late comers may be turned away at the discretion of the Coaching Team or relevant Team Staff.

Swimmers are expected to arrive at training, competitions and any other Club commitments in correct attire and bring relevant kit to all sessions.

Training:

Swimmers are expected poolside 10 minutes prior to the start of the stated time for each session in order to complete their land warm-up as directed by their coach and to assist in the setting up of the pool. Swimmers must help with setting out and packing away pool equipment at the beginning and end of each training session.

Swimmers are expected to own **NAMED** training equipment that they **SHALL** bring to every session as designated by the Squad Coach.

Swimmers must not stop and stand in the lane or obstruct another swimmers training and must adhere to a correct overtaking policy.

Swimmers must not pull or hang on the lane ropes as this may injure other swimmers and damage the equipment for which that swimmer will be liable.

Swimmers must **NOT** skip lengths or sets during training sessions – **YOU ARE ONLY CHEATING YOURSELF.**

Swimmers must complete a relevant Land Cool-Down as directed by the Coaching Staff.

Swimmers must be frank and honest with the Coaching Team concerning illness and injury and their ability to train fully within the program requirements and must adhere fully to the **MSC INJURED SWIMMER POLICY** at all times.

Competition:

The Head/Squad Coach may control entries for competitions and swimmers will be expected to represent the Club when selected for Team events.

Swimmers are expected to attend competitions and team events as directed by the Coaching Team

Swimmers must complete their Land warm-up at **ALL** competitions as directed by the Coaching team or relevant team staff.

Swimmers must also do a full and relevant pool warm-up at **ALL** competitions as directed by the Coaching Team prior to using Sprint Lanes which should only be used as directed by the Coaching Team.

After every race swimmers must report to the Coach on duty for feedback.

Swimmers must also complete relevant Cool-downs, either in a swim-down pool or on land as directed by the Coaching Team.

Swimmers must make Coaches or Team staff aware if they are leaving poolside and must not leave a competition prior to the end without the express consent of the Coaching Team or Team Staff.

Swimmers must wear a Club hat at all competitions and must wear their MSC T-shirt poolside and as directed by the Coaching Team or Team Staff. Club hoodies may also be worn.

Medication/Medical Conditions:

It is important that information on all medication currently being taken should be reported to the Welfare Officer/Team Manager **by email** who will report it to the relevant personnel. Allergies to any medication must be reported to the Welfare Officer/Team Manager **by email**. Swimmers must also adhere to the **MSC INJURED SWIMMER POLICY** in response to illness or injury.

As a member of the Modernian Swimming Club I agree to comply with the club's Code of Conduct as above at all times.

Name of Swimmer:

Signature of Swimmer:

In addition if Swimmer is under eighteen years old.

Name of Parent or Guardian:

Signature of Parent or Guardian: