

# City of Oxford Swimming Club



## Code of Conduct - Swimmers

### As a member of our club, we understand you have the right to:

- Enjoy the time you spend with us and know that you are safe.
- Be told who you can talk to if something's not right.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected by us and other team members and be treated fairly.
- Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
- Be encouraged and develop your swimming, and open water swimming skills with our help and support.
- Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate.

### As a member of our club or activity we expect you to:

#### Essentials

1. Keep yourself safe by listening to your coach or teacher, behave responsibly and speak out when something isn't right.
2. Take care of our equipment and premises as if they were your own.
3. Make it to training and competitions on time and if you're running late, let a member of the club know.
4. Make your coach or teacher aware if you have any difficulties attending training or competitions.
5. Not wander off, or leave training or a competition without telling your coach, teacher or team manager.
6. Bring the right kit to training and competitions.

7. Follow the rules of the club, squad or activity at all times.
8. Respect the privacy of others especially in the changing rooms.

#### Behaviour

1. Make our club and activity a fun, happy, friendly and welcoming place to be.
2. Respect and celebrate difference in our club or activity and not discriminate against anyone else on the grounds of age, gender, race, sexual orientation, faith or ability.
3. Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour which hurts others will not be tolerated by the club.
4. I will respect the privacy of others, especially in the use of changing facilities.
5. Not use any device to take photographs or footage of others in the changing rooms or cubicles.
6. Report any concerns you have about others taking photographs or footage of others in the changing rooms or poolside.
7. Understand that poor behaviour may result in the club taking disciplinary action against you. Any behaviour which may be a criminal offence will be reported to police by the club.
8. Report any incidents of bullying or unkind behaviour to the club, even if you're just a witness.
9. Treat other children with respect and appreciate that everyone has a different level of skill or talent.
10. Support and encourage your team mates, tell them when they've done well and be there for them when they are struggling.
11. Respect the children and adults competing for other teams at competitions.
12. Respect the committee members, coaching and teaching team and all volunteer helpers at the club.

13. Get involved in club decisions, it's your sport too.
14. Not post comments or photographs on social networking sites or in text messages that are hurtful to others. Any such comments or photographs may be used as evidence in investigations under the disciplinary policy.
15. Not swim or train whilst under the influence of alcohol or drugs during any training sessions, competitions or other camps and meets.

### Training

1. I will treat my coach and all club members with respect.
2. I will listen to what my coach is telling me, behave responsibly at all times and obey any instructions given to keep myself safe.
3. I will tell my coach if I have difficulties in attending training sessions or competitions as per the rules of my squad.
4. I will arrive on time on poolside before my training session starts to complete land warm up as directed by my coach.
5. I understand that if I arrive late, I must report to my coach before entering the pool.
6. I will bring the right kit e.g. paddles, kick boards, hats, goggles, etc. with me to training and competitions.
7. If I need to leave the pool/session for any reason I will inform my coach before doing so.
8. I will not wander off, or leave training or a competition without telling the coach, teacher or team manager
9. I will follow the rules of the club, squad or activity at all times.
10. I will always swim to the wall as I would do in a race, and I will practice turns as instructed.
11. I will not stop and stand in the lane, or obstruct others from completing their training.
12. I will not pull on the ropes as this may injure other members.
13. I will not skip lengths or sets – to do so means I would only be cheating myself.
14. I will think about what I am doing during training, and if I have any problems, I will discuss them with my coach at an appropriate time.
15. If I have any problems with the behaviour of others, I will report them at the time to an appropriate adult.

### Competitions

1. At all competitions, including open meets, national events or club galas, I will always behave in a respectful manner to my coach, the officials, the team managers, my team-mates and the members of all competing organisations.

2. I understand I will be required to attend events and galas entered/selected me for by the Head Coach, unless agreed otherwise by prior arrangement with the relevant official and coach.
3. I will wear appropriate swimwear, tracksuits, T-shirts/shorts and hats as per the Club's policy.
4. I will report to my coach and/or team manager on arrival on poolside, sign in and will never leave an event until either the gala ends or I have the explicit agreement of the coach/team manager and have signed out.
5. I will warm up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race.
6. I will be part of the team. This means I will stay with the team on poolside. If I must leave poolside for any reason, I will inform, and get the consent of the team manager/coach before doing so.
7. I will swim down after the race if possible, as advised by my coach. My behaviour in the swim down facility will be appropriate and respectful to other users at all times.

### Away camps

1. I will treat the facility and bedrooms with respect.
2. I understand that under no circumstances should I enter the room of a member of the opposite sex.
3. I will remain within the complex boundary unless a coach or team manager grants me permission to leave.
4. I understand that consumption of alcohol or recreational drugs and smoking by any swimmers at any meet / camp is unacceptable, regardless of age.

**Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee.**

**Signed:**

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**Date:**

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If you are worried or unhappy about something please TELL the welfare team.

The Lead Welfare officer is Su Bird and you can speak to her on poolside or email her on [coscwelfareofficer@gmail.com](mailto:coscwelfareofficer@gmail.com)

If you do not want to speak to someone in the club you can call

**Swim Line 0808 100 4001**