



RUTHERGLEN AMATEUR SWIMMING CLUB CODE OF CONDUCT FOR SWIMMERS

WHY A CODE OF CONDUCT?

The purpose of this document is to outline the conduct of swimmers at training sessions and galas. In order to maintain the Club's reputation as a friendly and disciplined organisation and above all for the safety and well being of all swimmers, all members must agree to abide by this Code of Conduct.

The Club is part of Scottish Amateur Swimming Association and West District and as such all swimmers are primarily subject to the rules of the Governing body.

BEHAVIOUR

General

- The Club will not tolerate bullying in any of its forms.
- Members should have a polite and orderly manner at any time they are representing or associated with Rutherglen Swimming Club.
- Swimmers who misbehave in the pool may be asked to leave the session. A committee member will be asked to ensure that they remain within the building until collected by a parent or guardian. Under these circumstances swimmers must not join the adjacent public swimming session.
- While we encourage you to swim as often as possible, if you are not training at one of your squads sessions, you should not be swimming in a **public session**, either before, during or after your squad session.
- In Club and Public Sessions you are expected to obey all pool rules and exhibit exemplary conduct and set an example above the level of the General Public

In changing room, swimmers must:

- Behave in a responsible and orderly manner in the shower area and the changing rooms, and change as quickly as possible.
- Respect the property of other swimmers and the pool providers.

On coaches to away galas, swimmers must:

- Remain seated throughout the journey with seat belts fastened.
- Not interfere with any safety equipment including alarms, switches, handles, etc.
- Comply with the instructions of the coach driver.
- Respect the condition of the coach and place all rubbish in the receptacle at the front of the coach.

TEAM COLOURS

- Whilst Swim training, you may wear any appropriate swimwear, except, Beach wear/Shorts, Bikini's or other Club's colours, including South Lanarkshire Swim Squad.
- At Competitions you may only wear Rutherglen Colours or a Racing Costume of a better or more appropriate specification. Everyone is recommended and encouraged to wear a Swim Cap which is issued and approved through the Rutherglen Club Shop. No other cap allowed whatsoever.
- At Land Training appropriate kit should be used, no Shoes, Jeans or other Sports Colours i.e. Football Strips.

In the water and on poolside, swimmers must:

- Obey promptly all instructions from the Coaches. This also applies to obeying instructions at galas from team managers and any officials on duty including Coaches from other Clubs and Pool Staff.
- Behave in a safe and responsible manner.
- Not to use abusive language or act in an aggressive manner.
- Behave in a "sporting" manner in all races and situations.

District and Performance Squad

Swimmers accepting places in these squads become additionally part of South Lanarkshire Swim Squad (SLS). Non attendance at SLS events will mean that swimmers will return to Gold Squad, unless prior notification of non attendance is given to Rutherglen Head Coach. In such cases you will not be entered in SLS events including the Scottish Nationals.

You will additionally have to sign a South Lanarkshire Code of Conduct which applies to Rutherglen too. Whilst swimming under SLS you are still principally a Rutherglen Swimmer and as such display a high level of Conduct.

ALL SWIMMERS

Your Squad forms include more detailed information and requirements that should be followed above these guidelines.

PUNCTUALITY

Everyone is late sometime due to circumstances beyond control or other commitments. However, If you are present and on the premises and still late you may be excluded from the session, but will remain and not be sent home until collected.

Team/Swimmer briefings

These are given before and after each event. It is your responsibility to present yourself to your Coach/Team Manager before, and after to discuss your performance, before you speak to anyone else about it.

ITEMS FORBIDDEN ON POOLSIDE

- Any type of glass – for safety reasons.

Ver 3.0 May 2009