

## Swimmers Code of Conduct

### *Training*

- Arrive on time at training – on the occasion that you are late, apologies and explain to the coach.
- Treat all swimmers fairly with Respect and Encouragement and be courteous of all swimmers different learning styles.
- Swimmers must not enter onto poolside unless a coach & Lifeguard is present.
- Swimmers must arrive on time for the start of a session to ensure they warm up correctly.
- No skipping lengths in warm ups.
- Swimmers should be wearing the appropriate swimwear/stretching gear for the session they are attending and have the necessary equipment for the session, E.g. Nose clips, goggles, hats, bottles. No jewellery should be worn.
- A drink and any necessary medication should be brought to poolside (E.g. Inhalers)
- Swimmers are not permitted to chew gum/eat during sessions without permission.
- Swimmers must inform the coach of any illness or injury before the start of a session.

- Behaviour must at all times be of a high standard and reflect favourably on the Synchronised Swimming Training Scheme & City of Leeds Synchronised Swimming Club.
- Ask permission to go to the toilet/get equipment from bags or leave poolside or land.
- Only appropriate and socially acceptable language must be used in public or relevant group situations.
- Clear up equipment safely after land.
- Bullying of a physical, verbal or emotional nature will not be tolerated.
- Swimmers must respect fellow swimmers, coaches, opponents and officials.
- Bad behaviour, cheekiness, answering back or arguing with coaches is not tolerated.
- Adhere to Club & SSTS – Social Media Policy
- Coaches/Welfare Officer will inform parents/carers if there are any grievances with a swimmer's behaviour or if they are not wearing appropriate clothing for their training session. In some circumstances participation in the session may be terminated if deemed necessary.
- If you have a problem, speak with your Coach or the Welfare Officer

## *Competing*

- When at competition swimmers **MUST** wear the full City of Leeds Synchronised Swimming Club team kit. Including t-shirts, Shorts/Black Leggings. Flip Flops or appropriate poolside footwear.
- Swimmers must wear Club Costumes for Warm up with Club Hats.
- Return ***Club Team Costumes*** in a respectable manner in the bag's you received them in with headdresses.
- Be courteous/polite/grateful to Team Manager and Chaperones throughout the duration of the competition.
- Tidy changing rooms after use.
- Swimmers are also expected to remain with the team for the duration of the event. To support and encourage other members of the Club.
- Adhere to Club & SSTS – Social Media Policy
- Behaviour must at all times be of a high standard and reflect favourably on the Synchronised Swimming Training Scheme & City of Leeds Synchronised Swimming Club.