

Lothian Racers

October 2024

CODE OF CONDUCT

The purpose of this Code of Conduct is to establish a set of guidelines, which will outline the responsibilities and behaviour of swimmers, coaches and parents/guardians of swimmers who are members of Lothian Racers. This is not intended to be all encompassing but rather a set of guidelines. It is a condition of membership of Lothian Racers that this Code of Conduct is adhered to.

GENERAL

- All members shall maintain the highest standard of personal behaviour at all times
- All members and parents/guardians should be respectful and courteous to coaches, teachers, Club Officials and other members at all times.
- Any form of bullying will not be tolerated.
- All members and parents/guardians should behave without discrimination to other individuals
- Refrain from any behaviour that may bring the club into disrepute.
- All members should show respect to each other and offer assistance if required in accessing the pool and other services at the aquatic venue.

PARENTS AND GUARDIANS CONDUCT

All parents/guardians are expected to:

- Encourage your child to learn the rules and to participate within them.
- Do not interrupt the coach or attempt to communicate with a swimmer whilst a coaching session is in progress.
- Encourage your child but do not coach. Advice needs to be given by the club's poolside staff. Conflicting advice will only lead to confusion and undermine confidence.
- Do not physically or verbally abuse or harass anyone associated with the sport (Swimmer, Coach, Officials or Spectators.)
- Discourage challenging/arguing with officials.
- Help your child to recognise good sportsmanship and to applaud the good performances of all
- Never force your child to take part in sport.
- Be positive about the club and how it works.
- Support your child's involvement and help them to enjoy their sport.
- Never go on poolside to discuss matters with either coaches or swimmers.

SWIMMERS CONDUCT

All swimmers are expected to:

- Be on time and properly equipped for training sessions.
- Train and compete to the best of their ability, completing all sets before stopping for break
- Show respect to teachers, coaches and officials.
- Be willing to represent the Club when selected for a team.
- Refrain from stopping and standing in lanes – you may get injured, do not pull on ropes this may injure others, do not skip lengths / sets you are only cheating yourself.
- Refrain from using abusive language and acting in an aggressive manner.

POOL ETIQUETTE

- Enter the pool in a safe manner.
- Swim in lane indicated by your coach.
- Swim in a straight line and as close to lane ropes as possible.
- Do not swim in the middle of lane unless advised otherwise by Coach or Poolside helper.
- Allow safe distance between swimmers.
- Allow swimmers to complete full lengths and to execute correct finishes.
- Complete full lengths.
- Complete full sets, on completion of full sets take on drinks as required while taking instruction for next exercise.

BE COURTEOUS

- Listen to coaches, poolside staff and do not talk when they do.
- Look and listen at all times.
- Be polite and helpful at all times.
- Do not be rude or cheeky to your elders.
- Do not use bad language.

BE CO-OPERATIVE

- Carry out the coach's instructions and requests, quietly and in the required time scales.
- Put your hand up if you are not sure of instructions given.
- Do your best at all times.

CLUB OFFICIALS & ADMINISTRATORS - CODE OF CONDUCT

- Promote a positive image of the club by acting as an ambassador.
- Refrain from open criticism of the club, as this will lead to instability and damage relationships with others.
- Maintain strict impartiality.
- Always act in an objective, transparent and timely manner.
- Remember that decisions must be taken for the benefit of the whole club.
- Avoid any situation which may lead to a potential conflict of interest.
- Resolve conflicts fairly and promptly through established procedures.
- Always recognize and observe your responsibilities in respect of the confidentiality of issues discussed.
- Remember that any decisions taken by the Committee are "collective" and, as such, should be respected, accepted and promoted by all committee members.

COACHES AND TEACHERS CONDUCT

Coaches must follow the Scottish Amateur Swimming Association Code of Ethics and the provisions of the Child Protection Act.

The Coaches shall:

- Insist that swimmers understand and abide by the principles of fair play
- Provide appropriate but challenging sessions for the swimmers in their charge
- Monitor swimmer performance at training and meets and provide appropriate feedback to swimmers based on this
- Engage in regular dialogue with swimmers and parents about swimmer goals and progress towards those goals
- Treat all swimmers in their charge with respect
- Never employ practices or methods that could involve risks, however slight, to the long-term health or physical development of their swimmers
- Not attempt to manipulate the rules in order to take advantage of their swimmers of their opponents
- Never countenance the use of drugs by swimmers
- Set a good example to all swimmers in relation to dedication, commitment and self-