



CODES OF CONDUCT FOR ALL

GENERAL

2023/2024 SEASON

The behaviour and personal conduct must at all times be of a high standard to reflect positively on SWIM1ST and the sport;

Everyone associated with SWIM1ST (swimmers, parents etc) should support all other swimmers from the Club through both good and bad times;

The value and importance of coaches, officials and helpers should be recognised. The club is a voluntary organisation and it takes a great deal of work from many people on an unpaid basis to make it work and provide swimmers with a positive environment and high-level training;

All officials should be treated with due respect and their judgement or honesty should never be publicly questioned;

Illegal and performance drugs and substances are strictly forbidden.

Failure to comply with the SWIM1ST Code of Conduct will lead to disciplinary action being taken in accordance with the Club's Discipline Policy.

I, _____, **agree to abide by the above code of conduct.**

Signed _____ **Date** _____



CODE OF CONDUCT FOR SWIMMERS

2023/2024 SEASON

All swimmers attending any SWIM1ST training, competition or activity are under the direction and control of the person in charge/coach/coaches present and must follow instructions given under the authority of the person in charge/coach/teaching staff;

Swimmers should always show respect and understanding for the safety and welfare of others;

Swimmers must not be disrespectful and/or engage in abusive behaviour towards other swimmers, poolside helpers, or coaches. All forms of harassment be it physical, psychological, professional, or sexual is strictly prohibited;

To achieve excellence, swimmers must be prepared to train regularly and with determination in accordance with the standard set by the Head Coach;

Swimmers should adhere to the SWIM1ST dress code when representing the Club. Swimwear should at all times be of modest nature, boys' jammers and girls' one-piece suits are required during training and competitions. All swimwear must never, whether dry or wet, become translucent;

Swimmers must follow the SWIM1ST policy on the use of mobile phones and social media.

Failure to comply with the SWIM1ST Code of Conduct will lead to disciplinary action being taken in accordance with the Club's Discipline Policy.

Any matter relating to a breach of any of these rules insofar as they relate to the welfare of any other swimmer of Swim1st, whether reported to the coach or parent, must be brought to the attention of the Child Welfare Officer without delay.

I, _____, agree to abide by the above code of conduct.

Signed _____ Date _____



CODE OF CONDUCT FOR PARENTS

2023/2024 SEASON

Encourage your child to swim - never force them and always be positive;

Discuss with your child what is expected from them as a swimmer in SWIM1ST and encourage them to obey rules and teach them that they can only ever do their best...nothing more;

Focus on effort rather than winning or losing;

Do not put him / her under undue pressure;

Help your child enjoy swimming and being part of the SWIM1ST community;

Ensure that swimmers are on poolside on time for training and galas and that they are properly equipped;

Encourage your child but do not coach him/her. As with many things a little knowledge can be a dangerous thing. All Club coaches are qualified and experienced. If you have any concerns please speak to the coach but never undermine their authority in front of any swimmer. SWIM1ST is always in need of volunteer coaching support so if you would like to get involved please ask about training as a coach. You are needed.

Always show appreciation of good swimming by all swimmers, whether from SWIM1ST or others;

Respect all decisions made by coaches and officials and encourage young swimmers to do the same;

Don't go on poolside unless requested to do so or in an emergency;

Ensure you do not use inappropriate language within the club environment;

Ensure your child has the appropriate nutrition with respect to their level of training;

Support SWIM1ST coaches and management committee and raise any concerns you have in an appropriate manner;

Remember that SWIM1ST coaches and committee members are providing their time voluntarily to enable your child to swim;

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I, _____, agree to abide by the above code of conduct.

Signed _____ Date _____



CODE OF CONDUCT FOR COACHES

2023/2024 SEASON

The SWIM1ST Club has adopted the Sport Coach UK "Code of Practice for Sports Coaches (2005)". All coaches have signed and abide by this COP which is based on the following key principles:

Rights - coaches and poolside helpers must respect and champion the rights of every individual to participate in sport;

Relationships - coaches and poolside helpers must develop a relationship with athletes (and others) based on openness, honesty, mutual trust and respect;

Responsibilities: Personal Standards - coaches and poolside helpers must demonstrate proper personal behaviour and conduct at all times;

Responsibilities: Professional Standards - to maximise benefits and minimise risks to athletes, coaches must attain a high level of competence through qualifications and a commitment to ongoing training that ensures safe and correct practice.

Failure to comply with the SWIM1ST Code of Conduct will lead to disciplinary action being taken in accordance with the Club's Discipline Policy.



CAPTURING AND REPRODUCTION OF PHOTOGRAPHIC AND DVD IMAGES

2023/2024 SEASON

I, _____, hereby give / do not give permission that Swim1st may take and reproduce photographic or DVD images of my child to be used in Swim1st marketing. Swim1st will endeavour to ensure that any images captured will be of modest nature and at all times in the interest of the swimmer.

(Wherever possible parental consultation will be sought)

Sign: _____

Date: _____