



## Code of Conduct for Swimmers

Flixton Swim Team hopes our swimmers will enjoy themselves and benefit from an alternative circle of friends. We aim to achieve excellence in swimming through commitment and good coaching based on sound technique within a competitive environment.

- Swimmers should register for training at the start of each session.
- Be ready on poolside 5 minutes before the training session starts
- Look at and listen to the Coach/Teacher when they are speaking and follow the instructions given in training and at Competitions.
- Behaviour and personal conduct must at all times be of a high standard to reflect favourably on the club and the sport.
- Any medical condition or medication currently being taken by swimmers must be reported to the swimmer's coach so that the legal and physical implications can be assessed.
- When selected to represent Flixton Swim Team swimmers should indicate their availability.
- Swimmers should not use abusive language or act in an aggressive manner.
- Respect your team and club coaches
- Swimmers are allocated to training lanes by the coaches
- One touch/tap to the foot of the swimmer in front on the side that you are passing is allowed and can be helpful.
- Be considerate to allow a faster swimmer to pass safely by slowing down, avoid stopping where possible.

**Any misdemeanors or breach of this code will be dealt with by the club.**

**Signed Swimmer:** .....

**Name:** .....

**Signed Parent/Guardian:** .....

**Date:** .....