



Code of Conduct for Swimmers

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This document sets down the conduct expected of all pupils of Abingdon Dolphins Swim Club irrespective of the activity they are involved in.

Swimming can be tough and challenging but undoubtedly rewarding. Respect all those involved, they help you become a better swimmer.

As a member of Abingdon Dolphins Swim Club you will be expected to:

- Have consideration and respect for others and the property of others
- Speak politely. Be trustworthy and truthful
- Value the abilities and achievements of others
- Respect the facilities including our swimming pool, changing rooms and equipment.
- Behave responsibly at all times; No horseplay, teasing, bad language or fighting will be tolerated either in the changing rooms or on poolside.
- Follow all Health & Safety procedures.

It is also expected that you will:

- Respect the teacher(s) and pool helpers, act on their instruction and advice and seek feedback from them.
 - Obey all the pool rules
 - Respond to any commands/signals/whistles from lifeguards
 - Never leave the poolside without permission
 - Be aware of and respect other swimmers around you
 - Take care of all equipment provided
 - Encourage and support younger swimmers
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- Swimmers will shower before and after swimming.
 - Swimmers should use the toilet and blow their noses before going on poolside.
 - No jewellery to be worn during lessons, long hair will be tied back
 - No eating before or during lessons.
 - Swimmers are expected to be on poolside no more than 5 minutes prior to the beginning of their lesson.
 - The teacher should be made aware of any medical conditions or other relevant issues such as injuries, headache, a cold or flu etc. at the earliest opportunity and in any case before the start of the lesson.

Other Important information

- Any instances of bullying should be reported to your teacher, who will deal with the situation.