



FOR SWIMMERS General

- The Club exists for you, the swimmers. It provides a place where you can do your best and enjoy doing it.
- Put the well being, health and safety of yourself and others above all considerations including developing performance.
- Comply with the codes, rules and laws within the guidelines set out by the ASA and the Club.
- Respect the rights, worth and dignity of fellow swimmers and coaches.
- Observe the authority and the decisions of all officials.
- Never condone rule violations, rough play or the use of prohibited substances.
- Treat other competitors and teams with respect, in victory and defeat.
- Always aim for the highest standards of behaviour, appearance and personal hygiene.
- If you have a medical problem or injury or, for example, use an inhaler, you must tell your coach.
- Fighting or bullying of any kind in the Club is extremely rare and entirely unacceptable. If it happens to you or you see it happening to anyone else please report it immediately to your coach.
- Keep up to date with club information posted on the club notice board. Training
- Make sure you have all your training aids and drinks with you before the session starts. Have your goggles ready and keep a spare pair in your bag.
- Arrive 5 minutes before the training session. Being late affects the other swimmers in your lane. Use the lavatory before the session starts. If you are going to need to leave early, talk to your coach before you enter the water.
- Stretch and loosen up before you enter the water. Swim the warm-up slowly, thinking about your strokes as you do them.
- Listen to what your coach tells you. If you don't understand, please ask.
- Always swim to the end of the lane. Let faster swimmers through. When you have finished a set, get out of the way of swimmers who have not.

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- Remember, you swim with your brain as well as your body. Think about what you are doing in training: about your strokes, about the pace at which you should be swimming. Don't just plough up and down in the "comfort zone". Above all, think about the things you are trying to improve.

Competitions

- At Open Meets, check when you should post your entry cards and be sure you do so on time.
- Be part of the team. Stay with the Club squad on poolside. If you leave poolside for any reason you must tell one of the coaches where you are going.
- Report to your coach immediately after your race for feedback.
- Support your team mates. Everyone likes to be supported.
- If you have made a final, well done. There will probably be a presentation. Make sure you know when it is and be on time for it. Dress The following rules apply when representing the Club at league competitions:
 - Both boys and girls must wear club hats.
 - Official Club tops/tracksuits must be worn on poolside.
 - Club tops/tracksuits must be worn for all presentations.

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Extension to Code of Ethics and Conduct

FOR STAFF, HELPERS, OFFICIALS AND SWIMMERS ON AWAY TRIPS TO GALAS AND COMPETITIONS

This code outlines the responsibilities and behaviour required of both staff and swimmers who are members of Southend Swimming Club. Whilst it is specifically aimed at 'away' trips, where travel and accommodation are required, it is expected that the principles of the Code of Conduct should be followed at all events and training sessions.

- Swimmers and staff will not bring, buy or consume alcohol, whilst on route, prior to, during or following a competition event, training camp or team activities.
- Smoking is prohibited by swimmers and staff whilst on route, prior to, during or following a competition event, training camp or team activities.
- Swimmers and staff will not bring, buy or take illegal drugs or substances for recreational use.
- Swimmers and Staff will not behave in any manner which is deemed to be offensive to fellow swimmers, staff or members of the public.
- Swimmers and Staff will not behave in a manner that may cause a breach of Health and Safety Regulations.
- The personal appearance of swimmers and staff shall be appropriate to the circumstances and as indicated by the Team Manager. Team kit and equipment shall be worn as directed by the Team Manager, when competing and training, when assembling or travelling.

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- Attendance at all activities is expected unless agreed by the Team Manager. Throughout the duration of the trip, swimmers should inform staff of their whereabouts. Punctuality on all occasions is essential and any curfew must be observed.
- The team manager and staff shall direct the allocation of accommodation at hotels and at no times must anyone extra be accommodated in the swimmer's room.
- It is important that any medication currently being taken is reported to the Team Manager. Allergies to any medication must be reported to the team manager.
- Swimmers and Staff will not behave in any manner not covered above, but in the view of the Team Manager is unacceptable

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