

Witham Dolphins SC - Code of Conduct

The purpose of this Code of Conduct is to establish and maintain standards for Swimmers that are compatible with the Club Mission Statement, the ASA Code of Ethics, the ASA Child Protection Policy, and the Sport England Code for Junior Members.

This Code of Conduct is applicable to all Club activities including, but not limited to, Training Sessions, Galas, Open Meets and Social Events.

General

- Swimmers should be realistic about their ability and should not impose unrealistic expectations on themselves
- All people associated with WDSC (swimmers, parents etc) should support all other swimmers from WDSC and applaud good performances by WDSC swimmers and those of other clubs.
- Officials should be treated with due respect their judgment or honesty should not be publicly questioned.
- The value and importance of coaches, officials and helpers (whether employed or volunteers) should be recognised. They give their time and resources to provide a recreational activity for WDSC swimmers.
- Swimmers should, at all times, show respect and understanding for the safety and welfare of others, in particular their fellow swimmers within WDSC.
- Pool and venue safety regulations must be observed at all times, as must any instructions from venue staff.
- WDSC swimmers should adhere to the WDSC dress code when representing Witham Dolphins.

Code of Conduct for Swimmers

Practical - Training

Before the session

- Arrive at the pool in time to get changed and be on poolside for the start of the session.
- Go to the toilet before going on poolside.
- If you are late due to unforeseen circumstances, apologise to the coach, giving the reason why.
- Advise the coach before the session starts if you need to leave early.

- Speak to the coach first if you are returning to training after illness or injury.
- Have all the equipment required for the training session ready for use including full drinks bottle and medication (if required).
- In addition to the above swimmers are required to have the following equipment at each training session: goggles (+spare), kick board, fins. Additional equipment as advised by the coaches: pull buoy, hand paddles.
- Look at and listen to the coach when they are giving instructions. If you don't understand anything, wait until the coach has finished explaining, and then ask the coach to clarify the instructions.

During the session

- Look at and listen to the coach when they are giving instructions. If you don't understand anything, wait until the coach has finished explaining, and then ask the coach to clarify the instructions.
- Swimmers are expected to concentrate on the training session and on instructions from the coaches. Do not be distracted or distract others and do not keep looking over to the spectator area to parents/guardians.
- Set yourself targets for each session and always try to achieve them.
- Always finish repeats at the end of the pool with the correct finish. Make room for others to finish if you have already finished.
- Refrain from stopping or standing up in the middle of the pool, as this can be dangerous to yourself and others.
- Slower swimmers should allow faster swimmers through at the ends of the pool. Faster swimmers should not overtake along the length of the pool, nor should they intimidate slower swimmers ahead of them.
- Toilet breaks are built into the sessions at suitable points and should be used if necessary.
- If you need to leave the pool for any reason (e.g. toilet break) inform the coach.
- Inform the coach or poolside helper if you become ill or injured during the session. If necessary, you will be advised to leave the pool to get changed and then return to poolside. If appropriate, parents will be contacted to collect the swimmer.
- Disrespectful and/or abusive behaviour towards other swimmers, poolside helpers, or coaches will not be tolerated.

After the session

- Clear the pool promptly when asked to do so.

Practical – Open Galas & Championships

- Arrive at the pool in time to get changed and be on poolside in plenty of time for the start of the warm up for that session of the Gala.
- When you arrive ensure you have registered for your events (by posting your entry card, signing in or whatever method is being used by the Gala.
- After getting changed, go straight to the WDSC area on poolside (You may have to ask one of the gala officials where that is if you are among the first to arrive).
- Have all the equipment required for the event ready for use including full drinks bottle and medication (if required).
- Equipment required by all swimmers for an event includes Club T-bag, Club hat (+ spare), goggles (spare), swimming costume that is primarily black.
- Mobile phones are to be switched off at the start of a session in case they interfere with the starting/timing equipment.
- Supporting your fellow WDSC swimmers when they are swimming is an important part of being a team.
- CD Players, MP3 Players or similar may be used for entertainment during long sessions.
- All swimmers are to do water warm up and should follow the directions of the promoter or marshals.
- Swimmers are responsible for collecting their cards from the Competitive Stewards when called and should follow the directions of the Stewards.
- Swimmers are expected to remain with the team when not competing
- Be quiet at the start of a race so as not to distract the competitors - you would expect the same when it's your race.
- Report to the coach immediately after your events for them to give you feedback. You may then go to see parents in the spectator area, but should then return to the team area.
- When you have finished all events in a session you may leave poolside, after informing the coach that you are going.
- If there are presentations, Club T-shirt/Tracksuit (or other club clothing) should be worn.
- Applaud all presentations, not just those of WDSC swimmers.

Practical – Team Galas/League Fixtures

The following points are in addition or a variation to those applicable to Open Meets & Championships:

- As soon as possible after the team list is posted on the notice board, tick your name if you are available.
- When travelling by team bus (if provided), seatbelts must be worn, as it is a legal requirement. Rubbish is to be put in the bags provided or taken home.
- On arrival at the venue, get changed and go to the WDSC team area on poolside as soon as allowed by the gala organisers.
- The lane draw determines the lane that is used for warm up and for the gala. All swimmers are to do water warm up and should follow the directions of the gala organisers or marshals.
- Team Managers/Whips will advise swimmers when to go up for their race.
- Every team member is to support WDSC swimmers during races.
- If you need to leave poolside during the gala, inform the Team Manager/Whip first.
- If you intend to leave before the end of a Gala ensure you inform the Team Manager/Whip (in case there are any late team changes)
- Regardless of the position that WDSC finishes, always applaud and cheer the other teams. Booring or other bad sportsmanship will not be tolerated.

Code of Conduct for Parents

- Ensure the club has up to date contact details for you and any alternative person - critically important for when you are not on the premises.
- Encourage your child to swim - never force them.
- Ensure that children are on poolside on time for training.
- Ensure your child is properly attired for training sessions and galas and has all required equipment. It is recommended that all items of kit, including drinks bottles, should be clearly named.
- Focus on the child's efforts rather than winning or losing.
- Provide positive verbal feedback, both after training and at galas.
- Encourage your child to obey rules and teach them that they can only do their best. Help your child enjoy the sport and achieve to the best of their ability without putting him / her under undue pressure.
- Take an interest in your child's progress by watching training sessions and galas - do not use the swimming club as a crèche. (Note: the parent/guardian of children under 8 should be on the premises at all times during swimming sessions).

- Be helpful to your child but do not coach him or her. A little knowledge can be a dangerous thing. The coaches are qualified and experienced; if you have a concern speak to the coaches about it. If you would like to be involved in coaching, ask about training as a coach.
- Always show appreciation of good swimming by all swimmers, whether from your own club or others.
- Respect decisions made by coaches and officials and encourage young swimmers to do the same.
- Only go on poolside if requested to do so or in an emergency
- Behave responsibly as a spectator at training / galas and treat swimmers, coaches, committee members and parents of yours and other clubs with due respect. Show appreciation and support your child and all team members.
- Ensure you do not use inappropriate language within the club environment - there should be strictly no swearing at any time.
- Ensure your child's needs are met in terms of nutrition.
- Support the club coaches and committee appropriately and raise any concerns you have in an appropriate manner.
- Remember that the club coaches and committee members are providing their time voluntarily to enable your child to swim.