



Aberdeen Dolphin Swimming Club Code of Conduct

The purpose of the Code of Conduct is to maintain the Club's reputation as a friendly and disciplined organisation. However above all else it is for the safety and well being of swimmers. Members must agree to abide by the rules of the Club, and in particular the rules contained in the following Code of Conduct.

General

1. The club will not tolerate bullying in any form
2. Members should behave in a polite and orderly manner at all times when representing the club
3. When Aberdeen Dolphin Swimming Club is hosting a meet, swimmers are asked to stay on the poolside until guest teams have departed. It is understood that this may not be possible at some meets, for example Beta League matches

In the water and poolside swimmers must:

1. Obey promptly all instructions from the coaches and obey instructions at galas from any of the officials on duty
2. Behave in a safe and responsible manner
3. Not use abusive language or act in an aggressive manner
4. Behave in a 'sporting' manner in all races
5. Ask permission from the chaperones or Coach before leaving the poolside for any reason
6. Not leave the poolside to get changed before the end of the meet, unless permission is given
7. Wear Aberdeen Dolphin Swimming Club cap and swimsuit/jammers to compete and a Dolphin top to receive any awards
8. Support and encourage your team
9. Accept defeat in your race with grace and show good sportsmanship
10. Stay on the poolside until the final result has been called, and be sure to leave as a team together
11. Show care and consideration to others at all times so as to ensure safe and effective training sessions
12. Be on poolside 10 minutes before the appropriate start time of each training session
13. Sort out all equipment, (hats, goggles, drinks, boards and flippers), before the warm up starts
14. Only enter the water when instructed to do so by their lane coach and then do so immediately, in an orderly manner
15. Be prepared to do their best in all training sessions. They will be asked to leave the sessions if their behaviour is not considered appropriate
16. Move carefully and safely around the poolside - no running, pushing swimmers into the water or throwing in objects
17. Not take medication poolside unless under parental guidance. The club cannot provide any medication for swimmers

In the changing rooms swimmer must:

1. Behave in a responsible and orderly manner in the shower area and the changing rooms and change as quickly as possible
2. Respect the property of other swimmers and the equipment and fabric of the swimming pool



On the coach and at hotels swimmers must:

1. Remain seated throughout the journey and comply with any instructions from the chaperones and coach driver
2. Not interfere with any safety equipment including alarm buttons, switches, handles etc.
3. Respect the condition of the coach and clear up rubbish
4. Wear the relevant Dolphin Swimming Club kit, ideally this should be tracksuit and Dolphin tops
5. Not leave the hotel without a chaperone or coach unless in an emergency situation, fire etc.
6. Treat the hotel equipment and fabric with respect
7. Not behave in a noisy or rowdy manner
8. Respect their room mate's needs

All parents and guardians are expected to:

1. Ensure that swimmers attend regularly, on time and inform the club of any health related issues that might affect a swimmer's performance
2. Respect the judgment of all teachers and coaches and decisions of any officials
3. Support the Club in reinforcing its guidelines and policies
4. Focus on your child's efforts and performance in a positive manner
5. Support your child when he / she is selected to represent the Club
6. Not distract the coach at poolside, unless alerting the coach to an unsafe condition or emergency
7. Arrange a mutually acceptable time/date with the coach to talk about any coaching or progression concerns

All Teachers, Coaches, Officials, Poolside Helpers, Chaperones and anyone acting as a representative of the club shall:

1. Abide by the Aberdeen Dolphin Swimming Club policies regarding Child Protection
2. Ensure that tasks and /or training sets are suitable for the age, experience, ability and physical and psychological conditions of the swimmers
3. Where appropriate, maintain the validity of their qualifications
4. Give feedback to swimmers and parents
5. Be conscious of always presenting a professional appearance and positive role model on the poolside
6. Always act in the best interest of the children and maintain a safe and secure environment for all