



Brighton Dolphin Swimming Club

Code of Conduct for swimmers:

- You should respect the Club's Coaches, Teachers and other Volunteers.
- You should make a reasonable attempt to attend all training sessions as laid out in the club's training session timetable.
- You should be punctual on all occasions for training sessions & club fixtures.
- You should make sure that you are properly prepared to train or compete - *Remember it is **YOUR** responsibility to do this, not someone else's.*
- You should demonstrate an acceptable level of behavior and personal conduct at all times which should reflect favorably on our sport Club and Team. This includes following instructions given by the Coaches, Teachers and Team Managers.
- You should always use language in public or group situations that is appropriate and respectful to others.
- You should wear club colours when representing BDSC at home and away fixtures.
- You should refrain from taking any drugs or substances that have not been prescribed by your doctor: ***The use of any drugs or substances other than for medical reasons is prohibited.** Swimmers are reminded to check that any drugs used for medical purposes are not on the ASA 'Banned List'. (If in doubt check with the ASA Medical Officer)*



- You should inform the Head Coach or Team Manager of any medical condition or medication you are taking: It is important that full details of all medication currently being taken are provided.

What happens if you break this Code of Conduct?

The Club will review all breaches of this Code of Conduct in accordance with the guidelines of the Amateur Swimming Association:

- You will be reminded of the Code of Conduct.
- If your activities continue you may be asked to leave the training session or competition by the Coach or Team Manager.
- If your actions continue, a report of the incident will be made to the Club Secretary and the Club Committee will review and take such further action as deemed appropriate. You may be suspended prior to the meeting of the committee if Coach and Club Chairperson agree that this is an appropriate action to take.
- You will be informed of the Committee's decision in writing.

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June 2005.