



Swimmers Code Of Conduct

Chirk Dragons Swimming Club is affiliated to the Welsh Amateur Swimming Association (WASA) and, as such, is expected to conduct our activities within the rules of the Association. These rules include the WASA Code of Conduct, Code of Ethics and an Equity Policy. Full copies of these documents can be obtained from the Welfare section of the website or from the Swim Wales Web Site.

The club presents the following as a summary "Swimmers Code Of Conduct" which we ask all our members to follow. This is not presented as an "all inclusive" list, but as one that highlights some of the major areas as a guideline. You will see that the charter is broken down into a number of categories and while as a member you may fit into one main category, from time to time your role may change and you will find yourself fitting into another. We would ask you, therefore, to read each category carefully so you know what is expected of you as a member of the club.

General rules of behaviour for all members of the Club:

As a member of the Chirk Dragons Swimming Club, you will be expected to meet the following requirements with regard to your conduct during any activity held or sanctioned by the Club:

- Maintain high standard of personal behaviour at all times.
- Respect the rights, dignity and worth of others, regardless of their gender, abilities, cultural background or religion.
- Be fair, considerate and honest in all dealings with others.
- Be professional in, and accept responsibility for, your actions.
- Make a commitment to being a member of a club whose objective is to provide a quality service in a safe environment for the conduct of the sport.
- Be aware of and maintain an uncompromising adherence to the standards, rules, regulations and policies of the sport and, at all times, operate within the rules, including national and international guidelines, which govern the sport.
- Do not use your involvement with the Club to promote your own beliefs, behaviours or practices where these are inconsistent with those of the Club.
- Refrain from any acts of aggression towards or harassment of others.
- Refrain from any behaviour that may bring the Club into disrepute.

Swimmers' Code Of Behaviour

As a swimming member of the Club, you are expected to meet the following requirements with regard to your conduct during any activity held or sanctioned by the Club:

**Respect for others:**

- Respect the rights, dignity and worth of fellow swimmers, coaches, officials and spectators.
- Respect the talent, potential and development of fellow swimmers and competitors.
- Abide by the rules and respect the decision of officials, making all appeals through the formal process and respecting the final decision.
- Do not tolerate acts of aggression.

Personal conduct:

- Be honest in your attitude and preparation to training. Work equally hard for yourself and your team and cooperate with coaches and staff in their endeavour to prepare you for competition at the highest level. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the programme requirements.
- Conduct yourself in a considerate manner relating to language and temper. Language in a public place or relevant group situation must always be appropriate and socially acceptable.
- Alcohol and smoking is totally forbidden for athletes under age as defined by law.
- The use of performance enhancing drugs and illegal substances is totally forbidden.
- It is your responsibility to check that any medication you take, does not contain a banned substance. The W.A.S.A. continually updates their list of banned substances so you must be vigilant. When away with the team, all medication being currently taken must be reported to the team staff prior to traveling.

Personal appearance:

- Take pride in your appearance. At all times your appearance shall be appropriate to the circumstances as indicated by the team staff.
- Team kit shall be worn as directed by the team staff.

Team requirements:

- A willingness to adopt, develop and sustain a “positive attitude” towards team goals and objectives is required, together with a high level of team co-operation with other team members and team staff.
- Punctuality on all occasions is a desirable quality.
- When away with the team, members must attend all team meetings and other functions as directed by the team staff and any team curfews must be observed.

Team sanctions:

Breaches of this code shall be dealt with in the first instances by the team staff. Where necessary, the team staff will follow this up with a report to the Committee of Chirk Dragons Swimming Club who shall take further action as deemed necessary.