



Policy 5 **Swimmers Code of Conduct**

Bo'ness Amateur Swimming Club (BASC) is committed to creating a positive environment for all participants.

It is expected, therefore, that swimmers should:

- Behave with respect to others including coaches, officials, poolside staff and other swimmers
- Refrain from inappropriate conduct towards others including physical, verbal, written or emotional, in person or through use of social media platforms
- Arrive poolside five to ten minutes prior to the start of the session with the appropriate kit ready to train
- Encourage and support team-mates in all club related situations
- Treat all BASC and Council property with the utmost respect and avoid horseplay around the changing rooms/ village
- Display a positive attitude and show commitment and responsibility for your development, attempting all tasks set by the coach to the best of your ability
- Always behave in an appropriate manner whilst in the changing room, poolside/land training and whilst representing the Club at competitions
- Speak to the coach before and after each race, at competition, in order to obtain advice and feedback on their swim
- Wear their Club kit, including Club Cap when representing the Club in competition
- Use lockers in changing room where provided
- Read and agree to abide by the Club Mobile Phone Policy

In addition, it is expected that swimmers will follow pool discipline:

- Follow coach's direction at all times
- Swim clockwise/ anti-clockwise in line with lane etiquette unless informed otherwise by the coach

- Allow a safe distance between other swimmers and take the appropriate rest intervals
- Allow other swimmers to complete full lengths and execute correct finishes
- Ensure that lane order is observed and that the fastest swimmer is setting off first, unless told otherwise by squad coach
- When overtaking other swimmers ensure that the move is started and completed in between the flags
- Only enter the pool when instructed to by the lifeguard
- Only dive when supervised and instructed to do so by the coach

Print Name: _____

Signature: _____

Date: _____