



# CHELMSFORD SWIMMING CLUB

## CODE OF CONDUCT

- Attend the agreed number of sessions prepared to put in your best possible effort. Inform the coach in advance, if possible, of any unavoidable absence
- Arrive on poolside at least 5 minutes before the session commences and begin poolside warm up
- Ensure all training equipment is readily available for use
- Ensure drinks bottles are easily accessible and utilised
- Make use of the toilet before the session commences
- Give the swimmer in front of you five seconds before pushing off. If you catch a swimmer up touch their feet to let them know you are there. If someone touches your feet when swimming, when you reach the end of the lane let this person in front of you. Do not pull a swimmer back by their feet. Swim in speed order for the particular stroke you are doing
- Advise the coach of any injury, or of feeling unwell, at the earliest opportunity
- Tell the coach of any problems outside of swimming that may affect training
- Any swimmer arriving late must explain their lateness. It will be at the coach's discretion if the swimmer is then allowed to commence the session. Persistent lateness will result in a warning being issued
- No swimmer is to leave the poolside without asking the coach's permission
- If a swimmer has to leave a session early through, for example, ill health, and their parent/guardian is not in the building, the swimmer should get changed and return to poolside to wait for their parent to arrive. Under no circumstances shall a swimmer leave a session early and remain in the changing-room or foyer or leave the building alone
- If any swimmer is regularly or often leaving sessions early, the matter will be brought to the attention of the swimmer's parent/guardian
- Pay attention and listen silently while the coach is giving out session details and then carry out the training programme as directed by the coach
- Swimmers must at all times show care, consideration and respect for themselves and others and their property, as well as the site and facilities, during training sessions, land-training, galas and in the changing rooms
- Any swimmer who continually talks at inappropriate times, misbehaves or intentionally distracts other swimmers may be asked to leave the session
- For Health and Safety reasons parents are only allowed on the poolside at the discretion of the coach
- Except in the case of an emergency no parent is to communicate with a swimmer whilst he/she is on the poolside or in the water
- If a parent wishes to speak to the coach this will be possible after the session, or at an arranged time
- The use of drugs, alcohol and prohibited substances will not be tolerated and any offender will be suspended immediately
- The club stands firmly against any form of verbal or physical bullying or any behaviour which is intended to cause distress to others. If incidents of bullying occur swimmers are encouraged to report the details to the committee, preferably through the Welfare Officer
- Club uniform is to be worn whenever a swimmer is representing the club
- We are all part of the team that is Chelmsford Swimming Club and will all be expected to give support and encouragement to all team members at all times, in training and in competition

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MEMBER NAME .....  
(BLOCK CAPITALS PLEASE)

I accept the Chelmsford Swimming Code of Conduct and confirm that I will abide by the code.

Signed (Member).....

Signed (Parent).....  
(Required if member is under 18)

Date.....