

FORRES BLUEFINS SWIMMING CLUB

CODE OF CONDUCT

Revised – 7 Feb 2014



SWIMMERS

GENERAL

1. Behaviour and personal conduct must be of a high standard at all times and designed to reflect favourably on the club. Any other behaviour is unacceptable.
2. Always be respectful to coaches, officials, pool staff and fellow swimmers.
3. Understand the Club's anti-bullying policy. Bullying in any form will not be tolerated and will be punished in accordance with the discipline procedures detailed below.
4. Never use foul or abusive language nor actions or gestures that may cause offence.
5. Never use drugs or illegal substances. Alcohol is always prohibited to swimmers under the legal age limit and to all swimmers prior to/during training sessions and galas.
6. Read, understand and follow the Moray Council pool regulations displayed in the foyer area.
7. Social media sites are not to be used as a medium for posting derogatory or disrespectful remarks about members, coaches, committee members or the club in general. Care is to be taken when using social media to ensure photographs or comments posted after galas or training events do not infringe on fellow swimmers' privacy and are of an appropriate nature for public forums.

DURING TRAINING SESSIONS

1. Be punctual; swimmers should be ready (where possible) to enter the water once the lane ropes are in place.
2. Put clothes and bags in the lockers provided. Always leave the changing rooms tidy.
3. Warm up (flexibility stretches) quietly and do not enter the water until instructed by the session Coach.
4. Understand and be aware of pool safety and lane discipline. Never dive into shallow water.
5. Swim the programme to the best of your ability; ask the session Coach or helper if you do not understand something.
6. Always be attentive when addressed by the Coach/helper.
7. Never interfere with or disrupt other swimmers during training.

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8. Drink plenty of fluids during the session.
9. Limit time in the showers to a maximum of 5 minutes when busy.
10. If you feel unwell or must leave the water for any other reason inform the Coach/helper. Unless prior arrangements have been made or unless parental consent is given, it will be necessary to remain at poolside until the designated session finish time.

AT GALAS

1. Always be aware that you are representing Forres Bluefins and that your behaviour reflects on the Club.
2. Abide by the host club's rules regarding dress and eating of food poolside.

COACHES/POOLSIDE HELPERS

1. Ensure the safety and well being of club members during training sessions and galas.
2. Treat all swimmers fairly and without bias.
3. Achieve an environment in which swimmers are motivated to maintain participation and improve performance. Training programmes should be challenging.
4. Apply the Moray Council pool regulations, displayed in the foyer area.
5. Abide by SASA Code of Ethics and policies, including Equal Opportunities Policy and Child Protection procedures. Prior to the commencement of their position, all Coaches and poolside helpers will be briefed by the CPO.
6. Be aware of and understand the dangers of over-training and consider child development factors related to swimming.
7. Be courteous to swimmers and parents/guardians when responding to their queries.
8. Encourage new members, helpers and parents/guardians to ensure the successful future of the Club.

PARENTS/GUARDIAN

1. Support and encourage your child to comply with the swimmers Code of Conduct.
2. Encourage your child to always do their best and maximise their potential within the Club.

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3. Consider the interests of other swimmers in the Club ensuring they are treated fairly and with respect.

Try to actively support the Club in fundraising and other administrative activities.

DISCIPLINE PROCEDURES

This section details the actions to be followed in the event of any aspect of the Code of Conduct being breached. For discipline problems during training sessions and at galas the senior Coach present will be responsible for determining the severity of the breach and the required course of action. He will also be responsible, where possible, for establishing any evidence to substantiate or dispel any disciplinary claim made against a Forres Bluefins swimmer for which he was not present. In the absence of a Coach this should be actioned by a poolside helper or Committee member holding the relevant Child Protection clearances.

Everybody should be aware that the Club has a duty to report certain serious discipline issues (regarding child abuse or criminal offences) to SASA, as stated in Scottish Swimming Policy Statement BL 16.1.3.

1. 'TIME OUT ONE' The swimmer leaves the water and the Coach/helper explains why they have been temporarily removed from the session. The swimmer is then given a period of time (maximum of 3 minutes) to sit at poolside and consider their behaviour. No further action will be taken.
2. 'TIME OUT TWO' The swimmer is suspended from the training session. They are to get dressed and return to the seating area. The Coach/helper will then explain why they have been removed from the session. Swimmers will not be permitted to leave the pool building prior to the designated session end time without parental consent. Swimmers will be issued with a written record of a 'Time Out Two', a copy of which must be signed by a parent/guardian and returned to the Club. A second 'Time Out Two' will be dealt with as per a 'Serious Discipline Breach'.
3. 'SERIOUS DISCIPLINE BREACH' The swimmer will be informed and given a written record of the nature of the breach. A copy of this must be signed by a parent/guardian and returned to the club. The matter will then be brought before the Forres Bluefins Committee to determine a course of action. A 'Serious Breach of Discipline' could result in suspension or expulsion of the swimmer from the Club.

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ACCEPTANCE

We confirm that we have read, understand and agree to abide by the the Forres Bluefins Code of Conduct (Dated 07 Feb 2014) and accept the Discipline Procedures detailed: (Parents/guardians of swimmers under the age of 18 should sign the relevant section in addition to the swimmer).

SWIMMER:

Name: _____

Signature: _____

Date: ____/____/____

PARENT/GUARDIAN.

Name: _____

Signature: _____

Date: ____/____/____

COACH/POOLSIDE HELPER:

Name: _____

Signature: _____

Date: ____/____/____

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CONFIRMATION OF ACCEPTANCE OF CODE OF CONDUCT

Please sign and return this copy to the Club Secretary.

We confirm that we have read, understand and agree to abide by the the Forres Bluefins Code of Conduct (Dated 07 Feb 2014) and accept the Discipline Procedures detailed:

(Parents/guardians of swimmers under the age of 18 should sign the relevant section in addition to the swimmer).

SWIMMER:

Name: _____

Signature: _____

Date: ____/____/____

PARENT/GUARDIAN.

Name: _____

Signature: _____

Date: ____/____/____

COACH/POOLSIDE HELPER:

Name: _____

Signature: _____

Date: ____/____/____