



# Codes of Conduct



# Code of Conduct: Coaches, Support & Parents

The essence of good ethical conduct and practice is summarized below for coaches, volunteers, parents and other support personnel.

- ✓ Consider the wellbeing and safety of participants before the development of performance.
- ✓ Develop an appropriate working relationship with performers based on mutual trust and respect.
- ✓ Make sure all activities are appropriate to age, ability and experiences of those taking part.
- ✓ Promote the positive aspects of the sport ( e.g. fair play, mutual support).
- ✓ Display consistently high standards of behaviour and appearance.
- ✓ Follow all guidelines laid down by national governing body and club.
- ✓ Hold appropriate, valid qualifications and insurance cover.
- ✓ Never exert undue influence over performers to obtain personal benefit or reward.
- ✓ Never condone rule violations, rough play or the use of prohibitive substances.
- ✓ Alcohol must not be consumed by support staff whilst en route, prior to or following a competition, event, training camp or team activity. During competition alcohol is strictly forbidden to all coaches, team managers and support staff. The club discourages consumption of alcohol by parents ad spectators before and during events and competitions.
- ✓ Encourage performers to value their performance and not just results.

I agree to abide by the above summary of code of ethics and conduct:

Name \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_



# Code of Conduct: Athletes

## Why do we have a code of conduct?

The purpose of a code of conduct is to establish a set of guidelines and procedures, which outline the responsibilities and behaviour of both staff and swimmers who are members of **Lancaster City Amateur Swimming & Water Polo Club**. Whilst it is specifically aimed at “away” trips where travel and accommodation are required, it is expected that the principles of the code of conduct should be followed at all events and training sessions. The document should also be read in conjunction with other policy documents of the club, which set up clear rules and procedures in addition to the following **Code of Conduct**:

- ✓ **All members must play within the rules and respect officials and their decisions.**
- ✓ **All members must respect** the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- ✓ **Behaviour and Personal Conduct** must at all times be of a high standard to reflect favourably of the sport and the club. Language in public or in relevant group situations must always be appropriate and socially acceptable.
- ✓ Members should **not make use of non-designated areas** at any of the facilities used by the Club.
- ✓ **Consumption of Alcohol** is totally forbidden for athletes under age as defined by UK law. It must not be consumed by swimmers or staff members whilst en route, prior to or following a competition event, training camp or team activities, without specific consent of the Team Manager. During competition alcohol is strictly forbidden to all swimmers and members of staff.
- ✓ **Smoking** is prohibited by swimmers and staff whilst on route, prior to, during or following a competition, training event or team activity.
- ✓ **Illegal & Performance Enhancing Drugs & Substances** are strictly forbidden. Swimmers are expected to be aware of the banned substances and care should be exercised if swimmers are on medication before or during a meet.
- ✓ **Illegal Drugs & Substances** are prohibited even if they do not appear on the official banned list.
- ✓ **Medication** should be brought to all sessions and events where it may be required along with information about its use. Allergies to any other medication should be reported to the team manager and on the annual membership form.
- ✓ **Personal Appearance** shall be appropriate to the circumstances and as indicated by the team manager. Team Kit shall be worn as directed by the team manager, when competing, and training, when assembling or travelling, at official team functions or on other occasions as directed.
- ✓ Members must **pay any fees** for training or events promptly.
- ✓ **Attendance** at all agreed sessions and events is expected unless agreed by the team manager. Throughout training or events swimmers should inform a club official of their whereabouts if they are not undertaking activities as directed.
- ✓ **Members should keep to agreed timings** for training and competitions or inform their coach or team manager if they are going to be late.

**All swimmers and players should be on the poolside 5 minutes before each training session; this will provide time for stretching and ensure a prompt start of the warm-up.**

**Athletes who are late for training should inform the coach before getting changed.**

**Late attendance on poolside may result in being refused entry to that session and any subsequent sessions on that day.**

I agree to abide by the above summary of code of ethics and conduct,

Name \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_