

APPENDIX D: POOLSIDE CODE OF CONDUCT

TRAINING SESSIONS

- Punctuality
- Be changed and on poolside by the start of the session
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- Politeness
- The more you listen, the more you will learn. Please ask questions, but choose the moment. Rudeness will not be tolerated no matter how good a swimmer you are.
- Praise.
- Always be the first to congratulate your team mates (even when they beat you).
 - Parents: praise your children and other people's for effort as well as success.
- Practice.
- Training sessions are there to improve your swimming. So work hard and save the chatting for the changing rooms.
- Prevention.
- Never bring anything dangerous into the changing rooms or onto the pool deck.
 - Anything sharp or breakable is a serious accident waiting to happen. Try to leave valuables at home; if you bring mobile phones, for example, put your bag in a lock and take it onto poolside.
- Safety
- The qualified coaches and lifeguards are responsible for safety but everyone in the pool and on the poolside has a duty to be aware of health and safety issues. If anyone notices anything which could be potentially unsafe then they should not hesitate to draw the attention of the responsible official – immediately if necessary.
- Problems
- If you or your parents have queries or questions, do ask the coach at the end of the session (but never while they are coaching). In the case of more serious matters, ask the head coach, chairman or welfare officer. However, any member of the coaching staff or committee will be pleased to help in any way that they can, so never be afraid to ask.

CONDUCT GALAS

- Behaviour
- Be sporting and friendly to the other teams. We often swim against the same teams regularly and it is a good opportunity to meet people. Sharks reputation is your reputation.
 - Look at the team list – it is the swimmer's responsibility to be on the block at the right time for the right event.
 - The team manager and poolside assistants will help to direct swimmers to their events but swimmers must keep in touch and stay with the team. Do not "wander off". Make sure you know when your events are.
- Safety
- In strange pools be aware of the differences. Listen to the gala manager's announcements about pool safety at the beginning of the meet. The older swimmers have a duty to look after the younger swimmers with regard to health and safety. Look after each other. Check that your team members are on the return coach.