

# NEWTON ABBOT SWIMMING CLUB

## SWIMMERS AGREEMENT

The success of any swimming club depends on the level of commitment of swimmers, coaches, teachers, administrators and helpers and their understanding about what they are entitled to expect from each other.

This Agreement is between Newton Abbot Swimming Club and its squad members so that realistic and achievable objectives can be set for individuals and the Club as a whole. It is also to establish a set of guidelines and procedures, which outline the responsibilities and behaviour of all members of the Club.

All coaches, teachers, administrators and helpers are committed to do their best for all the swimmers and for the success of the Club.

Senior and Junior squad swimmers are all encouraged to attend every session open to them including land training sessions.

### AIMS OF NEWTON ABBOT SWIMMING CLUB SWIMMERS AGREEMENT

- 1 To ensure that every swimmer is working to his/her maximum potential.
- 2 To advocate the strongest possible allegiance to Newton Abbot Swimming Club thereby creating a united and harmonious Club.
- 3 To acknowledge the swimmers importance within the Club both individually and as part of the team.
- 4 For all swimmers to agree to the principles of the attached Code of Ethics and Conduct.

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### NEWTON ABBOT SWIMMING CLUB

To enable me to achieve my full swimming potential I agree to put my best efforts into my training, to do what is asked of me by my coach and his helpers including attendance at training sessions and competitions and to be punctual and behave in accordance with the Code of Ethics and Conduct for Swimmers.

Name (please print)

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Signed

(Member)

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Countersigned

(Parent/carer if member under 18 yrs)

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Date:

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PLEASE CUT OFF AND RETURN THE SIGNED SLIP AS SOON AS POSSIBLE TO CORAL WALDOCK

## **NEWTON ABBOT SWIMMING CLUB**

### **DISCIPLINE POLICY**

If during a session the Coach/Helper considers that a swimmer's behaviour is unacceptable they will follow the procedure below:

1. Give a verbal warning.
2. If the unacceptable behaviour continues, remove the swimmer from the water for part, or all of the session and instruct them to sit on poolside until such time as the Coach/Helper feels it is acceptable for them to return to the water (Sin Bin).
3. If the behaviour is so unacceptable that leaving the swimmer in the pool disrupts the session for other swimmers remove the swimmer from the water for the remaining part of the session and request that the swimmer gets changed and then returns to poolside until the end of the session. The swimmer will then be excluded from attending any further NASC sessions including galas/water polo games for a period of a week.

The following are considered to be examples of unacceptable behaviour:

Disruptive  
Argumentative  
Abusive  
Bullying – verbal and physical  
Harassment  
Aggressive  
Lack of respect for the Coach/Helper

At the end of the relevant session the swimmer may be given an exclusion letter, signed by 2 Coaches/Helpers who witnessed the incident or were present at the time the incident occurred. The exclusion letter should be handed to the swimmers parent(s)/guardian(s). The swimmer will be given a period of 24 hours to appeal against the period of exclusion. Anyone wishing to make an appeal should contact one of the two disciplinary committee members named on the exclusion letter. The Coach/Helper must complete a discipline report and ask the swimmer to sign it.

If a swimmer repeatedly exhibits unacceptable behaviour then the Coach/Helper will approach the parent(s)/guardian(s) to try and resolve the matter. However, if this proves unsuccessful then the matter will be referred to the Committee through the Head Coach, or Helper in charge of that session, for consideration.

The exclusion of a swimmer should only be necessary in cases where the behaviour of the swimmer is beyond what is considered reasonable by the Coach/Helper. These procedures are intended to enable the majority of swimmers to participate and improve without disruption from others.

*N.B. The Club does not accept responsibility for any swimmer refusing to return to; or remain on poolside once they have been excluded from the session.*

# **NEWTON ABBOT SWIMMING CLUB**

## **CODE OF ETHICS AND CONDUCT FOR SWIMMERS**

### **Your Responsibilities**

1. To Abide by the terms of the discipline policy
2. To arrive on poolside 3 minutes before the start of the training session. To be ready to start swimming at the training session start time.
3. Arrive for galas/open meets or water polo matches in good time and prior to warm up times.
4. Respect others and to be polite and courteous to all.
5. To abide by the rules and codes of the sport and the Club at all times.
6. To set positive examples and help others.
7. Always remember you are representing your Club and behave accordingly.
8. Be a good sport in winning and losing.
9. Be a good team member and always provide encouragement and recognise other's achievements.
10. Make every effort to improve and develop your skills, technique and fitness by attending and working hard in all training sessions available to you.
11. No skipping lengths or stopping at the end of the lane – Complete all drills.
12. To not talk when the Coach/Helper is speaking – listen to instructions.

### **Your Rights**

1. You can expect to be encouraged to achieve your very best at all times.
2. You can expect help and encouragement in developing your skills, technique and fitness.
3. You can expect support and understanding.
4. You can expect to be treated politely with fairness and respect.

### **Things you need to do**

1. Arrive on time – see point 2 and 3 of Your Responsibilities above.
2. Use the toilet and shower before the start of a training session, gala, open meet or water polo match.

3. Ensure that you have the correct equipment including drinks before the start of the training session, gala, open meet or water polo match.
4. Inform the Coach/Helper of any medical conditions or injuries before you start the training session. Ensure that you are fit and well enough to take part as NASC cannot be held responsible for injuries caused or aggravated further as a result of normal training.
5. Inform the Coach/Helper if you need to leave the session early.
6. Advise the Coach/Team Manager as soon as possible if you are unable to attend a gala, open meet or water polo match.

**And above all, enjoy your swimming and be the best you can be.**