

# **BROCH SEALS ASC-SWIMMERS CODE OF CONDUCT**

You have been allocated a place in one of the Broch Seals training squads, and will be expected to participate in your designated training sessions. You will be expected to do your best at all times, which will hopefully improve your fitness and capabilities. The head coach will determine which swimming events the Broch seals will compete in during the year. Remember swimming is for fun and socialising as well as competing. On your acceptance of this place you must agree to the following rules.

1. To attend all sessions allocated to your squad. If you are unable to attend a session please let your coach know as soon as possible.
2. All swimmers must do their best to be on time to all sessions they are attending. Any swimmer arriving after the scheduled start time of their session will not be allowed to take part in that session.
3. Swimmers will not be allowed to leave a session early for an appointment, or any other reason unless they become unwell during the session, or are asked to leave by the coach.
4. Swimmers should face the coach, listen to instructions given and do their best to follow them.
5. Swimmers should be encouraged to, and are expected to, respect other swimmers and their property whether on poolside, in the changing rooms or any other part of the building.
6. A good standard of behaviour , discipline and sportsmanship is expected of all swimmers at all times-including co-operation with and consideration for others in the lane.
7. For safety reasons, no swimmer must enter the water until instructed by the coach.
8. To inform your coach of any illness or injuries. This is paramount for your safety and wellbeing.
9. In accordance with Scottish Swimming Child Protection Rules, only people who have their Disclosure Scotland certificates will be allowed on poolside. To this effect only designated club coaches, officials and swimmers are allowed on poolside at any time.
10. Remember that you represent your club and that your behaviour and how you conduct yourself will reflect upon the club as a whole. Swimmers must comply with pool staff and coaches instructions at all times whether in the changing rooms, pool or poolside.
11. Disciplinary Procedure-

1. Informal warning	Lane Coach
2. Formal warning	Lane Coach
3. Written warning	Head Coach
4. Final warning	Committee

For matters considered as Gross Misconduct – Immediate expulsion is permitted.  
**In accordance with Aberdeenshire Policy, any form of physical violence will be considered Gross Misconduct.**

Swimmer-----

Date-----

Print Name-----

Coach -----