



HENLEY SWIMMING CLUB

CODE OF CONDUCT

FOR PARENTS AND CARERS, SWIMMERS AND COACHES

This Code of Conduct sets out the expected behaviour of an individual associated with Henley Swimming Club, when participating in any activity or event. This includes, but is not limited to, training sessions, competitions, social events, travelling to and from an activity, and trips under the name of Henley Swimming Club.

WHAT ARE THE AIMS OF THIS CODE OF CONDUCT?

- To protect members.
- To protect others potentially affected by members' actions.
- Ensure the highest possible standards of fairness, honesty, competition and behaviour.
- Reduce the risk of harm, injury, harassment and nuisance to individuals associated with Henley Swimming Club and the wider community.
- Create an inclusive club environment.

PARENTS & CARERS

Refrain from entering onto poolside during training or competition unless invited to do so by the coach.

Never engage in, or tolerate, offensive, insulting or abusive language or behaviour

Applaud effort as well as success

Remember that children are swimming for FUN

Be patient with progress - understand that the journey can be a long one.

Never force your swimmer to take part in swimming.

Training Sessions/Galas

Ensure that your swimmer arrives at training in good time before the start of the session/gala.

Always respect the officials' decisions.

Ensure the coach has a contact number for you if you are not staying for the session.

Ensure your child is aware who is collecting them and has the correct contact number (lift shares in particular).

Your child's behaviour and safety is your responsibility until they are pool side and in the presence of a coach at the start of a session. They then become the coach's responsibility until the swimmer leaves the pool side at the end of the session. At that point, all parents must resume responsibility for their children.

Be supportive and not intrusive, trust the coaches and do not interfere with the session.

Confirm availability in reasonable time.

Inform the coach or team manager immediately or as soon as practicably possible of any changes in availability.

SWIMMERS

Swimmers must wear suitable kit for training and the team kit/colours for galas.

Swimmers must respect the pool facilities, equipment and other pool users when attending training sessions or open meets/galas.

Swimmers must be on their best behaviour in changing rooms (before and after swimming) and respect others as well as facilities.

Listen to my coach and respect what he/she says.

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 due to lack of attention.

All swimmers must respect the rights, dignity and worth of all participants regardless of gender, ability, cultural background or religion. Never be rude to my team-mates, other teams, gala officials, spectators or my coach/team manager.

Do what the gala officials tell me.

Always do your best.

Lane Etiquette

Swimmers are allocated to training lanes by the coaches – accept their decisions and train accordingly.

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.

Faster swimmers must realise that slower swimmers are trying just as hard as they are and their set is no less important.

COACHES / MANAGERS

Show respect to all, including gala officials.

Adhere to the British Swimming Association rules and regulations.

Display and promote high standards of behaviour.

Never engage in public criticism of the gala officials.

Never engage in, or tolerate, offensive, bullying, insulting or abusive language or behaviour.

When working with swimmers:

Place the well-being, safety and enjoyment of each swimmer above everything, including winning.

Explain exactly what is expected of swimmers and what they can expect from me.

Ensure the parents/carers of all swimmers under the age of 18 understand these expectations:

- Develop mutual trust and respect with every swimmer to build their self-esteem

- Encourage each swimmer to accept responsibility for their own behaviour and performance

- Ensure all activities organised are appropriate for the swimmers' ability level, experience, age and maturity.