



Boronia Swimming Club

Po Box 219, Boronia, 3155

Reg. No. A00078861

Code of Conduct Policy For Training and Competition For Swimmers and Parents

SWIMMERS

1. RESPECT YOUR FELLOW SWIMMERS

- Respect the rights, dignity and worth of others.
- Be ethical, considerate, fair and honest in all dealings with others.
- When Training - Stay out of each other's way. Try not to swim into anyone. Watch where you are going.
- Keep to the left of the lane at all times.
- If someone is swimming faster than you are, let him or her pass you.
- Do not touch, grab, push, etc. any other swimmers.
- Don't be critical of another swimmer's ability. Remember that nobody is perfect, even you.
- If another session is in progress before you start, respect the coach and the squad by refraining from causing distraction.

2. RESPECT YOUR COACH

- Listen to instructions. When the coach is talking, everyone must be quiet so that you can hear what is happening next.
- If you don't understand something, ask the coach to explain it again.
- Don't complain about the training session. Remember that everybody likes different strokes and distances, so be prepared to do the different things set by the coach.
- Don't argue or answer back when you are told to do something.

3. RESPECT YOURSELF

- Be professional in, and accept responsibility for your actions.
- Train to your full potential.
- Be a positive role model
- Swim on the times that have been specified by the coach.
- If you are faster than someone, ask if you can go in front of them.
- If you aren't feeling well or have any injuries, tell the coach at the start of training.
- Older swimmers – remember that everything you do sets an example for the younger swimmers and they will want to follow your example, good or bad.

4. YOU ARE EXPECTED TO:

- Be at training 15 minutes before the scheduled starting time to stretch and prepare.



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- If you want to have a chat with the other squad members, organise to get there earlier. You may chat during rest intervals but not when you are supposed to be swimming.
- 5. STAY OFF THE LANE ROPES**
- You are allowed to lean on them to stay afloat but do not sit, kneel, stand, etc. on them.
- 6. DO NOT USE BAD OR OFFENSIVE LANGUAGE**
- Any bad language (or words that sound very similar) will not be tolerated.
 - If this happens you will be asked to leave training or the competition.
- 7. SWIM ALL THE WAY TO THE WALL AT EACH END**
- Finish each lap by touching the wall.
 - If you have finished and are waiting to go again, move out of the way of anybody behind you, otherwise you may get run over.
 - Try not to stop until you finish each swim. If you must stop make sure you move out of the way of the other swimmers.
- 8. BE ALL YOU CAN BE**
- Do your best at each competition.
 - If you swim a P.B. and don't win then you can still say that you did your best.
 - Remember what you can improve on, so that you can work on it at training.
 - Consider use of a training diary to record notes on your swimming, PB and meet times, and other information as required by the coach.
- 9. BREACHES OF THE CODE OF CONDUCT**
- Swimmers will be advised if they are in breach of any of the above points and dealt with accordingly as their Coach and/or Head Coach sees fit. More serious matters will be referred to the committee for investigation.
- 10. COMPETITION**
- Give your best at all times.
 - Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
 - Control your temper. Verbal or physical abuse is not acceptable.
 - Work equally hard for yourself and/or your team.
 - Be a good sport. Applaud good performances whether they are made by your team or the opposition.
 - Be respectful to team members and abilities in relays.
 - Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
 - Cooperate with your coaches, team mates, opponents, management, event staff and officials.



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- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.
- At competitions make sure that you are early enough to have a warm up, i.e. half an hour before the meet starts.
- If there is space available and you are allowed, try to do a little bit of a cool down. This will help you recover from your race and prepare you for your next one. Better preparation means better performance.
- Talk to the coach before and immediately after your race.
- Remember - You are representing Boronia Swimming Club at all times.

PARENTS

- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion
- Feel free to speak to your child's coach if you have any queries or issues. Arrange an appointment time convenient to both yourself and the coach.