

w: <http://www.clissoldswimmingclub.org.uk>
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t: 07891 880781

Club Code of Conduct

Introduction

The full rules of the club are contained within the club's constitution. This can be downloaded from the club's website at www.clissoldswimmingclub.org.uk. The club's code of conduct is set out below. Please read this carefully. Abiding by this code of conduct will help ensure the safety of all club members and that club training sessions run smoothly.

General rules

- 1. Attendance:** Swimmers are asked to attend as many of their training sessions as possible. The more sessions swimmers are able to attend, the more they will improve. Squad swimmers should aim to attend a minimum of 2 swimming sessions per week.
- 2. Punctuality:** Swimmers should aim to arrive for their training sessions on time and be on poolside 5-10 minutes before the start of the session, showered, with caps and goggles in place, with their fins, kickboard, pullbuoy, paddles as appropriate, with a bottle of water, ready to warm up. Where there is a registration desk, swimmers should sign in before they go on poolside and before they get in the water. For safety reasons, swimmers are not allowed in the water until a coach is present. Swimmers who arrive more than 10 minutes late for their session will not be allowed to join the group, as late arrivals disrupt the training of others.
- 3. Young children:** Young children (those in school year 6 and below) must be accompanied at all times by a parent or responsible adult. Young children should not be "left" at the pool; a responsible adult should be on hand at all times.
- 4. Supervision:** While swimmers are in the water during a training session, the coaches are responsible for them and for their safety. At all other times, including in the changing rooms, parents are responsible for supervising their own children.
- 5. Spectating at training sessions:** It is not usually possible for parents to spectate from the poolside during training sessions (although this depends on the pool). Where parents are allowed on the poolside, the club asks that parents do not interrupt the coaches but save any questions for the end of the session. Outdoor shoes should never be worn on the poolside.
- 6. Illness/medical conditions:** If you have an illness or ongoing medical condition, please ensure that the coaches /members of the committee are aware of this. For specific conditions, such as asthma, please ensure that you have your pumps with you at all times or close to hand. If you feel unwell at any time and think it may affect your swimming, please discuss this with your coach before you swim. Swimmers or their parents must inform the coaches immediately of injuries, strains, or discomfort in limbs or joints.
- 7. Verrucas:** Please ensure that verrucas are covered as these can be easily spread in wet/damp conditions. For further advice please see the website.
- 8. Club uniform/colours:** Any swimmer representing the club in galas or meets will be requested to wear the club uniform, both in the pool and whilst on poolside (i.e. club swimsuit/trunks and caps, as well as t-shirts/polo shirts on poolside). These items are available for purchase from the Club's Swim Shop. Swimmers should wear close fitting swimwear at all training sessions. Shorts, including swim

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shorts are unsuitable. Swimwear need not be club uniform but must be of a similar high standard. Those with long hair must wear a swim cap.

9. Complaints: If any swimmer/parent has reason to complain or is unhappy about anything to do with the club, they should, in the first instance, talk to the Head Coach. If your complaint is unresolved to your satisfaction, please put your complaint in writing to the Club Welfare Officer who will deal with the matter as quickly as possible.

Behaviour

10. Use of pools for training sessions: Swimmers, coaches and parents are reminded that the various pools are open to the public for numerous other activities, not just the swimming club, and we would ask you to be considerate in this respect

11. Courtesy to others: Courtesy should be shown at all times to members of staff and the public at all swimming pools.

12. Behaviour: Verbally or physically abusive behaviour will not be tolerated, either whilst in the pool or in any other part of the building. Any swimmers consistently inhibiting the training of others in the pool during a session despite warnings will be asked to leave the session. Ultimately, those who consistently inhibit the training of others will be asked to leave the club.

13. Food: No food (including chewing gum) is allowed in the changing rooms or on the poolside. Drinks may be taken on to the poolside in plastic bottles.

Payment

14. Monthly fees: Other than in exceptional circumstances, monthly club fees must be paid by standing order, in 12 equal monthly instalments. Fees are payable regardless of attendance. Children will not be permitted to swim if fees are not paid up-to-date and any member owing more than 2 months' fees will be deemed to have left the club. If there are genuine circumstances for non-payment, please contact the Membership Secretary.

15. Sickness: A reduction of fees for long term sickness will only apply if approved by a member of the committee or when a medical certificate is provided.

16. Holidays: All holidays or absences for any length of time should be advised to a member of the committee. During these holidays, fees remain due and must be paid.

17. Annual Club holidays: The club will usually close for 2 weeks during the Christmas and Easter holidays and for 4 weeks during the summer holidays. These dates will be advised in advance to all swimmers and parents. Fees are still payable during club holidays.

18. Resignation: The club should be advised in writing of any resignation. Fees remain due and will continue to accrue until such a letter is received by the committee.