



Name of swimmer: _____

CODE OF CONDUCT –TO BE SIGNED BY SWIMMER

GENERAL PRINCIPLES:

- Children have a great deal to gain from sport in terms of their personal development and enjoyment. The promotion of good practice in sport will depend on the co-operation of all involved, including young members of swimming clubs.
- Galway Swimming Club wishes to provide the best possible environment for all young people involved in the swimming club. Children have rights, which must be respected, and responsibilities, which they must accept.
- The swimmers deserve to be given enjoyable, safe sporting opportunities, free of abuse of any kind. They should be encouraged to realise that they, also, have responsibilities to treat other swimmers and sports leaders with fairness and respect.

SWIMMERS ARE ENTITLED TO:

- Be safe and feel safe.
- Say **No** to something that makes them feel uncomfortable.
- Be happy, have fun and enjoy their swimming activity.
- Have fair play.
- Be listened to and have an appropriate response.
- Be afforded confidentiality.
- Be treated with dignity, sensitivity and respect.
- Have a voice in the club.
- Experience training and competition at an appropriate level.
- Be represented at decision-making bodies within Galway Swimming Club and Swim Ireland.

SWIMMERS SHOULD ALWAYS:

- Treat Sports Leaders who may be teachers, coaches, club officials or parents with respect.
- Play fairly at all times and do their best.
- Respect team members, even when things go wrong.
- Respect opponents, be gracious in defeat.
- Abide by the rules set down by Swim Ireland and Galway Swimming Club (GSC).
- Talk to the Coach, Team Captains, GSC Children's Officer or Committee Member if they have any problems.

SWIMMERS SHOULD NEVER:

- Cheat.
- Use violence.
- Use physical contact that is not allowed within the rules.
- Shout or argue with officials, teammates, coaches or opponents.
- Harm team members, opponents or their property.
- Bully or use bullying tactics to isolate another person.
- Use unfair or bullying tactics to gain advantage.
- Use bad language.
- Take banned substances.
- Keep secrets about any person who may have caused them or others harm.
- Tell lies about adults / young people.
- Spread rumours / untruths.
- Behave in a manner that might bring Galway Swimming Club or Swim Ireland into disrepute.

GUIDELINES FOR USE OF MOBILE PHONES:

Mobile phones are often given to young swimmers for security. However mobile phones have also allowed an increase in direct personal contact and in some cases such technology may be used to cross personal boundaries and could cause harm or hurt. Galway Swimming Club recognises there is a need to encourage responsible and secure use of mobile phones by adults and young people.

YOUNG SWIMMERS ARE ADVISED AS FOLLOWS:

- Be careful to whom you give your phone number and don't respond to unfamiliar numbers.
- If you receive an offensive photo, email or message, do not reply, save or screen grab it, make a note of times and dates and tell a parent, coach or children's officer within the club.
- In cases of bullying or harassment, if possible, change your phone number.
- Don't use your mobile phone in inappropriate locations; inappropriate use of your camera phone may cause upset or offence to another person, e.g. changing rooms.
- Treat you phone as you would any other valuable item so that you guard against theft.
- Any use of inappropriate language or incidents will be investigated through the disciplinary process.

Breaches of the Codes of Conduct can be dealt with through a disciplinary and complaints process with the emphasis on resolution through an informal route.

I _____ (name of swimmer) **have read and understand the Code of Conduct.**

I understand that any breach of this code of conduct by me will be taken very seriously.

Swimmer Name: _____ **Date:** _____

Swimmer Signature: _____

Parent/Guardian Signature (for under 18s): _____