

CODE OF CONDUCT

All staff appointed to the team will have signed this Code of Conduct

STATEMENT OF COMMITMENT FROM SWIMMERS

Sudbury & District Swimming Club requires the following commitment from swimmers on acceptance of selection to the Sudbury & District Swimming Club Team:-

- I accept responsibility to maintain a high level of fitness up to and including the competition for which selected. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health.
- I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition, which would make it inadvisable for me to participate in any swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
- I will notify to the Coach/Team manager any relevant health and fitness conditions (including medication) that may affect training and anticipated performance objectives in any competition for which selected.
- I will give adequate notification of any factors which may necessitate declining to participate in any element of the programme for which selected or eligible for selection.

BEHAVIOUR AND PERSONAL CONDUCT

- Team kit and equipment shall be worn as directed by the team manager when competing for Sudbury & District Swimming Club.
- Punctuality on all occasions is essential.
- I will respect coaches and other swimmers and all others associated with swimming. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Coach, Lane Helper, Referee or any other responsible person on the poolside of any concerns I may have as regards to safety.
- I will comply with the instructions of the coaching staff
- I will comply with all rules and regulations of the host facility
- My behaviour and personal conduct must at all times be of a high standard and designed to reflect favourably on the sport and the Club. Any other behaviour is unacceptable.
- Language in public or relevant group situations will always be appropriate and socially acceptable.
- I am aware alcohol and tobacco products are forbidden for use by athletes under age as defined by law.
- I acknowledge that during training and any events I may be participating in, Sudbury & District Swimming Club cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.

SANCTIONS

- Breaches of the Code of Conduct shall be dealt with in the first instance by the appointed Coach or Team Manager. He/she shall report any incident to the club committee who may take such further action as deemed necessary in the Club Disciplinary Code.

Amateur Swimming Federation of Great Britain Ltd

Data Protection - Membership Data Collection - Consent

- The Data Protection Act 1998 ("the Act") sets out certain requirements for the protection of your personal information (i.e. information about you) against unauthorised use or disclosure. The Act also gives you certain rights.
- References below to the Amateur Swimming Federation of Great Britain Ltd (ASFGB Ltd) include a reference to the three members of ASFGB Ltd, the Amateur Swimming Association (ASA), Scottish Swimming Association (SASA) and Welsh Swimming Association (WASA). By virtue of your membership direct or indirect to ASA, SASA and WASA you agree to your personal data being made available to ASFGB Ltd and its members, subject always to compliance with the Data Protection legislation. This does not include sensitive personal data such as health or medical conditions, which require the explicit consent of the data subject i.e. a signature for this specific purpose.
- Except to the extent that your club or ASFGB Ltd is required or permitted by law, (the information which you provide in this form, and any other information obtained or provided during the course of your membership ("the Information")) **will be used solely for the purposes of processing your application and dealing with you as a member.**
- If you cease to be a member of the ASFGB Ltd, the Information will not be held for longer than is necessary, after which time it will be destroyed.
- You agree to use all reasonable endeavours to keep your club and ASFGB Ltd informed of any changes to your personal data.

So that we may use the Information for the above purposes and on the above terms, we are required under the Act to obtain your *consent*. Members are therefore requested to sign the consent clause on the membership forms overleaf.

CODE OF CONDUCT FOR PARENTS and CARERS

- Ensure your child/s fees are paid promptly each month.
- Ensure your child is equipped properly, their kit is named & that nothing is left in the changing rooms/poolside after training/competitions.
- Ensure your child arrives at all training & competition meets on time. If your child is late they will not benefit from proper warm-ups & they may miss important communications from the coach.
- Support all of the Club's policies on bullying, equality, child protection & welfare etc & ensure your child understands them also, full details of which are in the *Members Guide*.
- Ensure you do not disrupt the flow of the training or competition sessions. This is the coach's time to impress good practice, disciplines and habits on the swimmer. Parental influence on sessions will only confuse the swimmers understanding and concepts.
- Do not try to press your desires and needs onto your child. This kind of pressure can become negative over time. Try to avoid situations where you are isolated and telling your child "what to do, how to do or should have done". These are only negative forms of feedback and will quickly lead to a negative personal opinion of the sport. Leave the coach to look after the coaching process, whilst you continue to be a supportive parent.
- At gala's and open meets allow your child to receive feedback from the coach and allow them to swim down properly before speaking to them yourself. It can be understandably frustrating to wait to speak to your child but the process means good competitive habits are formed.
- Support all efforts of the club to promote its swimmers, training, committee and coaching policy. A little voluntary help goes a long way.
- Smoking or alcohol consumption by any member is not permitted within the training or competition facility of SDSC. Any parent believed to have consumed alcohol prior to or during training/competition will be asked to leave the facility.
- Ensure when attending training or competitions that hygiene and appearance are of a high standard. Remember you are role models to your child and their friends.
- Unless the Welfare Officer has a copy of your CRB form you will not be allowed on poolside to participate in team activities.
- If you would like to speak to the coaching staff ensure you leave it to the end of the session and meet the coach in reception. Otherwise contact the coach by phone.
- Ensure your child gets enough rest and nutrition outside of training and school hours. It is important our youngsters grow in good health.
- Ensure coaching staff are informed of any new illnesses, injury or medication. This knowledge will help the coaching staff plan the sessions to limit any further problems.
- Where possible give the club as much advance notice if your child will be unavailable for training or competition for whatever reason.
- Please respond promptly to any requests for information from the club (eg: invitations to compete, questionnaires etc)
- Please keep the club informed of any change in contact information (home/email address, telephone numbers, contact names etc)

DETAILS OF THE COMMITTEE ARE DISPLAYED ON THE POOLSIDE NOTICEBOARD, VIA THE NEWSLETTER & ON THE WEBSITE. PLEASE FEEL FREE TO CONTACT ANY OF THEM SHOULD YOU HAVE ANY QUESTIONS REGARDING YOUR CHILD OR CLUB ACTIVITIES.