

***Taunton Deane  
Swimming***

***Masters***

## **Foreword from the Management Committee:**

Over recent years the culture of sport has changed and standards of behaviour of both participants and staff are constantly in the spotlight. It is therefore vitally important that sporting organisations constantly examine and adapt their procedures to keep pace with this change.

In addition with the club continuing to flourish there is a need for swimmers to understand exactly what is expected of them both in terms of training regimes and personal behaviour and it is no longer acceptable nor desirable to leave that expectation to individual choice.

These rules are not intended to impose restrictions on members but are designed so that fairness and equality can be maintained with everyone knowing exactly what is expected of them. They will work alongside the Constitution and within the confines of both the Discipline Code and the Grievance Procedure which can all be found on the Club Website [www.tdswim.co.uk](http://www.tdswim.co.uk).

## **General Swimming Rules**

### **Behaviour and Personal Conduct**

Must at all times be of a high standard and reflect favourably on swimming and the Club. Communication in public or relevant group situations must always be appropriate and socially acceptable.

### **Consumption and Possession of Alcohol**

Consumption and possession of Alcohol is totally forbidden for all swimmers whilst engaged in swimming activities. This includes all training and competitions.

### **Smoking**

Smoking is not allowed by swimmers whilst undertaking swimming activities and this includes en route to meets in club transport, prior to training sessions or any team activities.

### **Illegal Drugs, Substances and Performance Enhancing Substances**

Illegal Drugs, Substances and Performance Enhancing Substances as prescribed by the ASA are all strictly forbidden. If you are approached, offered or given anything do not accept it but let either the Team Manager or a member of staff know immediately.

### **Medication**

It is important that all medical information is up to date and any changes notified also any known allergies must be included.

### **Personal Appearance**

Personal appearance must be appropriate for the circumstances.

### **Jewellery**

All jewellery must be removed before entering the pool. However, Stud earrings may be worn.

### **Training Sessions**

Swimmers should be on poolside in sufficient time to prepare for the swim session.

Swimmers must be respectful to the coaching team at all times and follow instructions from the coach/teacher during training.

Swimmers not fully participating or cooperating may be asked to leave the session and or asked to complete some land-based work. Where a swimmer is being disruptive he or she will be asked to leave that session.

Swimmers will be given a verbal warning as to their conduct prior to being asked to leave the session unless the incident warrants an immediate exclusion.

In the event of exclusion a report will be made to the Management committee who will decide if any further action is required.

Swimmers may not be allowed to participate in a training session if they do not have with them the required equipment.

**Training Premises**

Swimmers are expected to maintain the highest standards of behaviour irrespective of training premises however; specific venues may have additional rules which must be followed.

As the Club does not own its own facilities access to swimming facilities relies on the goodwill and tolerance of outside organisations. Any behaviour disrespectful to these organisations or their property, which could compromise the use of the facility by the Club, is strictly forbidden. Premises should be left clean and tidy any damage or mess should be reported to coaching staff immediately.

**Taunton School**

Male swimmers should use changing room B. Female swimmers should use the area where the lockers are in the girls changing rooms.

Taunton School sports club members use this facility at the same time as the club and as such the **highest behavioural standards must be maintained.**

**For Clarity this includes (not exhaustive):**

**Disrespectful behaviour to yourself and or others. Foul, aggressive or disrespectful language. Intimacy of any kind.**

Anyone failing to do this will be banned from the facility at the request of Taunton School Sports Club.

I have read the Code of Conduct and agree to abide by it. I understand that if I fail to meet the expected standards I may lose my place in the group.

Swimmer Name:.....  
(please print)

Signed Swimmer:.....

✂.....

I have read the Code of Conduct and agree to abide by it. I understand that if I fail to meet the expected standards I may lose my place in the squad.

Swimmer Name:.....  
(please print)

Signed Swimmer:.....