



# Abingdon **Dolphins**

## **Code of Conduct for Swimmers**

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 School you will be expected to:**

- Have consideration and respect for others – other swimmers, teachers, helpers, parents - and the property of others -the pool, the facilities, equipment, other swimmers' property.
- Speak politely. Be trustworthy and truthful
- Value the abilities and achievements of others
- Behave responsibly at all times in the changing rooms and 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
- Encourage and support younger swimmers
- 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.
- Any instances of bullying should be reported to your teacher, who will deal with the situation.