

FAREHAM NOMADS CODE OF CONDUCT

INTRODUCTION

To ensure that all swimmers and members of the coaching staff get the most out of each training session it is a requirement for everyone involved to have a disciplined approach irrespective of which squad the swimmer is a member of. The following code is intended to provide a framework for all training sessions. If adhered to this will ensure training is productive and will assist all members to improve their skill, stamina and competitive performance. This code should also be read in conjunction with the relative Squad Criteria which is integral to the code. This code is supplementary to guidance issued by the ASA and it is not the intention for this to replace any guidance or codes issued by a higher authority. *Swimmers* should, at all times, adhere to the following Code of Conduct and the relevant Squad Criteria. *Coaches*, at their sole discretion, have the authority to ask any *Swimmer* to leave, or not take part in a session should they be considered to be not adhering to this *Code* and/or Squad Criteria. Such individuals will then be dealt with under the *Club's Grievance and Disciplinary Procedure*, which may result in their temporary suspension or, in extreme cases, expulsion from the *Club*.

GENERAL BEHAVIOUR

- Treat all members of the club (fellow swimmers, coaches and officials) with due dignity and respect.
- Treat all competitors and representatives from competing clubs with respect.
- Treat everyone equally and never discriminate against another person associated with the club (or ASA in general) on any grounds including that of age sexual orientation, ethnic origin or nationality
- The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
- Display a high standard of behavior at all times. Always report any poor behavior by others to an appropriate club officer.
- Do not say or do anything that will bring Fareham Nomads into disrepute.
- Recognise and celebrate the success of fellow club and team members.

SWIMMING TRAINING

- Treat your coach and fellow swimmers with respect at all times.
- Make your coach aware if you have difficulty in attending the training sessions stipulated for you squad.
- Arrive in good time on poolside (10–15 minutes before the training session starts)

to stretch / warm up as directed by your coach.

- Have all your kit with you eg: pull buoy/kick board/fins /paddles/snorkel.
- Ensure you have a full drink bottle (750ml) with you at the start of each training session
- If you arrive late report to your coach before entering the pool.
- Swimmers will wait for instruction from the Coaching Staff before entering the water and when asked to do so will enter in a safe manner.
- Give 100% of your best in all training sessions.
- Use the lavatory before training and inform the coach if you need to leave the pool for any reason during training.
- Listen to what your coach is telling you at all times and obey instruction given.
- Inform the coach immediately if you are unwell or injured.
- Always swim to the wall as you do in a race and practice turns as instructed.
- Do not stop in the lane, or obstruct other from completing their training.
- Do not pull or sit on the lane ropes as this may injure other swimmers.
- Do not cross other lanes without checking where the swimmers in that lane are as this can cause accidents.
- Do not skip lengths or sets as you are only cheating yourself.
- Think about what you are doing during training and what you are learning. If you have any problems discuss them with your coach at an appropriate time.
- If you have any problems with the behavior of a fellow club member report them at the time to an appropriate adult
- Behave sensibly in the changing rooms and ensure you respect other users of the changing rooms at all times.

COMPETITION

- At all competitions / galas always behave in a manner that shows respect to both your club coach, officers and team mates and the members of all competing clubs.
- You will be required to swim events and galas that the Head Coach has entered/selected you for unless agreed otherwise beforehand with the relevant club official and coach.
- Swimmers should have Club kit and ensure that it is worn at all times whilst representing the Club at competitions or swim meets. This should include wearing the Club track-suit and swim-cap (if a cap is worn). Swimmers attending for presentation of medals or other awards must wear club kit; they will not be allowed to attend presentations if not suitably dressed. When competing in Inter-Club, League, County or other Relay events Swimmers should wear plain black costume/trunks. When competing at Open Meets Swimmers may wear costume/trunks of their choice.
- Arrive ½ hour before the meet is scheduled and report to your club coach and / or team manager on arrival poolside.
- Warm up before the event as directed by the coach in charge on that day.

Ensure you fully prepare yourself for the race.

- Be part of the team. Stay with the team on poolside and if you leave for any reason you must tell the Coach and Team Manager where you are going.
- Always congratulate other swimmers after the race regardless of your own result.
- Listen for your race to be announced and go to the marshalling area in time and report in.
- Support your teammates. Everyone likes to be supported.
- Swim down after the race, if possible. Do not use this time to play.
- After your race report to the coach first, not your parents. Receive feedback on your race and splits.
- Swimmers should not consume alcohol if under the legal age as defined by UK law. Alcohol must not be consumed by Swimmers or Staff Members whilst en-route, prior to, during or following a competition, training event or team activity, without the specific consent of the Head Coach. During competition alcohol is strictly forbidden to all Swimmers and Staff Members.
- Swimmers and Staff Members are prohibited from smoking whilst en-route, prior to, during or following a competition, training event or team activity.
- Swimmers are strictly prohibited from using Illegal Performance enhancing drugs and substances. Particular care must be exercised if a Swimmer is on medication prior to or during a meet.
- Swimmers are prohibited from using Illegal Drugs and substances even though some may not necessarily appear on the official banned list of performance enhancing drugs.
- Swimmers should ensure that Coaches are aware of any medication they are taking. This should then be reported by the Coaches to the relevant personnel. Allergies to any medication must also be reported to the Secretary and Coaching Staff so that medical records can be updated.

PARENTS ARE EXPECTED TO:

- Complete and return the Health and Consent form as requested by the club and detail any health concerns relevant to the child on the consent form. Any changes in the state of the child's health should be reported to the coach prior to coaching sessions. Ensure the club has up to date contact details for you.
- Deliver and collect your child punctually to and from the coaching sessions/swim meets. Please inform a member of the committee or coaching staff if there is an unavoidable problem.
- The club is unable to act as a 'babysitting service' or to supervise the changing areas. The parent/guardian of all children 8 and under must stay on the premises during the session.
- If the club changes your child's session and time, please remember the change is to provide appropriate levels of training and enable your child to

progress and should be facilitated and encouraged at all times.

- Ensure your child is properly and adequately attired for the training session/event including all required equipment, hat, goggles and all relevant training kit.
- Inform the coach before a session if your child is to be collected early from a coaching session/meet and if so by whom.
- Encourage your child to obey rules and teach them that they can only do their best. Do not force your child to swim.
- Behave responsibly as a spectator at training/meets and treat swimmers, coaches, committee members and parents of yours and other clubs with due respect, meeting the ASA commitment to equality, diversity and inclusion.
- Ensure they do not use inappropriate language within the club environment.
- Show appreciation and support your child and all the team members.
- Ensure your child's needs are met in terms of nutritional needs and listen to advice given from the Head Coach.
- Support the head Coach and Committee and raise any concerns you have in an appropriate manner. Details of the clubs Welfare Officer can be found on the Nomads website.
- Do not enter poolside unless requested to do so or in an emergency.
- If you wish to have a discussion with the coach please speak to them after a session to arrange a suitable time. In your dealing with your child's coach, treat the coach with respect and in the same manner, as you would wish to be treated.
- Most of all help your child enjoy the sport and achieve to the best of their ability.

THE CLUB WILL UNDERTAKE TO:

- Inform you at once if your child is ill and ensure their well-being until you are able to collect him/her.
- Ensure good safeguarding guidelines are followed at all times to keep your child safe.
- Ensure all activities are properly supervised/taught/coached and consent is obtained for any activity previously agreed.
- Ensure that all *Coaches, Teachers*, helpers and others carry adequate liability insurance and are subjected to an enhanced DBS check where they may be in a 1 to 1 situation with any swimmer.
- Inform you at the earliest opportunity if your child is ill or has been requested to stop training and ensure their wellbeing until you are able to collect him/her.
- Ensure that effective communication is implemented with all members of the *Club*.
- As far as is practical ensure that all *swimmers* are given the opportunity to advance through the squads.

- Ensure that all teaching and coaching sessions are challenging and rewarding and that they and the competition programme are appropriate for the age, ability and experience of the individual so that all members are able to advance to compete at the highest level possible. It should be remembered that for improvement to be obtained training sessions need to be challenging, the older the child the more challenging the training becomes.
- Endeavour to identify and meet the needs of the individual swimmers as well as the needs of the team.
- Will be fair and equal in team selection.
- Ensure *Coaches and Teachers* continue to seek and maintain their own professional development in all areas with relation to coaching and teaching children to swim.
- Treat all information of a personal nature about individual *swimmers* as confidential, except in circumstances where to do so will allow the swimmer to be placed at risk of harm or continue to be at risk of harm.

THE PARENT HAS A RIGHT TO:

- Make a written complaint to the club if they feel the club or a member of the club is not acting appropriately to ASA Club rules and regulations. Details of how to do this can be obtained from the club Welfare Officer or a member of the clubs committee.
- Make a complaint on behalf of their child to the ASA.

N.B.

The Coach will deal with breaches of the Code for Swimmers in the first instance. This may include a verbal warning followed by a sitting out for a 'timeout'. The coach may also require the swimmer to get dressed and sit back on the poolside, if a parent or other responsible adult is not present. If the coach considers the breach (or breaches) merit this, the coach will report the incident to the secretary of the Club's management committee, which will be dealt with in accordance with ASA guidelines. Sanctions for breach of any code may include a verbal or written warning or suspension from the clubs activities. The Club also has the right under its constitution to suspend or expel a swimmer for breaches by the relevant parent of the code for parents.