



# FALCON AMATEUR SWIMMING CLUB

## CODE OF CONDUCT FOR SWIMMERS

### General behaviour

1. Treat all members of the club with due respect including  
Fellow swimmers  
Coaches  
Officials
2. Treat all competitors and representatives from competing clubs with due respect.
3. The use of inappropriate or abusive language, bullying, name calling, 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 5-10 minutes before.
2. Have all your equipment with you, i.e goggles, hats (essential for long hair), floats etc.
3. Use the toilet before training begins and always inform your coach if you need to go during training.
4. Listen to what your coach is telling you. If you do not understand ask.
5. Always swim to the wall as you would do in a race, and practice turns as instructed.
6. Do not stop and stand in the lane, you may get injured.
7. Do not pull, hang or sit on the lane ropes as this may injure other swimmers and break the ropes.
8. Do not skip lengths or sets as you are only cheating yourself.
9. Think about what you are doing during training.

### 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. Always warm up before the event. Prepare yourself for the event.
3. Use the warm up to swim properly, not playing or stopping in the lane. Turning practice should have taken place during your normal training sessions.
4. Be part of the team. Stay with the team on poolside and always inform the Team Managers if you need to go anywhere.
5. Support your team mates. Everyone likes to be supported!
6. You must wear your club hats and t-shirts when representing the club.

**Signed.....Dated.....**