



SWIMMERS CODE OF CONDUCT

1. Pool rules and regulations must be adhered to at all times.
2. **Arrive on time and be prepared to swim. Swimmers are to be changed and ready to start their warm up 15 minutes prior to training. No swimmers are permitted to enter the water prior to this.**
3. Wait for instructions from the coach before entering the water. Listen carefully and follow instructions.
4. While at training, do not leave the Aquatic Centre without the coach's permission.
5. Complete the workout and practices with enthusiasm and respect for the coach and other swimmers.
6. Use appropriate language at all times.
7. Respect the bodies, belongings and feelings of other swimmers.
8. Have a helpful and supportive attitude toward other members of the club.
9. Show positive team spirit.
10. If a swimmer is being disruptive throughout the training session, they will be spoken with and may be asked to sit out for a period of time during that session. If further disruption continues, the swimmer's parents will be informed.
11. Behave in an appropriate manner to other swimmers, parents, coaches and the personnel of the Aquatic Centre.
12. Get to know your coach by communicating with him/her. Talk to your coach about any problems or worries you might have at swimming.
13. Know your personal best times (PB).
14. Swimmers are responsible for returning club equipment to the shed after use.
15. Personal equipment is the swimmers responsibility.
16. At Time Trials and Events, all swimmers are to remain in the marshalling area so they can be marshalled for their next event.
17. A swimmer has responsibilities to the TEAM, the COACH, his/her PARENTS, and most importantly THEMSELVES.

The Club has an obligation to act as guest while in the Aquatic Centre. Every member of the Club needs to do everything possible to respect this privilege. Any damages to pool property may result in financial liability of the swimmers' parents. Any damage may result in the swimmer being asked to leave the team / Club permanently.