



CODE OF CONDUCT

You agree to abide by this code of conduct when you or your parent/ carer(s) if you are under 18 years old, sign the Membership Application Form

Objectives: To make Whitchurch Wasps Swimmers fully aware of their rights and responsibilities.

General

All at Whitchurch Wasps will at all times:

1. Treat all members of the club, other clubs and pool staff politely with due respect including fellow swimmers, coaches and officials
2. Abide by the ASA Code of Conduct for Parents and Swimmers, available from the club website.
3. Not use any inappropriate or abusive language, bullying, harass, discriminate or use physical violence. Any violation could result in action being taken through the club disciplinary or child welfare policy.
4. Participate in the sport within the rules of the ASA and respect both officials and their decisions.
5. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
6. Be aware that bullying will not be tolerated by the ASA or Whitchurch Wasps Swimming Club
7. Commit pay all due fees and donations by direct debit or otherwise as agreed, in a timely manner.
8. Willingly participate in club events and activities, recognise and celebrate the good performance and success of fellow club and team members.

Training Sessions:

Whitchurch Wasps Swimmers are to:

1. **Arrive in good time** to stretch (10 – 15 minutes before start time). If you are unavoidably late for a session apologise to your coach and ask permission to train. If you arrive after the warm up has been completed or when there is insufficient time left to fully warm up your coach may not allow you to swim.
2. **Prepare for training:** Take drinks bottle, hat, goggles, kickboard, pull buoy, paddles and your log book. Don't forget your costume and towel. Make sure that you have energy for your session and have followed the guidelines on Nutrition (see Website - Members Area).
3. **Keep Hydrated:** have at least one (1 Litre) water bottle filled and ready for consumption during training.
4. **Use the toilet** before training. Do not go to the toilet during the main set. **Inform the coach** if at any time you need to leave the pool.
5. **Pay Attention** to pre-training instructions and explanations of the set – it wastes time for both the coaches and the swimmers if instructions need to be repeated. Face the coach when he/ she is talking and **LISTEN** - no chatting.
6. Start every set with a **correct racing start**. Swim to the wall and turn as you would in a race, and finish as fast at the wall (no breathing in the last 5 metres). Once finished, move over for the next swimmer to finish.
7. **Don't stop and stand in the lane**, you may get injured.
8. **Don't pull on the ropes**, this may injure other swimmers and **don't sit on the ropes** as this stretches them and they are expensive to repair or replace
9. **Don't skip lengths or sets**, you are only cheating yourself. **Concentrate on technique** throughout the session.
10. **Parents and carers are responsible for the timely, safe delivery and collection** of their child to and from any training session or competitive event, except when the organisation is providing transport for the team.



Lane Etiquette (Training & Warm ups):

Whitchurch Wasps Swimmers must:

1. **Warm up** – Start slowly to gradually warm up your muscles and joints to reduce the risk of injury, ensure you are ready to work hard during the main set.
2. Having been allocated to a lane by the Coach, **accept the Coach's decision** and train accordingly.
3. **Remain aware** of where others are in the lane and be considerate to faster/ slower swimmers – they are all trying as hard as you.
4. Use the pace clock, **leave a 5 second gap** before you set off.
5. If you **catch up** the swimmer in front, tap their toes **once**, the swimmer in front will let you pass **at the next turn**.
6. If your toes are tapped **swim to the end of the lane** and let the swimmer behind overtake. **Do not stop, go under the water or slow down**
7. **Swim in the correct direction** in the lane, keeping to the side. Ask the Coach if you are unsure which direction you should swim.
8. **Don't swim in the middle of the lane**, the extra space is needed for swimmers arms (fly and breast) and legs (breast).
9. **When coming in to turn** cut across the lane just before making the turn and push off straight – don't turn and push off at an angle – this is dangerous for the swimmers behind you and does not give you the maximum propulsion from the wall.
10. **Move out of the way** to allow the swimmers following you to turn or finish correctly and safely.
11. **Swim Down at every session**, this is an important part of training to avoid injury.

Galas/ Competitions:

Whitchurch Wasps Swimmers must:

1. **Swim events and galas** that the Coach/ Team Manager has entered/ selected you for, unless agreed otherwise by prior agreement with the relevant club official. Show respect and compliance to requests/ instructions from the Coach / Team Manager and chaperone(s).
2. **Behave** in a manner that supports and reflects the good name of Whitchurch Wasps.
3. **Wear official Wasps kit** (swim hats, T bags, hoodies, costumes) *Wasps* club kit must be worn for the presentations of medals/ awards.
4. **Ensure you know the arrangements** for the event and arrive in plenty of time (at least 15 minutes before the warm up).
5. **Eat properly** before and during the event, follow the Nutrition guidelines on the website
6. **Warm up** before the event, prepare yourself for the races. Ensure you warm up by swimming not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions. **Obey the instructions** of the Warm-Up Marshals.
7. **Be part of the team**. Stay together on poolside. If you need to leave poolside for any reason you **must tell** the Coach and Team Manager where you are going. **Support your team mates**. Everyone likes to be supported.
8. **Listen for your race to be announced**. Report to the Marshalling Area / clerk of the Course/ Competitors Stewards in good time for your race(s). *Take your hat and goggles with you*.
9. **Swim down after every race** if the facility exists. Do not use this time to play.
10. **After your race report to the coach** (not your parents). Receive feedback on your race and splits. **Let the Coach be the judge of your performance**, you must talk/ listen to your coach immediately before and immediately after your event for accurate / specific feedback on your performance. Make a mental note of any suggestions for improvement which you can practice in training and implement in future competitions.
11. **Publicly accept all judgements of officials**. If you need to speak to the Referee, be polite and choose an appropriate moment. They will not mind you asking polite questions.