



ROCHFORD AND DISTRICT SWIMMING CLUB

Code of Conduct for swimmers and parents/carers

1. We are a friendly, well-respected club who expect its members to behave in a sensible and respectful manner. A good, fair and respectful behaviour is expected at all pools during and after training sessions and galas.
2. All club members are expected to take all reasonable care of the club's equipment and anyone caught damaging such equipment will be expected to pay for its replacement.
3. All club members must behave appropriately and respect other users of the changing rooms and showers. Club members must not leave their clothing in the cubicles during swimming times. (Please be aware that the changing rooms are not for the exclusive use of the club during swimming sessions. Members of the public using other facilities in Clements Hall are free to use the changing rooms and showers at the same times)
4. Any member found discrediting the club in any way or who commits any act of verbal abuse or foul language or who commits any act of physical, verbal or psychological abuse will be asked to leave the club. This includes contact through non-verbal means such as e-mails, SMS text and MSN.
5. Never argue with the Referee or other Officials' decisions. Any query should in the first instance be directed to your child's Coach, who can make representations to resolve disputes.
6. Be a good sport. Recognise a good performance whether by another club member, or by those of other clubs.

Tips for parents/carers

1. Encourage your children to swim "for the fun of it", not just to please you or their Coach. Remember the aims of the sport are to have fun, improve skills and feel good.
2. Learn the laws of the sport together with your child. This will make your child a better competitor and you a better spectator.
3. If you have any concerns relating to your child's performance, well-being, progression etc., talk in the first instance to your child's Coach either just before or after a session. To speak with a Coach during a session can be generally disruptive and in extreme circumstances can be dangerous to the participants, no matter how well intended. Coaches will always make themselves available to parents/carers at a suitable time.
4. Please ask your child to inform their Coach about any reason why they may not be swimming at their best.
5. Please inform your child's Coach of any medication that they may be taking. Allergies to any medication must be reported to the Coach.

Policy for children and adult swimmers

1. The club's coaching staff is responsible for the safety of children (under the age of 18) while in the poolside area and in the pool. Parents are responsible for the safety and behaviour of their children while in the changing rooms and showers. Parents of young children are encouraged to escort their children to the poolside.
2. Photography and videoing during club swimming sessions is not permitted.
3. All coaching officials and lane teachers are subject to CRB checks.
4. The club recognises the ASA guidelines as the general policy for separating adults and children during swimming sessions and as such has a Masters section for swimmers over-18. Masters have allocated water time that ensures they have exclusive use of the pool or are in allocated lanes during shared sessions. However, there is a specific exception to this policy, as follows:
 - a. Masters wishing to make use of additional club training time may be allowed to join Senior Squad sessions. The purpose is to gain the high intensity training time given to the club's Senior Squad swimmers. The Masters swimmer would be of a high competitive and fitness standard and be well known to the Club Coach.
 - b. A Masters swimmer must request to join the Senior Squad sessions by speaking to the Club Coach or senior coaching staff in charge of a respective session. Agreement for a Masters swimmer to join is strictly limited and at the discretion of the Club Coach.
 - c. A Masters swimmer joining a Senior Squad session will swim in the lane assigned by the coach for the session.
 - d. For those swim lanes to be joined by a Masters swimmer, the Senior Squad children and their respective parents will be approached to confirm acceptance. The Coach will record this acceptance.
 - e. At any time, Senior Squad children and/or their parents can ask to be moved to a swim lane for under-18s only.
5. Any inappropriate behaviour reported between an adult and child will be promptly investigated. The club reserves the right to immediately dismiss the offending member.

Rochford and District Swimming Club Committee
November 2009