



CODE OF CONDUCT FOR SWIMMERS FROM ALL DISCIPLINES

GENERAL BEHAVIOUR

1. Treat all members of the club with due respect including:
 - Fellow Swimmers
 - Coaches
 - Officials
2. 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 LESSONS

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 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. Do not skip lengths or sets you are only cheating yourself.
7. Think about what you are doing during training.
8. If you leave the pool for any reason you must tell the teacher where you are going.
9. Support everyone in your lesson. Everyone likes to be supported.

Signed (Swimmer) _____

Date _____