

Code of Conduct for Swimmers

These notes are for the guidance of swimmers taking part in all activities at Devonport Royal Swimming Association. The pool you are swimming/playing in will also have rules and they must be adhered to as well, so in the unlikely case of any conflict between the rules of DRSA and the pool ask a coach for an explanation.

They have been produced by Devonport Royal Swimming Association Committee to ensure that swimmers/players are aware of the standards required by them when they are:

1. Training with Devonport Royal Swimming Association.
2. Representing Devonport Royal Swimming Association at Competition.
3. Travelling with Devonport Royal Swimming Association to and from competition
4. Engaged in any other activity, which has been organised by Devonport Royal Swimming Association

The Rules

1. All swimmers/players to attend sessions on time as lateness causes disruption to session plans. Pre-pool warm-up should be performed prior to entering the water so it is important to be on poolside 10 minutes before the start of the session. Session programmes are to be completed by all swimmers/players. It is requested that swimmers/players only leave the pool with the permission of the Coach/Teacher and re-join at the coaching end of the pool in an orderly manner. The younger/less able swimmers/players may need to finish slightly earlier especially when the session is two hours long but this must be by arrangement with the coach. The coaches will always structure the session as a full time period and allow for longer sessions to have rests using drills, alternating strokes, practice turns or dives.

2. Entry into the lane MUST be done carefully ensuring that no other swimmers/players are hurt. Unless asked to dive you should jump in and swim clockwise in an even numbered lane, anticlockwise in an odd numbered lane.

3. Try to swim in speed order which may change depending on stroke. If the swimmer in front of you is slower and you need to overtake then a tap on their foot is all that should be required. The slower swimmer should then either slow down in a streamlined position to allow overtaking or if near the turn should move to one side to allow overtaking. You may need to change stroke for a few metres to speed up the overtaking.

DO NOT: turn in the lane to overtake; pull the slower swimmer or grab any part of their body; kick or turn on the swimmer in front.

4. After the turn come out the correct side of the lane so that you do not swim into the next swimmer.

5. Reasonable behaviour is expected at all times. That is behaviour that will not cause offence or embarrassment to other Swimmers, Players, Parents, Team Managers and Coaches of Devonport Royal Swimming Association, or any other swimming clubs, visiting or home. Devonport Royal swimmers/players are expected to show a good attitude, set a good example and put in effort to their training and competition. Any complaints between

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swimmers must be in writing and sent to the General Secretary by email or letter as soon as possible.

6. Instructions given to swimmers/players by Devonport Royal Swimming Association officials or any designated official when away at a swimming gala are to be accepted and followed immediately.

The Penalties

1. Failure to carry out with these simple rules will, in the first instance, lead to a spoken warning from the Coach or Manager in charge. If the swimmer/player does not respond positively to the warning, coaches can ask them to exit the pool and sit on the side for no longer than 5 minutes before being asked to continue training.

2. Further bad behaviour will indicate to the Coach or Team Manager that you do not wish to swim/play in Training Session/Swimming Gala/Waterpolo game and you will be told to get dressed and wait on poolside until you can be released to a parent/guardian. We shall then see you at the next training session or competition and nothing more will be said.

3. A repeat of bad behaviour at subsequent training sessions or competition will result in a written warning via your parents.

4. If your behaviour does not improve after this you will be suspended from all Association activities for a period to be decided at general committee.

5. Serious breaches of reasonable behaviour (for example fighting, bullying or any other excessive bad behaviour during a training session or competition) may at the discretion of the Coach or Team Manager lead to instant exclusion from any Association activity, pending discussion at committee level. Rudeness to Coaches, Managers or other Association officials will also not be tolerated. Finally, lack of effort or poor attitude when training or competing may lead to you not being selected to swim/play at a future event. It is not the intention to discourage reasonable high spirits and fun, but swimmers/players must realise that when taking part in group activities, for the sake of safety and good order the above code of conduct must be complied with.

Amended on December 13th 2019 by Paul Russell, General Secretary