



Code of Conduct for swimmers from all disciplines

General behavior

1. Treat all members of and persons associated with the ASA with due dignity and respect.
2. Treat everyone equally and never discriminate against another person associated with the ASA on any grounds including that of gender, age, disability, sexual orientation, ethnic origin or nationality.
3. The use of inappropriate or abusive language, bullying, harassment or physical violence will not be tolerated.
4. Display a high standard of behavior at all times.
5. Always report any poor behavior by others to an appropriate club officer.
6. Recognize and celebrate the good performance of fellow club and team members.

Swimming training

1. Treat your fellow swimmers with respect.
2. Arrive in good time on poolside before the training session starts to complete warm up as directed by your coach.
3. If you arrive late report to your coach before entering the pool.
4. Listen to your coaches at all times and obey instructions given.
5. Always swim to the wall as you do in a race and practice turns as instructed. Do not stop and stand in the lane or obstruct others from completing the training. Do not pull on the ropes as this may injure other swimmers.
6. Do not skip lengths or sets – move down to a lane that is within your capabilities for that session. Think about what you are doing during training and if you have any problems discuss them with your coach or lane representative at an appropriate time.

Competition

1. At competitions, whether they are open meets, national events or club galas, always behave in a manner that shows respect to both your club, coach and teammates as well as members of all competing clubs.
2. You must wear appropriate swimwear and outerwear and, wherever possible, clothing and hats bearing the Club's logo and name.
3. Report to the team captain on arriving on poolside.
4. Warm up before the event as directed and ensure you fully prepare yourself for the race.
5. Be part of the team: stay with the team on poolside and if you have to leave for any reason, inform the team captain before doing so.

Adapted from the Code of Conduct for swimmers from all disciplines contained in the ASA's Wavepower dated September 2012