



# Codes of Conduct

## Code for Swimmers

- Swim for fun - not to your parents or coach.
- Be attentive at all training/coaching sessions.
- Work hard equally for yourself and the club and both will then benefit.
- Remember skill development, fun and enjoyment are very important.
- Always show appreciation of good swimming by ALL swimmers.
- Be a good sport - win or lose.
- Control your emotions.
- Treat all swimmers as you would like to be treated. Do not bully or take unfair advantage of any swimmer.
- Treat your pool and the equipment provided with respect and behave in the same manner when visiting other pools/clubs.
- Swim to the rules of the Amateur Swimming Association (ASA).

## Code for Parents

- Encourage your child to swim - never force them.
- Always remember: children swim for their enjoyment - not yours.
- Focus on the young swimmers efforts rather than winning or losing.
- Provide positive verbal feedback both after training and at galas.
- Be realistic about the young swimmers ability - do not push them towards a level that they are not capable of achieving.
- Take an interest in your child's progress by watching training sessions and galas - do not use the swimming club as a crèche.
- Always show appreciation of good swimming by all swimmers whether from your own club or others.
- Respect decisions made by coaches and officials and encourage young swimmers to do them same.
- Remember - Its only a Sport.