**Dumfries Amateur Swimming Club**

**Swimmer Code of Conduct**

As a member of the club you will be required to follow this code of conduct, your continued membership with the club assumes that you have read and understood these rules. Parents of younger swimmers please take the time to go over this Code with your son/daughter.

**General Behaviour**

1. Good behaviour is expected everywhere and at all times. This includes in changing rooms, at swim meets and on poolside. Aggressive behaviour, shouting, foul or abusive language must not be used.
2. Swimmers are expected to show respect to all other swimmers, coaches, officials and parents.
3. Swimmers are expected to show team spirit and good sportsmanship at ALL times
4. Swimmers are expected to support the club wherever and whenever possible.
5. Be proud of yourself and of the club’s achievements
6. At no time will a swimmer bully or harass another swimmer, whether physical mental or emotional. This form of behaviour will not be tolerated and disciplinary action will be taken against those who break this code.
7. Swimmers are expected to show respect for property and belongings of others. Any abandoned equipment or clothing should be handed in to coaches, lifeguards or a committee member
8. Swimmers are expected to follow instructions given by coaches, lifeguards, team managers or officials at all times.
9. All swimmers must refrain from making comments in the public domain which may bring the Club, officials, other swimmers or parents into disrepute.  This includes chat rooms and social networking sites.
10. Swimmers will not be permitted to use their phones in the changing rooms. The use of mobile phones is ***strictly forbidden*** in the changing rooms. At no time will a swimmer photograph or video anyone within the changing rooms. Swimmers will leave the changing room if they need to use their phones.
11. Swimmers must not drink alcohol or use tobacco products or illegal drugs.

Swimmers are reminded to check that any medication used for medical purposes are not on the SASA **'BANNED LIST'** (if in doubt check with the SASA Medical Officer)

1. Sanctions - Breaches of Code of Conduct shall be dealt with in the first instance by the Head Coach. If required a report shall be made to the Club secretary and the Committee shall review and take such further action as deemed necessary. This may include exclusion for a period of time, disciplinary action or withdrawal of club membership.

**I HAVE READ UNDERSTOOD AND ACCEPT THIS DOCUMENT.**

Name of swimmer…………………………………………………………

Squad………………………………………………………………………

Signature of swimmer…………………………………………………….

Signature Parent or Guardian…………………………………………….

Print Name………………………………………………………………….

Date…………………………………………………………………………

**Form to be signed by swimmer and parent/guardian of those under 18, and returned to the Club; please keep the second copy for your own reference. The Club will keep this form on the swimmers file for future reference.**