

# Silver City Blues (Masters) Swim Club Code of Conduct



# MEMBERS' CODE OF CONDUCT

The Club is committed to achieving its objectives, one of which is to provide a safe, welcoming and structured Masters swimming training & development environment for members. The Club's constitution also states that "The Club shall comply with the SASA Code of Conduct". The following code of conduct is based on that recommended by the SASA and is designed to assist in the achievement of the Club's objectives. It is also a requirement of the Club's SwimMark Plus accreditation.

All Members shall, when with or representing the Club, endeavour to:

- Consider the interests of all other Members (Swimmers, Volunteers and Coaches alike) and all others involved with the activities of the Club and treat them all fairly and with respect at all times
- Try to actively support the Club in its swimming and other activities
- Encourage and congratulate others where appropriate
- Identify with the team when representing the Club
- Be on time
- Take personal responsibility for team success and recognise that when undertaking any Club activity (whether training, competing, fund-raising or socialising) Members are ambassadors for the Club
- Not be under the influence of alcohol, drugs or abusive substances when training, competing or representing the club in any way
- Comply with any reasonable requests asked of you by Coaches or Club Officials
- Communicate with Coaches, Committee Members and other Swimmers, including bringing any concerns to the attention of the Club Wellbeing and Protection Officer (WPO), Committee Members or Coaches as appropriate
- Uphold the Scottish Masters ethos of 'Fun, Fitness and Friendship'

# Swimming Safety and Lane Etiquette

Safe lane swimming requires discipline, awareness and common sense. Please adhere to the following lane safety and etiquette guidelines to ensure a safe and enjoyable session for all.

**Jewellery** – Members are advised that bulky jewellery is not advised to be worn while training. This is to prevent injury in the instance of impact with another swimmer. This includes large watches; neck chains and loop earrings. Lower profile sports watches and activity trackers are acceptable.

**Coaches / Lifeguards** - Please pay attention to the coaching and pool staff at all times and comply with any instructions.

**Diving** - Do not dive into water which is less than 1.5 metres deep.

**Pushing off** - The fastest swimmer should always lead the lane with other swimmers following in descending speed order. This ensures no-one is held up and a safe distance is maintained between swimmers. If varying strokes, this may mean changing order mid-set.

**Interval Between Swimmers** - Always leave at least 5 seconds between swimmers. It is the swimmer's responsibility to watch the clock and go at the correct time. Do not push off immediately before another swimmer who is coming in to turn.

**Swimming Direction** – Before jumping, or diving in, always be aware of the direction of swimming in the lane you are about to enter. If in doubt ask either a coach or the other swimmers. Always swim on the appropriate side of the lane and do not swim down the centre of the lane. Be aware of other swimmers in your lane and when swimming butterfly switch to either single arm or butterfly kick if passing another swimmer.

**Overtaking** – Don't swim too close to the swimmer in front of you. If you are faster, then ask to go ahead on the next length. If you are coming up to someone and need to overtake first check that it is safe to do so and if there is nobody coming the other way continue to overtake. If there is no room to overtake or you feel uncomfortable overtaking, touch the foot of the person in front gently to let them know that you are there. If your feet are touched and let the person past or change positions at the end of the current length. If you want to go in front or overtake a slower swimmer then it is your responsibility to overtake at a safe and appropriate time.

**Giving Way** – Do not stay in front if you are holding others up; allow faster swimmers to move ahead at the end of the next length. Similarly, try not to interrupt other swimmers' rest timings by constantly changing your place in the lane.

***Sitting Parts Out*** - When sitting out, you need to keep out of the way of those still swimming; keep right in to one side or get out and re-join at an appropriate place/time.

***Turning*** - Approaching the wall, start moving from your side of the lane to the centre. Turn at the centre of the lane, pushing off to the other side. Be aware of other swimmers when you kick off the wall out of a turn.

***Coming in to Finish*** – Please do not finish 5 metres out. Swim all the way in to the wall. Then move out of the way so that others can also complete their full length. Do not stand blocking the wall for other swimmers – get out of their way.