



## **CODE OF CONDUCT - SWIMMERS**

*Team Luton is proud of its athletes and their achievements and asks that all swimmers follow this simple code of conduct.*

### General behaviour

1. Treat all members of the club with due respect including:
  - Fellow swimmers
  - Coaches
  - Officials
  - Volunteers
2. Treat all competitors and representatives from competing clubs with due respect.
3. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.

### Swimming training

1. Arrive in good time to stretch, 15 - 20 minutes before start time.
2. Have all your equipment with you, i.e. paddles; kick boards, hats, goggles, fins, drink bottles, etc.
3. Use the lavatory before training begins and always inform the coach if you need to leave the pool during training.
4. Listen to what your coach is telling you.
5. Always swim to the wall as you do in a race, and practice turns as instructed.
6. Always swim continuously in the lane, as stopping during a length may cause injury to you or to others.
7. Let faster swimmers go by and do not block the lane. Bear in mind different swimmers may be faster at different strokes.
8. Lane ropes are there as lane dividers and not for pulling on as this may injure you and other swimmers.
9. Always complete the set /lengths to maximise the benefit of the session as otherwise you are only cheating yourself.





10. Think about what you are doing during training – technique and training will deliver results.
11. Remember that your behaviour in the changing rooms will be noticed by other pool users.
12. Thank the coach at the end of the session.

## Competition

1. You must swim events and galas that the Head Coach has entered/selected you for unless agreed otherwise by prior agreement with the relevant club official.
2. Should you be unwell or unfit for a gala it is your responsibility to immediately advise the coach or team manager.
3. At Galas, Open Meets and club events check when you should sign in or post your cards, sign in or register and be sure to post them on time.
4. Warm-up before the event. Prepare yourself for the race.
5. Warm up properly by swimming, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions.
6. Be part of the team. Stay with the team on poolside. If you leave for any reason you must tell the Coach and Team Manager where you are going.
7. Listen for your race to be announced. Go to the marshalling area in time and report in. Take your hat and goggles with you.
8. Support your team mates. Everyone likes to be supported.
9. You must wear club uniform and hats when representing the club.
10. Swim down after the race, if possible. Do not use this time to play.
11. After your race report to the coach, not your parents. Receive feedback on your race and splits.

## Questions about this code of conduct

All queries in connection with the code of conduct should be directed to the club's Head coach ([headcoach@teamluton.com](mailto:headcoach@teamluton.com)) or Parent Liaison Officer ([parentliaison@teamluton.com](mailto:parentliaison@teamluton.com)).

