



Boronia Swimming Club

Po Box 219, Boronia, 3155

Reg. No. A00078861

Code of Conduct For Training and Competition For Swimmers, Coaches and Parents

SWIMMERS

1. RESPECT YOUR FELLOW SWIMMERS

- Respect the rights, dignity and worth of others.
- Be ethical, considerate, fair and honest in all dealings with others.
- Show concern and caution towards others that may be sick or injured.
- When Training - Stay out of each other's way. Try not to swim into anyone. Watch where you are going.
- Keep to the left of the lane at all times.
- If someone is swimming faster than you are, let him or her pass you.
- Do not touch, grab, push, etc. any other swimmers.
- Don't be critical of another swimmer's ability. Remember that nobody is perfect, even you.
- If another session is in progress before you start, respect the coach and the squad by refraining from causing distraction.

2. RESPECT YOUR COACH

- Listen to instructions. When the coach is talking, everyone must be quiet so that you can hear what is happening next.
- If you don't understand something, ask the coach to explain it again.
- Don't complain about the training session. Remember that everybody likes different strokes and distances, so be prepared to do the different things set by the coach.
- Don't argue or answer back when you are told to do something.

3. RESPECT YOURSELF

- Be professional in, and accept responsibility for your actions.
- Train to your full potential.
- Be a positive role model
- Refrain from intimate relations with members whom they have a supervisory role.
- Swim on the times that have been specified by the coach.
- If you are faster than someone, ask if you can go in front of them.
- If you aren't feeling well or have any injuries, tell the coach at the start of training.
- Older swimmers – remember that everything you do sets an example for the younger swimmers and they will want to follow your example, good or bad.



Boronia Swimming Club

Po Box 219, Boronia, 3155

Reg. No. A00078861

4. **YOU ARE EXPECTED TO:**
 - Be at training 15 minutes before the scheduled starting time to stretch and prepare.
 - If you want to have a chat with the other squad members, organise to get there earlier. You may chat during rest intervals but not when you are supposed to be swimming.
5. **STAY OFF THE LANE ROPES**
 - You are allowed to lean on them to stay afloat but do not sit, kneel, stand, etc. on them.
6. **DO NOT USE BAD OR OFFENSIVE LANGUAGE**
 - Any bad language (or words that sound very similar) will not be tolerated.
 - If this happens you will be asked to leave training or the competition.
7. **AVOID TOILET BREAKS**
8. **SWIM ALL THE WAY TO THE WALL AT EACH END**
 - Finish each lap by touching the wall.
 - If you have finished and are waiting to go again, move out of the way of anybody behind you, otherwise you may get run over.
 - Try not to stop until you finish each swim. If you must stop make sure you move out of the way of the other swimmers.
9. **BE ALL YOU CAN BE**
 - Do your best at each competition.
 - If you swim a P.B. and don't win then you can still say that you did your best.
 - Remember what you can improve on, so that you can work on it at training.
 - Use your diary to record notes on your swimming, PB and meet times, and other information as required by the coach.
10. **BREACHES OF THE CODE OF CONDUCT**
 - Swimmers will be advised if they are in breach of any of the above points and dealt with accordingly as their Coach and/or Head Coach sees fit. More serious matters will be referred to the committee for investigation.



Boronia Swimming Club

Po Box 219, Boronia, 3155

Reg. No. A00078861

11. COMPETITION

- Give your best at all times.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is not acceptable.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Be respectful to team members and abilities in relays.
- Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coaches, team mates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.
- At competitions make sure that you are early enough to have a warm up, say half an hour before the meet starts.
- If there is space available and you are allowed, try to do a little bit of a cool down. This will help you recover from your race and prepare you for your next one. Better preparation means better performance.
- Talk to the coach before and immediately after your race.
- Remember - You are representing Boronia Swimming Club at all times.



Boronia Swimming Club

Po Box 219, Boronia, 3155

Reg. No. A00078861

COACHES

- Be responsible for matters concerning the coaching, training and development of members.
- Help each person (athlete, official etc.) reach their potential – respect the talent, developmental stage and goals of each person, and compliment and encourage with positive support and feedback.
- Be honest and do not allow your qualifications to be misrepresented.
- Maintain a ‘duty of care’ towards others and accountability for matters relating to training and competition.
- Maintain the required standard of accreditation and/or licensing of professional competencies.
- Have a sound working knowledge of Swimming Australia policies, rules and coaching techniques.
- Ensure that any physical contact with others is appropriate to the situation and necessary for the person’s skill development.
- Be approachable, as parents and carers of swimmers may need to ask questions in relation to the child’s swimming regime.

PARENTS

- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.
- Focus on your child’s effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child’s swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion
- Feel free to speak to your child’s coach if you have any queries or issues. Arrange an appointment time convenient to both yourself and the coach.



Boronia Swimming Club

Po Box 219, Boronia, 3155

Reg. No. A00078861

Once you have read this Code of Conduct please sign and date this page together with your parent (if applicable) and coach.

Thank You

Boronia Swimming Club

Swimmer

I _____ have read this Code of Conduct and agree to abide by these rules at all times when I am representing Boronia Swimming Club.

Sign _____ date _____

Parent

I _____, the Parent/Guardian of _____, have read this Code of Conduct and agree to abide by these rules at all times when my child is representing Boronia Swimming Club.

Sign _____ date _____

Coach

I _____, the coach of _____, have read and discussed this Code of Conduct together.

Sign _____ date _____