



## CODES OF CONDUCT

**South Aberdeenshire Swimming is committed to the promotion of excellence in swimming and the fostering of a sense of individual and team achievement within a competitive yet supportive environment. The team aims to provide the opportunity for all members to pursue their goals and aspirations to the best of their ability within a safe and fair environment.**

**The following codes of conduct are designed to assist in the achievement of these objectives. The parent club should retain appropriate signed copies of the various codes.**

## **General Code of Conduct – applicable to all members**

As a SAS member you must comply with the following standard of conduct:

- Respect the rights, dignity and worth of others regardless of their gender, ability, cultural background or religion.
- Be fair considerate and honest in all dealings with others.
- Be professional in, and accept responsibility for, your actions.
- Always promote the positive aspects of the sport (e.g. fair play) and never condone rule violations or use of prohibited substances.
- Make a commitment to providing quality opportunities.
- Consumption of alcohol whilst attending any SAS activity is strictly forbidden, this applies to all SAS/Club events with the exception of social and fundraising events.
- Be aware of, and maintain an uncompromising adherence to, the standards, rules and regulations of SAS and Scottish Swimming.
- Operate within the rules of swimming including national and international guidelines that govern SASA Ltd.
- Refrain from using a mobile phone in changing areas and on poolside at all times.

### **Sanctions**

Breaches of the Code of Conduct shall be dealt with in the first instance by the appropriate Team Manager, Coach or Officer of the Team. Where appropriate a report of the incident will be passed to the Management Committee who may take further action as deemed necessary.

## **Athlete Code of Conduct**

**Name of Athlete:**.....

**Aim:** To ensure that all athletes involved within the South Aberdeenshire Swimming Programme participate within an agreed philosophy and set of standards.

### **Principal Statement on Ethics**

Sporting integrity is based on the acceptance of rules, fairness equality, respect for others, moral conduct and a sense of what is right. South Aberdeenshire Swimming have adopted Scottish sport's goal to create a sporting environment where violence, breaking the rules, the abuse of drugs, the lack of fair play and other unethical behaviour are automatically rejected as being irrelevant to the true purpose of sport.

I agree to:

1. Abide by the principal statement on Ethics above and the Team General Code of Conduct.
2. Practice and compete within the rules and spirit of the sport.
3. Adhere to the SAS Competition Guidelines.
4. Encourage and support team-mates in all Team related activities.
5. Behave with respect to others including coaches, officials, other competitors, athletes, team managers and spectators at all times.
6. Refrain from inappropriate conduct towards others whether, physical, verbal or emotional.
7. Set a good example at all times in aspects of dress, punctuality, language, behaviour and respect of equipment and others.
8. Arrive promptly, with appropriate kit for training and competitions and observe any curfew which is in place.
9. Display a positive attitude and show commitment and responsibility for training including a high level of attendance and fitness.
10. Communicate with coaches and team managers - including information on all medication and supplements being taken.

Signature ..... Print Name .....

Date .....

**Coaches Code Of Conduct**

**Name of Coach:**.....

A responsible sports coach helps the development of individuals through improving their performance.

I agree to:

1. Abide by the Team General Code of Conduct, Child Protection Policies and be a member of Scottish Swimming.
2. At the outset, clarify with swimmers (and parents where appropriate) exactly what is expected of them and what swimmers are entitled to expect from their coach. A contract may be appropriate.
3. Consider the well-being and safety of swimmers before the development of performance, maintaining a duty of care ensuring all activities are appropriate to the age, maturity, ability and experience of those taking part.
4. Develop an appropriate working relationship with swimmers, based on mutual trust and respect and promote respect for the ability of opponents as well as for officials and fellow coaches.
5. Encourage swimmers to value the performance and not just results.
6. Hold the appropriate valid qualifications and insurance cover.
7. Display consistently high standards of behaviour and appearance, dressing suitably and not using inappropriate language at any time whilst involved in team activities.
8. Have a sound working knowledge and follow all guidelines laid down by the national governing body and the team.
9. Never exert undue influence over swimmers to obtain personal benefit or reward.
10. Encourage and guide swimmers to accept responsibility for their own performance and behaviour.
11. Co-operate fully with other specialists (e.g. coaches, officials, sport scientists, doctors, physiotherapists) in the best interests of the swimmer.
12. Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
13. Provide the highest standard of swimming instruction and training possible in a safe, secure, fair and enjoyable environment.
14. Endeavour to ensure that all members have the opportunity to achieve their full potential in the sport of competitive swimming.
15. Be a positive role model for all members of SAS.

Signature ..... Print Name .....

Date .....

**Officials And Volunteers Code Of Conduct**

**Name of Official or Volunteer:**.....

I agree to:

1. Abide by the Team General Code of Conduct, Child Protection Policies and be a member of Scottish Swimming.
2. Consider the well-being and safety of swimmers before the development of performance.
3. Develop an appropriate working relationship with swimmers and coaches based on mutual trust and respect.
4. Make sure all activities are appropriate to the age, maturity, ability and experience of those taking part.
5. Encourage swimmers to value the performance and not just results.
6. Display consistently high standards of behaviour and appearance, dressing suitably and not using inappropriate language at any time whilst involved in team activities.
7. Follow all guidelines laid down by the national governing body and the team.
8. Never exert undue influence over swimmers to obtain personal benefit or reward.
9. Respect personal privacy and be sensitive to people's likes and dislikes.

Signature ..... Print Name .....

Date .....

## Parents And Spectators Code Of Conduct

I agree to:

1. Abide by the Team General Code of Conduct and Child Protection Policies.
2. Consider the well-being and safety of swimmers before the development of performance.
3. Encourage swimmers to value the performance and not just results, focus on their effort and performance rather than winning or losing.
4. Do not ridicule or shout at a child for making mistakes or losing a race, children learn best by example. Appreciate good performance and skill by all participants.
5. Display consistently high standards of behaviour and appearance, dressing suitably and not using inappropriate language at any time whilst involved in team activities.
6. Follow all guidelines laid down by the national governing body and the team.
7. Encourage and guide swimmers to accept responsibility for their own performance and behaviour.
8. Always remember that the involvement in swimming is for the child's enjoyment and they should be encouraged to participate, not forced.
9. Do not shout or abuse officials. Most officials give their time and effort for your swimmers involvement.
10. Do not shout or abuse coaches or volunteer staff. Without them, your child could not participate.
11. Never discuss any issue or disagreement with a coach or volunteer member of staff with any athlete present and refrain from discussing such disagreement with an athlete at a later stage.
12. Support all efforts to remove verbal and physical abuse from sporting activities.
13. Adhere to the SAS Competition Guidelines.

Signature ..... Print Name .....

Date .....