

## Sheffield City Swimming Club – Code of Conduct

### SWIMMERS

#### At all times:

1. Be courteous and helpful to all other swimmers, parents, coaches, club members and officials. Foul or offensive language should never be used.
2. Physical or verbal abuse towards other swimmers or club members will not be tolerated.
3. Do NOT go onto poolside unless a designated Club official is present.
4. Accept the instruction and guidance of the coach, at all times and without delay. Give your best 100% of the time.
5. Welcome any new club members and give them guidance when needed.
6. Encourage team-mates in their swimming.
7. Respect the property of others and never tamper with pool equipment.
8. Always inform club officials well in advance if you are unable to represent the club if selected, so that a substitute can be found.

#### At training:

9. Be on time and bring everything you need for training.
10. Co-operate with the guidance and instructions from the coaches. If you have an individual question, discuss it with your coach without interrupting the session for other swimmers.

#### At Competitions:

11. Arrive in good time to warm up with your team-mates always minimum ½ hr before meet is scheduled to commence, unless otherwise stated.
12. Participate according to the rules and in the spirit of fair play.
13. Wear club uniform: club costume, swim cap and tee-shirt.
14. Stay away from pool deck, marshals and officials unless preparing to race.
15. Be friendly to other swimmers in the marshalling area. Before events, relax, focus on your race - don't be silly.
16. Always congratulate other swimmers after the race regardless of results.
17. Accept the judgement of officials and team managers.

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Having read and understood the above Sheffield City SC Code of Conduct, I agree and comply as a member in good standing.

Member's Name: \_\_\_\_\_

Member's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature (if under 16): \_\_\_\_\_