

## COACH & TEACHER CODE OF CONDUCT

Name of Coach/Teacher:.....

I agree to:

1. Consider the wellbeing and safety of athletes/participants before the development of performance.
2. Develop an appropriate working relationship with athletes/participants, based on mutual trust and respect and promote respect for the ability of opponents as well as for officials and fellow coaches/teachers.
3. Always promote the positive aspects of the sport (e.g. fair play)
4. Make sure all activities are appropriate to the age, ability and experience of those taking part.
5. Encourage athletes to value the performance and not just results.
6. Hold the appropriate, valid qualifications and insurance cover.
7. Never consume alcohol immediately before or during training or events.
8. Never condone rule violations, rough play or use of prohibited substances.
9. Display consistently high standards of behaviour and appearance, dressing suitably and using appropriate language at all times whilst involved in coaching/teaching activities.
10. Follow all guidelines laid down by the governing body and the club.
11. Never exert undue influence over athletes/participants to obtain personal benefit or reward.
12. Encourage and guide athletes/participants to accept responsibility for their own performance and behaviour.
13. Follow the advice of a physician (doctor, physio, psychologist etc.) when a performer is injured.
14. Make a personal commitment to keep yourself informed of sound coaching/teaching principles and the principles of growth, development and learning of children.
15. Ensure that the equipment and facilities meet safety standards and are suitable for training.
16. Abide by Scottish Swimming's Social Media Guidelines.

**Sanctions:** Breaches of the coach & teacher code of conduct will be dealt with in accordance with the clubs disciplinary procedures.

Signature .....

Date .....

## OFFICIALS AND VOLUNTEERS CODE OF CONDUCT

**Name of Official or Volunteer:**.....

I agree to:

1. Consider the wellbeing and safety of athletes before the development of performance.
2. Develop an appropriate working relationship with athletes, based on mutual trust and respect.
3. Always promote the positive aspects of the sport (eg fair play)
4. Make sure all activities are appropriate to the age, ability and experience of those taking part.
5. Encourage athletes to value the performance and not just results.
6. Hold the appropriate valid qualifications and insurance cover.
7. Never consume alcohol immediately before or during training or events.
8. Never condone rule violations or use of prohibited substances.
9. Display consistently high standards of behaviour and appearance, dressing suitably and not using inappropriate language at any time whilst involved in club activities.
10. Follow all guidelines laid down by the national governing body and the club.
11. Never exert undue influence over athletes to obtain personal benefit or reward.
12. Encourage and guide athletes to accept responsibility for their own performance and behaviour.
13. Abide by Scottish Swimming social media guidelines.

**Sanctions:** Breaches of the Officials & Volunteer code of conduct will be dealt with in accordance with the clubs disciplinary procedures.

Signature .....

Date .....

## PARENT AND SPECTATORS CODE OF CONDUCT

I agree to:

1. Always promote the positive aspects of the sport (eg fair play).
2. Encourage athletes to value the performance and not just results.
3. Do not ridicule or shout at a child for making mistakes or losing a race.
4. Never condone rule violations or use of prohibited substances.
5. Behave responsibly and do not use inappropriate language whilst involved in or spectating at club activities, and treat athletes, coaches, club volunteers, officials and parents of yours and other clubs with due respect.
6. Follow all guidelines laid down by the national governing body and the club.
7. Encourage and guide athletes to accept responsibility for their own performance and behaviour.
8. Always remember that the involvement in the sport is for the child not you.
9. Support all efforts to remove verbal and physical abuse from sporting activities.
10. Abide by Scottish Swimming Social Media Guidelines.

**Sanctions:** Where parent / spectator is a member of the Club / Scottish Swimming any breaches of the parent / spectator code of conduct will be dealt with in accordance with the clubs disciplinary procedures.

If the parent / spectator is not a member of the Club / Scottish Swimming any breaches of the parent / spectator code of conduct will result in a ban from poolside.

Signature .....

Date .....

## **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: