



Code of Conduct

The purpose of the Code of Conduct is to maintain Seagulls Swimming Club's (Seagulls SC or the "Club") reputation as a friendly, disciplined organisation & above all for the safety & wellbeing of our Members.

Members agree to abide by the rules of Seagulls SC & in particular the rules contained in the Code of Conduct.

As parents you should.....

- Ensure your child/s/ fees are paid by the 7th of every month.
- Ensure that your child is equipped properly, their kit is named & that nothing is left in the changing rooms.
- Let the Club & Coach know about any concerns, problems or medical conditions (pre-existing or new) which may affect your child's behaviour &/or performance.
- Make sure your child always has adequate sleep & is fit to train.
- Provide balanced meals, ensuring that your child is well hydrated prior to a training session / competition & provide a carbohydrate snack within 20 minutes of the session ending. In addition, ensure that your child has sufficient drinks for each training session / competition / gala.
- Ensure that your child arrives at all training & competition meets on time. If your child is late they will not benefit from proper warm-ups & they may miss important communications from the Coach.
- Ensure that if your child, for whatever reason, either arrives early, or leaves a training session early, they behave. The Club is not responsible for children outside of the pool area.
- Support all of the Club's policies on bullying, equality, child protection & welfare etc.
- Not use cameras or mobile phones on poolside to take pictures without notifying a Club representative first & signing the camera registration book.
- Give one (1) months notice in writing if your child wishes to give up swimming. Please note that fees are applicable until written notice is received by Club.

The swimmer will.....

- Be changed & ready to go on poolside ten (10) minutes before each training session, with all required kit for your squad as detailed in the Squad Overview letter and the Seagulls Website. Note: This includes always having a spare pair of goggles.
- Contact the Coach in advance if you are going to be late and speak to the Coach before you get changed if you have been unable to make contact in advance. The Coach will then decide if the reason you are late is valid before allowing you to get changed and swim.
- Go to the toilet before the session commences to minimise the need for the toilet during sessions. If you need the toilet during a set or competition you must ask permission to go.
- Ensure that clothing & personal items are not left in the changing rooms. Either they are brought onto poolside, or locked in the lockers; this includes when swimming at other clubs venues.
- Fully mobilise your joints and steadily stretch major muscle groups before commencing each session AND complete 'cooldown' sets and fully stretch at the end of each session.



- Wear a swimming hat for all training sessions.
- Wear a Seagulls SC shirt/tracksuit, a dark (plain) coloured swimming costume & only Seagulls SC swimming hats when representing the Club at competitions.
- Move around the pool & poolside in a safe manner. Whilst in the pool, the swimmers will not sit, lie, or stand on the lane ropes as this can cause both damage to the ropes and injury to the individual. Lane ropes are very expensive to replace/repair.
- Listen and face the Coach and not go underwater whilst they are talking.
- Not answer the Coach back. Instead you will wait for the appropriate time to speak to the Coach individually if you are unhappy, or do not understand what is required.
- Complete the full set and not stand up, or cut lengths during training repeats. If you have an issue, injury or cramp, climb out and explain your concerns to the Coach.
- Finish at the wall at the end of each repeat and move out of the way of swimmers behind you.
- Push off the wall 5 seconds apart using the Pace Clock.
- Make sure that all equipment i.e. lane ropes, floats etc are stored away before leaving poolside.
- Be kind, considerate & respectful towards all others, including fellow swimmers, Coaches & helpers & not become involved in any bullying or malicious behaviour (see also Seagulls Bullying Policy). Swimmers should not use bad language or swearing at any time.
- Not use mobile phones during a training session / competition / gala, or take pictures.
- Will take care of other people's property.
- Remember that you are a representative of Seagulls Swimming Club & behave in a sensible manner at all times - inside & outside of 2RM & New Milton Leisure Centres and any other venue where the club is involved.
- Swim to your best ability.

All swimmers, coaches, members and parents must adhere to the following.....

- Put the well-being, health & safety of members above all considerations including developing performance.
- At all times show a high standard of behaviour and personal conduct that reflects favourably on Seagulls.
- Alcohol is strictly forbidden for athletes under the age as defined by UK law. Alcohol must also not be consumed by any swimmers, coaches or helpers, en-route to, prior to, or following a competition event, training camp or team activities, without specific consent from the Team Manager. During competition, alcohol is strictly forbidden to swimmers, coaches and helpers.
- Smoking is prohibited for swimmers, coaches and helpers whilst en-route to, prior to, during, or following a competition event, training camp or team activities,
- Personal appearance shall be appropriate to the circumstances and as indicated by the Team Manager. Team kit shall be worn as directed by the Team Manager when competing and training, when assembling or travelling, at official team functions or on other occasions as notified.



- When travelling, 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.
- Illegal and performance enhancing drugs and substances are strictly forbidden. Swimmers are expected to be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during an event.
- Illegal drugs and substances – whilst these may not appear on the official banned list in respect of performance enhancing drugs, they are nonetheless prohibited.
- When travelling accommodation at hotels or equivalent must be as directed by the club staff and at no times must anyone extra be accommodated in swimmers' rooms.
- When competing, it is important that information on all medication being currently taken be reported to the Team Manager who will report it to the relevant personnel. Allergies to any medication must also be reported to the Team Manager.
- Breaches of the Code of Conduct shall be dealt with in the first instance by the Coach or Team Manager. He/she will report the incident to the Club Secretary who shall take such further action as is deemed necessary.
- When attending any event or training session all swimmers, Coaches, members and parents will:
 - Comply with the codes, rules & laws within the guidelines set out by the ASA.
 - Behave without discrimination on the grounds of race, colour, language, religion, birth or social status as set out in the equal opportunities policy.
 - Respect the basic human rights, worth & dignity of each member.
 - Not encourage swimmers, volunteers, officials or parents to violate the rules of the Club or the sport.
 - Observe the authority & the decisions of all officials.
 - Encourage all swimmers to obey the spirit of the rules & laws both in & out of the pool.
 - Treat other competitors, teams & officials with respect; both in victory & defeat.

Seagulls Coaches shall.....

- Be able to present evidence of qualifications on request.
- Ensure that all teaching, training & competition programmes are appropriate for the age, ability & experience of the individual swimmer.
- Treat all personal information about individual members as confidential except in exceptional circumstances regarding health & safety, medical requirements, disciplinary action, or in accordance with ASA Child Protection procedures & guidelines.
- Display the highest standards of personal hygiene.
- Not drink alcohol or smoke either before, or during teaching or coaching sessions or competitions.
- Seek ways of & be willing to increase the development of their current qualifications.
- Create a positive atmosphere.



Seagulls SC will.....

- Care for your child's safety & happiness.
- Provide appropriate training sessions relevant to your child's age & ability.
- Be open & welcoming at all times & offer opportunities for the progress of your child, encouraging your child to their full potential.
- Contact the parents if there any concerns or problems.
- Let the parents / children know that they have been selected for galas / open meets.

If a breach of the Code of Conduct exists

By joining Seagulls SC & paying your subscriptions, you agree to abide by the above. The Seagulls SC Disciplinary Code and ultimately the ASA law will deal with any breach of the Code of Conduct or any other behaviour deemed to be inappropriate. A breach of this Code of Conduct, or any other inappropriate behaviour will result in the procedures identified within Seagulls Disciplinary Code being instigated.