



Standards & Code of Conduct

10th of September 2017



General Standards

The following outlines the THSC standards that are expected of swimmers in both training aspects and competition aspects of swimming. Swimming is not just about winning but also about having fun and being a good sport.

- **Respect yourself:** Swim for personal goals, achievement and for fun, not just to please parents and coaches.
- **Respect the rules:** Do not argue with or use offensive language against officials. If you disagree, inform your Captain, Coach or Manager who will approach the official at an appropriate time to discuss the matter.
- **Respect your teammates:** Work equally hard for yourself and your club. Encourage your teammates (peer-support) and applaud all good efforts, regardless of winning or losing races.
- **Respect competitors from other clubs:** Treat all swimmers, as you would like to be treated yourself. Do not interfere with, bully or harass another swimmer or other club members.
- **Respect supporters:** show appreciation to parents, volunteers, officials and administrators: They are there to support and encourage you.
- **Role modelling:** remember that your club mates, especially those more junior, learn by your example and actions. Be constructive, not destructive.

Standards for Squad Training

- Swimmers are to be at the pool 15 minutes before the start of training to warm up and stretch.
- Swimmers must let the coach know if they will be arriving late to training or are unable to make the required session/s.
- Swimmers must inform the coach of any injuries before training.
- Sports drinks and/or water are a must for every training session.
- Listen to coach: Whilst the coach is talking, all squad members will listen carefully to instructions.
- Swimmers are always to ask the coach's permission if they wish to leave the water for a toilet break.

Standards for Racing

- Acknowledge achievement and success at all levels.
- Swim in a club cap at all meets.
- Relays are considered a privilege and your availability is considered a priority.
- All targeted meet entries to be verified by coach prior to submission.
- Speak with your Coach before and after each race.



Code of Conduct

PURPOSE

The purpose of this code is to:

Promote the best possible individual, team, and program responsibility

Ensure that our core values, good reputation, positive behaviours and attitudes are maintained

Ensure that everyone in our team is treated with respect, dignity and is safe and protected from bullying, harassment and or discrimination

PART I – GENERAL CODE OF CONDUCT RULES

All THSC members have agreed, in their membership application, to abide by the rules, regulations and policies of Swimming WA and Swimming Australia, including the Australian Swimming Behavioural Guidelines, Anti-Doping, Member Protection and Privacy Policies, as well as THSC's Code of Conduct, as below.

1. All participants will wear designated team uniform and swim caps during all competition.
2. All athletes will participate in all designated championship meets they are qualified for, unless otherwise agreed upon with coach.
3. All athletes are expected to make themselves available for relay selection at meets.
4. Curfews at team travel events, as a member of THSC, SWA or Swimming Australia sponsored event and at all related activities will be obeyed.
5. Male and Female swimmers may not be in each other's room on any team trip unless supervised by designated Club official.
6. Smoking or use of alcoholic beverages is unacceptable at any time whilst representing THSC.
7. Use of illicit drugs and drugs listed on the ASADA Prohibited Drug List is unacceptable at any time.
8. Team members must not be involved in any conduct or activity that may harm the names and reputation of THSC or any sponsor.
9. Disrespectful, indiscreet or destructive behaviour will not be tolerated. It is the responsibility of each swimmer to make every effort to avoid guilt by association with such activities at any time during the year.
10. Any form of bullying, harassment and or discrimination by any person will NOT be tolerated by THSC, any instances are to be reported immediately to either a coach or committee member.
11. All participants and their parents have a responsibility to do their best to ensure that this Code of Conduct is adhered to and to help ensure the safety of all Program participants.



PART II- VIOLATION OF THE CODE OF CONDUCT RULES

At the discretion of the Team Coach in attendance (and/or either Director of Coaching), and Team Manager, any one or all of the following penalties may be applied:

1. Swimmer may be scratched from the meet with all meet entry fees forfeited.
2. Swimmer may be sent home immediately from training or meet at his/her own expense and if there is extra expense it will be swimmer/guardian/parent's responsibility.
3. Swimmer may be suspended from the team until the swimmer and parents have had a conference with the Coach in attendance (and/or the Director of Coaching), and the Team Manager and/or MPIO and appropriate disciplinary actions have been implemented. This is automatic with violations of General Conduct Rules 5, 6, 7 and (or) 8.
4. All violations of General Conduct Rules 4, 5, 6, 7, 8 and 9 will be reported to the THSC committee, and may result in the swimmer being suspended from ALL team trips for the remainder of the swim year and/or a specific period determined THSC committee, in consultation with coaching staff.
5. All violations of General Conduct Rule 10 will be referred to the THSC committee and may result in further disciplinary action, if multiple violations occur then termination of membership may result.
6. Swimmers who have received THSC funding may be expected to reimburse the club for the full funding subsidy for any breach of the Conduct rules.

I have read and hereby agree, to abide by the above Standards and Code of Conduct to the best of my ability and understand that by doing so I will uphold the integrity and reputation of the THSC, its members and coaches with the highest respect.

I agree to abide by the rules of conduct as set forth in Part I above and acknowledge that, should I violate any provision in Part I, I will be subject to disciplinary action, as set forth in Part II, including suspension.

Signature of Swimmer Date

Signature of Parent/Guardian Date