



City of Leeds Synchronised Swimming Club (COLSSC) Swimmer's Code of Conduct

As a member of our club, we understand that we have the 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, called and not judged based on your race, gender, sexuality, faith or ability
- Be encouraged and develop your artistic swimming skills with our help and support
- Be looked after if there's an accident or injury and have your parents/guardians informed, where appropriate

As a member of our club we expect that you:

General behaviour

- Will treat all members of COLSSC with due dignity and respect.
- Will treat everyone equally and never discriminate against another person associated with COLSSC on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
- Understand that only appropriate and socially acceptable language should be used in public or relevant group situations.
- Understand that bullying of a physical or emotional nature or any behaviour which hurts others will not be tolerated.
- Will report any incidents of bullying or unkind or abusive behaviour to the club whether you are the victim or a witness.
- Adhere to the Synchronised Swimming Training Scheme and City of Leeds Synchronised Swimming Club Anti- Bullying Policy
- Will display a high standard of behaviour that

reflects favourably on the Synchronised Swimming Training Scheme and City of Leeds Synchronised Swimming Club.

- Will recognise and celebrate the good performance and success of fellow club and team members.
- Will respect the privacy of others, especially in the use of the changing facilities.
- Will not use mobile phones for any purpose while in changing facilities.
- Will adhere to the Club and Swim Training Scheme Social Media Policy.

Training

- Will treat your Coach and fellow swimmers fairly, with respect and encouragement and be courteous to all swimmers' different learning styles.
- Will make your Coach aware if you have difficulties in attending training sessions.
- Understand that you must not enter onto poolside unless a coach and/or lifeguard is present.
- Understand that you must arrive on time for the start of the session and ensure you warm up correctly.
- Understand that if you arrive late, you must report to your coach to apologise and explain why you are late.
- Will ensure that you wear the appropriate swimwear/stretching gear for the session you are attending, remove all jewellery and have all your equipment and necessary medication with you e.g. inhaler, drink, nose clips, goggles, hats etc.
- Will ask the Coach for permission if you need to leave the pool or land session for any reason during training, and will do so before leaving
- Will listen to what your Coach is telling you, behave responsibly and obey any instructions given.
- Will not skip lengths in warm ups.
- Will inform the Coach of any illness or injury before the start of the session.
- Will not chew gum or eat during the session without permission.
- Will speak to your Coach or the Welfare Officer if you have any problems or concerns.
- Will clear up equipment safely after land sessions.

While at competitions we expect that you:

- Will always behave in a manner that shows respect to your fellow swimmers, Coaches, opponents and officials
- Understand that you must wear the full City of Leeds Synchronised Swimming Club team kit, including COLSSC costume, hat, t-shirts, shorts/black leggings, tracksuit top (National Squads) & flip flops.
- Will wear club costume and club hat for all warm ups.
- Will be courteous and polite to the Team Manager and Chaperones throughout the competition.
- Will inform and get the consent of the Team Manager/Coach if you have to leave poolside/changing areas for any reason and will do this before leaving.
- Will return Club team costumes and headdresses in a respectable manner.
- Will help to tidy the changing rooms after use.
- Will be part of the team. This means you will stay with the team on poolside/in the changing rooms for the duration of the event and support and encourage all members of the Club

Signature of the child: _____

Signature of the parent/guardian: _____

Date: _____