

## Code of Conduct for Swimmer

As a swimmer I will:-

- Agree to abide by the rules of the club
- Be respectful of pool facilities, equipment and other pool users when attending training. Whenever sharing facilities with the public I will be expected to behave in the manner that reflects the good name of Brighthouse swimming club. Bad behaviour may mean I may be expelled from the club.
- Give respect to Coaches, pool observers, other club staff and the centre staff at all times.
- Be courteous and respectful to all fellow swimmers. Bullying in any shape or form (e.g. Name calling, unpleasant comments to and about other swimmers, damage to their swimmers property) will not be tolerated and may result in suspension from the club.
- Listen to the coach and train to the best of your ability at all times during training.
- Be on time and prepared for the start of each lesson with all equipment (goggles, long hair tied back, correct swim wear (not shorts) other specialist equipment as directed by the Coach)
- Attend all appropriate meets and galas as directed by the Coach.
- Encourage and support all members of the club during training and competitions (this includes giving way to faster swimmers during training)
- Must not drink alcohol, no smoking of any kind and no use of illegal substances
- Not to use banned performance enhancing substances
- Conduct myself in a responsible manner whilst using the centre facilities, in particular on the poolside.
- Ensure that behaviour in the changing area does not reflect poorly on the club at any time.
- Make sure that outdoor footwear is removed or that shoe protectors are used in the Brighthouse changing area.
- Understand that bad behaviour will not be tolerated especially if it affects other swimmers or impacts on the public
- Inform the Club staff AND my Coach should you be taking any and all medication so that records can be kept current. This includes allergies.
- Most importantly enjoy swimming!