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**Code of conduct- Swimmer**

The Committee and Coaches of Aberdeen Dolphin Swimming club (ADSC) require swimmers to commit to the following code of conduct:

**Attendance**

* Swimmers are expected to attend a minimum of 75% of their squad training sessions.
* Swimmers/parents must inform their coach of illness or injury that results in their non- attendance.
* ADSC is a competitive Club and swimmers are expected to attend the squad’s target meets.
* Any swimmer who confirms attendance at a meet and then fails to turn up without prior notice of a medical condition or injury is expected to pay his or her entry meet fees.

**Personal appearance**

* Dolphin swim caps must be worn by swimmers at all meets, unless they are representing Coast in which case a Coast cap should be worn.
* Club approved kit must be worn by swimmers for all medal presentations.

**Behaviour and personal conduct**

* Swimmers should show respect and consideration to coaches, helpers, officials and other swimmers at all times.
* Refrain from inappropriate (physical, verbal, emotional) conduct towards others.
* To comply with any rules, conditions or restrictions imposed by venues at which the Club competes or trains.
* Behaviour and language must be appropriate and socially acceptable.
* Do not use the Internet to post inappropriate photos, images or comments about themselves, teammates, Swimmers, Coaches, Officials, the Club or the sport.
* ADSC has a zero tolerance policy to any form of bullying, including that on social networking sites.
* Mobile phones are banned in all changing rooms, toilets and showers. Photography and filming is only allowed in the pool area where prior permission has been sought, as outlined by Scottish Swimming.

**Medication**

* Any medical condition, medication or supplements should be reported to the coach.
* Ensure that inhalers are passed to the coach at the beginning of training sessions and at competitions

Breaches of the ADSC Code of Conduct are, in the first instance dealt with by the individual coaches. He /she will report the incident to the Committee as necessary. This may result in disciplinary action being taken by the Committee.

I AGREE TO ABIDE BY THIS DOCUMENT:

SWIMMER SIGNATURE: PARENT’S SIGNATURE:

(Swimmer please sign) (required if swimmer is under 16 years)

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PRINT NAME: PRINT NAME:

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Date: Date:

Please sign one copy of this document and return it to either your Coach or the Child Protection Officer and retain a copy for your own records. (version July 2016)

**Code of conduct - Parent**

The Committee and Coaches of Aberdeen Dolphin Swimming club (ADSC) require parents to commit to the following code of conduct:

* Do not leave your swimmer at the pool without first checking that the pool is operational and that their coach has arrived.
* Parents are responsible for their swimmer’s behaviour in the showers, changing rooms and main foyer of training and competition venues. Coaches are not responsible once the swimmer leaves poolside.
* Ensure that your swimmer arrives suitably equipped with towel, swimwear, training aids, goggles and water bottle. At competitions they should also bring a pool top, pool shoes and a suitable packed lunch.
* Parents are responsible for their swimmer’s personal belongings. Coaches cannot look after locker keys.
* Support and encourage your swimmer in their efforts and try not to be overly critical of their performance.
* Treat all other swimmers, parents, meet officials, venue staff and the public with respect. The use of inappropriate/ abusive or offensive language will not be tolerated.
* Respect all decision made by coaches and officials and encourage swimmers to do the same.
* Report any issues to do with the health, safety and general well being of your swimmer to their coach as soon as they arise so that action can be taken if necessary.
* Inform the coach if your swimmer is unable to train as soon as is practical.
* Advise the coach of any medication/supplement that your swimmer is taking that may affect the ability to train or their performance.
* Check emails / Facebook for up to date information and any changes/cancellations to training sessions.
* Ensure that your swimmer understands that mobile phones are banned in all changing rooms, toilets and showers and that they understand the serious implications of misuse. Photography and filming is only allowed in the pool area where prior permission has been sought, as outlined by Scottish Swimming.
* Ensure that the Club secretary always has up to date contact details, in case of an emergency.

The Club is a voluntary organisation that requires significant input from parents. The Club expects that at least one parent of a swimmer entering meets on a regular basis, will train to become an official. Many parents have other children that don’t swim and they make provision for care with parents or friends so that they can cover some sessions at meets when their swimmer is competing. It puts a huge burden on the club when some families choose not to help in any capacity.

The Club retains the right not to enter a swimmer into a swim meet whose parents don’t volunteer in an official capacity.

I agree to abide by this document:

PRINT NAME SIGNATURE DATE

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Please sign one copy of this document and return it to either your Coach or the Child Protection Officer and retain a copy for your own records.

( version July 2016)



**Photography and Media**

As part of Aberdeen Dolphin Swimming Club training and competition program swimmers may be photographed/ filmed for purposes of swimmer analysis, education, training and promotion. This information may then be emailed to the squad or posted on the ADSC Facebook page for swimmers to gain access to this educational /promotional material. Images taken at meets may also be posted on the ADSC website.

If a swimmer does not wish their image to be taken they will need to contact Clare Main (Child protection officer ([cpo.adsc@gmail.com](mailto:cpo.adsc@gmail.com)) in writing to inform the Club.