

## *City of Sunderland Amateur Swimming Club Code of Conduct*

This document is for all swimmers and parents of swimmers already members or preparing to join the Squads of City of Sunderland A.S.C. It is requested that swimmers and parents jointly read, sign and date the section of this document paying particular attention to the consequences of any breach of rules.

Like any organisation we have rules, however by working in conjunction with parents, swimmers, coaches and the committee it is anticipated that all swimmers will understand the reasons behind each of the rules.

### **Breach of Rules**

When swimmers do behave in such a way as to offend against the principles of good behaviour in the swimming club then sanctions may apply. These can vary from an on-the-spot reprimand to a letter sent home to parents for those swimmers who are under 18 years of age. For serious or persistent breaches there is the possibility of a temporary or permanent exclusion from the club.

At all times, we expect swimmers to following the principles set out below:

**Consideration** – respecting everyone else as an individual, making sure words and actions do not cause hurt or inconvenience to anybody.

**Courteous** – being polite and helpful at all times.

**Co-operative** – working as a team.

**Friendly** – being on good terms with each other.

**Hardworking** – doing our best at all times.

**Forgiving** – accepting that everyone can make a mistake.

**Responsible** – being reliable and responsible for our actions, behaving as part of a team.

**When representing C.O.S.A.S.C** we expect the following behaviour from all swimmers:

Wear Club kit when on poolside

Letting the Coach or Poolside helpers know when you are leaving

Making sure that you are in marshalling in good time for your race

Do not take part in any form of anti-social behaviour such as bullying, fighting, booing, name calling etc.

Under no circumstances will the following be tolerated:

drinking alcohol under age

physical violence or threatening behaviour which includes swearing

damage to property or theft of property

sexist or racist behaviour

smoking

being in possession of, taking or selling illegal substances

I have read and agreed to be bound by the COSASC Code of Conduct

**Signed**

**Date**