



# Cheadle (Staffs) & District Amateur Swimming Club

Established 1968



## Swimmer Code of Conduct

Here at Cheadle & District ASC we want all our swimmers to reach their full potential and enjoy the sport of swimming. In order for that to be possible we all need to follow a Code of Conduct.

- Treat all swimmers, Coaches and adults involved with the Club with respect, treat them as you would like to be treated. Never discriminate against on any grounds including that of their age, sexual orientation, ethnic origin or nationality. We are all equally important.
- Use language that isn't abusive or that may upset others. Bullying whether that be verbal (unkind words) or physical will not be tolerated. It could lead to you being asked to leave the Club.
- Display a high standard of behaviour at all times. Remember you are representing Cheadle & District ASC.
- If you are concerned about how someone is treating you or someone else, please tell your Coach or the Welfare Officer. Details are on the Notice Boards.
- Always support the other members of your swimming team and say well done.
- Always listen to your Coach during training and at competitions so you can hear the instructions and so can the other swimmers. You may be asked to leave the pool or leave the session if you are not listening and following instruction. Remember to get a good example to all swimmers.
- Make sure you tell your Coach if you have any difficulties at the start of the session or as soon as you become aware.
- Arrive in good time on poolside. Arrive at the Swimming Pool 15 mins early. You should be ready to get into the pool at the beginning of the session. Warm up and having opportunity to listen to you Coach's instructions is important for your body, your safety and the safety of others.
- If you have to stop for any reason, climb out of the pool to prevent either yourself or the other swimmers being injured and speak to your Coach to explain your difficulty. Do not stop in the lane or hold onto the ropes as this is a hazard to others swimmers and yourself.
- Always ask permission to leave poolside from your Coach.
- If you are late for any reason, apologise to your Coach as soon as you get onto poolside. We understand that it is also your parent's responsibility to make sure you are on time, but it is good manners to apologise and explain.
- Ensure you have all your equipment with you, ie kick-boards, hats, goggles etc. Bring spares. Two bottles of water to ensure you don't run out – your body needs to keep hydrated.
- Follow your Coach's instruction by completing the sets (the correct amount of lengths and correct stroke) You are only cheating yourself.
- At competitions and galas, always arrive in plenty of time and go straight to your Coach on poolside. You are representing Cheadle & District ASC, make sure you wear your club kit and be proud.