



# ARBROATH ST THOMAS

## SWIMMERS CODE OF CONDUCT

**COMMITMENT** : Arbroath St Thomas undertakes to inform team/squad members and appointed staff of all relevant competitions and training programme, plus procedures and criteria for travel and accommodation if appropriate. Arbroath St Thomas Swim Club has insurance in place to cover training/competition. Staff appointed to the team/squad will have signed a Code of Conduct, attended (or made a commitment to attend) Child Protection Training, and completed a self-declaration form disclosing any and all criminal convictions.

**STATEMENT OF COMMITMENT FROM SWIMMERS** :Arbroath St Thomas Swim Club requires the following commitment from swimmers.

- To accept responsibility to maintain a high level of fitness.
- To attend the minimum number of squad sessions required and to be on time and ready to take part in these sessions.
- Notification of relevant health and fitness conditions that may affect anticipated performance.
- Objectives in any competition for which selected.
- To give adequate notification of any factors which may necessitate declining to participate in any element of the programme for which selected or eligible for selection.
- Willingness to attend whenever possible any promotional or public relation projects on behalf of St Thomas Swim Club.
- You may be required to take part in the UK Sport Anti-Doping testing programme and equivalent programmes in other countries.
- To comply with club rules.

**PERSONAL APPEARANCE**:- This will be appropriate to the circumstances and as indicated by the team manager/coach. Team kit and equipment shall be worn as directed by the team manager when competing, assembling or travelling, at official team functions, or other occasions as notified.

**ATTENDANCE**: Accommodation and transport as allocated by the team manager/coach must be used. Members must attend all parades, meetings and other functions as directed by the team manager. Punctuality on all occasions is essential and any curfew must be observed.

### BEHAVIOUR AND PERSONAL CONDUCT

Behaviour and personal conduct must at all times be of a high standard and designed to reflect favourably on the sport, particularly when dealing with the media. Any other behaviour is unacceptable. Language in public or relevant group situations must always be appropriate and socially acceptable.

Alcohol and tobacco products are forbidden for use by athletes under age as defined by law. These products must not be consumed or used by any team member whilst en route, prior to, during or following a competition event, training camp or team activities. Team members are not permitted to purchase alcohol and / or tobacco products whilst en route to, during or following a competition event, training camp or team activities.

Sexual intimacy: This is forbidden during training/competition situations while the swimmer is under the jurisdiction of St Thomas Swim Club.

Information on all medication and supplements being taken should be reported to the team manager who will inform the relevant medical personnel. Medical declaration forms must be filled in and returned to Scottish Swimming on an annual basis.

### **SANCTIONS**

Breaches of the Code of Conduct shall be dealt with in the first instance by the appointed team manager/coach. He/she shall report any incident to the committee who may take such further action as deemed necessary.

I agree to abide by this document:

Date:

Counter signatory if athlete under 16 years of age: