



Code of Conduct for Swimmers

As a member of LHSS you have the right to:

1. Enjoy your swimming and know that you are safe.
2. Know who you can talk to if something's not right.
3. Be listened to.
4. Be involved and contribute towards the club.
5. Be respected by all members and be treated fairly.
6. Feel welcomed, valued and not judged based on race, gender, sexuality, faith or ability.
7. Be encouraged to develop your swimming skills with our help and support.
8. Be looked after if there's an accident or incident and have your parents/guardians informed, where appropriate.

As a member of LHSS we expect you to:

1. Keep everyone safe by listening to your coach, behave responsibly and speak out when something isn't right.
2. Take care of all equipment and premises.
3. Arrive at training and competitions on time with the correct kit.
4. Inform your coach if you have any injuries or illness at training and competition.
5. Inform your coach if you are leaving poolside.
6. Understand that the use of abusive or inappropriate language, bullying, physical violence or any other behaviour will not be tolerated by the club.

7. Behave sensibly in changing rooms at all pools.
8. Not use any device to take photographs or video of others in the changing rooms and report any concerns you have about others taking photographs or video of others in the changing rooms or poolside.
9. Report any incidents of bullying or unkind behaviour even if you're just a witness.
10. Treat other swimmers with respect and appreciate that everyone has a different level of skill or talent.
11. Support and encourage your team mates, tell them when they've done well and be there for them when they are struggling.
12. Respect the children and adults from other teams at competitions.
13. Respect the coaching team and all volunteer helpers at the club.
14. Be proud to be a LHSS member.

Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee. Any behaviour which may be a criminal offence will be reported to the police.

Signature of child swimmer

Signature of parent/guardian

Date