

Aquatic Member Code of Conduct

At Sandwell Aquatics Club we **ALL** have a responsibility to promote high standards of behaviour and as an athlete you have an even bigger role in promoting the values and ethos of the club. We are more than just an aquatics club, and it is down to you to make everyone feel an important part of the team.

As a member of our Club you have a right to:

- Enjoy the time you spend with us and know that you are safe.
- Be told who you can talk to if something's not right.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected by us and other team members and be treated fairly.
- Feel welcomed, valued and not judged based on your race, gender, sexuality, faith or ability.
- Be encouraged and develop your swimming, open water swimming, and water polo skills with our help and support.
- Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate.

We expect the following general behaviour from all aquatic members:

- Treat all members of this and any competing clubs with respect and dignity. This includes swimmers, players, coaches, club captains, officials, volunteers and parents.
- Always listen to coaches, teachers, assistants and helpers and treat them with respect.
- Any bullying, use of inappropriate, bad or abusive language, discrimination, harassment or physical violence will not be tolerated and will result in action being taken through our disciplinary and welfare procedures (we have a ZERO tolerance against bullying of any form and anyone found guilty of bullying will be suspended until further notice).
- Support and encourage your team mates, tell them when they've done well and be there for them when they are struggling.
- To always act and speak positively about Sandwell Aquatics Club in all environments so as not to bring the club into any disrepute.
- No mobile phones are to be used by members in changing facilities at any time.

We expect the following from training sessions:

- Arrive in good time, loosen up and be ready to get in for when the session starts.
- Ensure you have all of your kit with you at the start of the session.
- Always participate to the best of YOUR ability giving 100% in both training and competition.
- Ensure you have a drinks bottle every session (no fizzy drinks).



SANDWELL AQUATICS CLUB

- Listen and focus on your coaches and teachers, do not take parental advice on our sport over your coaches, you will get confused or hinder your progress.

In a swimming session:

- Swim to the wall and always do the correct turns as you would in a race.
- Do not stop to let other swimmers past in the middle of the lane, swim to the wall and move across.
- Do not skip lengths or sets, you are only cheating yourself, swim until the coach asks you to stop.
- Do not follow or copy the swimmer in front, or stop when they stop, count your own lengths, check your own times.
- Focus on the points given while you are swimming, and retain them for every session.

In a water polo session:

- Warm up by stretching and swimming before throwing a ball.
- Carry out drills to the best of your ability.
- Observe the rules of water polo, especially in respect of contact.
- Respect your team mates, supporting and encouraging younger players.
- Be prepared to help put away equipment at the end of the session.

At Competition:

- Arrive at least 30 minutes before the first warm up to complete your pre-pool effectively with your teammates
- You must enter any competition/meets that your coach has targeted unless a prior discussion has taken place for unavailability
- Warm up following your coach's guidelines
- Swim Down (where possible) following your coaches' guidelines
- You are part of the team. Stay with the team at all times on poolside and ask permission from the coach if you need to leave.
- Always congratulate and support your team mates
- No mobile phones are to be used athletes during competition
- Always be proud of your club, wear club uniform when competing and a club hat when racing.
- Before you compete always go to your coach first for any pointers, advice or pep talks, not your parents
- Afterwards, always go to your coach first for feedback, not your parents.

Having read and understood the Sandwell Aquatics Code of Conduct, I hereby sign and agree to comply with all points as member and representative of the club

Print: _____

Signed: _____ Date: _____



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