

CODE OF CONDUCT FOR SWIMMERS

As a member of BOSS you will be expected to adhere to the following rules and guidelines;

General behaviour

1. Treat all members of our Club and the wider swimming fraternity equally, with respect and cordiality.
2. The use of inappropriate or abusive language, bullying, harassment (either actual or via social media), or physical violence will not be tolerated and will result in action being taken in line with the Club discipline Procedures (see Sanctions).
3. Display a high standard of behaviour at all times, and always report any undesirable actions by others to an appropriate club official. This also includes when off poolside, for example, in changing areas.
4. Recognise and celebrate good performances from your team-mates.

Behaviour during Training

1. Treat your Coach and fellow swimmers with respect
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3. Arrive on poolside in good time to complete the pre-swim warm-up.
4. Face and listen to your Coach when training instructions are being delivered – do not interrupt but equally please ensure you understand, and always act upon feedback.
5. Complete every length, practising the correct turn at each end of length. This also means allowing team-mates room to complete their lengths and turns so do not obstruct the end of the lane or wall.
6. Do not sit or pull on lane ropes and remain in your lane unless instructed to move over by your Coach.
7. Follow your Coach's exact instruction – do not skip lengths or sets, even if fellow swimmers do not complete them.
8. Concentrate on ensuring you are training to the best of your ability and leave the lane discipline of other swimmers to the Coach.

If invited to Land Training sessions, ensure you are respectful to the instructor and be mindful of other users of the gym facility, including by wearing appropriate, comfortable and modest training attire.

CODE OF CONDUCT FOR SWIMMERS (CONTINUED)

Competition

1. BOSS expect impeccable levels of respectful behaviour at all galas, open meets and competitions, at whatever level. The guidelines in our General Behaviour section apply and should be extended towards the swimmers and club officials of all competing clubs.
2. Ensure you arrive poolside in good time, wearing Club approved attire, fully equipped with swimwear, goggles and the Club Hat, and prepared with sufficient drinks and nutritious snacks. Mobile telephones or tablet devices are not allowed poolside.
3. Report to your Coach or Team manager on arrival and commence the warm-up as directed.
4. BOSS is a team – stay with your team and support your team-mates. If you need to leave poolside please inform the Team Manager/Coach.
5. After your own race report to your Coach for feedback.
6. Swim down sensibly after the race if the facility is available. Do not remain in the pool chatting and blocking the lane. If there is no swim down pool, complete appropriate stretches as instructed by the Coach.
7. Never leave an event before the end unless permission has been obtained from your Coach/team manager.

CLUB DISCIPLINE PROCEDURES, including Sanctions

1. If your conduct in training is deemed by your Coach to be disruptive or disrespectful you will be asked to leave the pool to sit poolside for an appropriate timeout
2. If you refuse to accept this sanction, your parent(s) will be immediately informed and asked to remove you from the pool for the rest of the session, and you may then be subject to an extended suspension from future training sessions. If after a poolside timeout you are allowed to return to the water and your behaviour has not improved, this will result in exclusion from the remainder of the session, and suspension from future training considered.
3. Continual breach of any of the rules of our Code of Conduct will result in temporary suspension from training until a commitment to improved behaviour is received. The length of the suspension is at the discretion of the Coach and the Committee, and does not preclude payment of fees for that period.
4. Inappropriate, bullying or harassing behaviour, either in person or via social media, towards fellow swimmers, coaching staff or Club Officials, be they members of BOSS or from other clubs, will require a reparatory response, such as a verbal and/or written apology within 3 days of the disciplinary meeting. Your parent/carer will be asked to attend this meeting.
5. The Committee will also issue a written warning to any swimmer proven to be in serious breach of our rules, and a further breach of the Code of Conduct within the next 6 months may lead to permanent expulsion from the Club.
6. Extremely serious or dangerous misdemeanours may result in instant suspension/expulsion, at the discretion of the Committee and Coach.



CODE OF CONDUCT FOR SWIMMERS (Continued)

Swimmer:

I HAVE READ AND UNDERSTOOD THE CODE OF CONDUCT AND CLUB DISCIPLINE PROCEDURES, AND BY SIGNING BELOW AGREE TO ADHERE TO THE SAME.

Signed..... DATE.....

PRINTED NAME of SWIMMER.....

Parent/Carer (where the Swimmer is under 18 Years old)

I HAVE READ AND UNDERSTOOD THE CODE OF CONDUCT AND CLUB DISCIPLINE PROCEDURES, AND EXPLAINED THEM FULLY TO MY CHILD/GUARDIAN. I AGREE TO SUPPORT BOROUGH OF SOUTHEND SWIMMING CLUB IN THE APPLICATION OF THE ABOVEMENTIONED DISCIPLINARY FRAMEWORK IF MY SWIMMERS'S BEHAVIOUR FALLS BELOW THE EXPECTED STANDARDS LAID DOWN IN THIS DOCUMENT.

Signed..... DATE.....

PRINTED NAME of PARENT/CARER.....

When fully completed, please return this page immediately to the Club Membership Secretary, Teresa Arrowsmith, or the Club Welfare Officer, Vanessa McElroy, retaining pages 1-2 for your own reference.