



Tilehurst Swimming Club

Swimmer Code of Conduct: Competitions and Away Meets

The aim of this Code of Conduct is to ensure that competitions and away meets attended by TSC are a safe, kind and respectful environment for all Tilehurst Swimming Club swimmers, and their families, coaches, volunteers and members of other clubs. The document outlines expected behaviour standards for attendance at competitions and away meets ('Meets'). Please ensure that your swimmer understands the content of this document and agrees to abide by this code of conduct.

General Behaviour. You must:

1. Be aware of Swim England [Wavepower](#) guidelines and adhere to its guidance.
2. Adhere to all TSC Policies and Codes of Conduct and Swim England regulations, Code of Ethics and rules
3. Treat others with kindness, dignity, and respect; embrace diversity and never discriminate against others based on age, disability, sexual orientation, gender reassignment, sex, religion or belief, race, or nationality.
4. Communicate in a positive and kind way with others, and avoid inappropriate language, bullying, harassment, or violence.
5. Display a high standard of behaviour at all times whilst attending Meets.
6. Respect the requests of facility/pool staff/Meet hosts to help maintain a safe and supportive environment.
7. Promptly report any inappropriate behaviour by others to the appropriate TSC Coach or Team Managers.
8. If you are involved in or witness an accident or incident, report this as soon as possible to the TSC Coach, Team Manager or Lifeguard.
9. Remember to move safely around the pool and changing areas, showing respect for others and keeping away from the edge of the water. You must walk at all times.

Use of Social Media, Mobile Phones & Changing Areas during Meets. You must:

1. Respect the privacy of others and refrain from taking or sharing any inappropriate images taken at any time or place.
2. Not use your mobile phone or any camera equipment in the changing areas at any time during the meet. These should be switched off and kept in your bag.

3. Ensure that images taken are with the consent of the subject and do not infringe upon anyone's privacy or comfort.
4. Contribute positively on social media and do not engage in bullying, negative comments, or harmful behaviour on any platform.
5. Treat the changing and shower areas with respect, keeping them clean and tidy after use
6. Remember that changing rooms are for changing only and should not be used as a social space.
7. Leave the changing area promptly and return to TSC team area once changed
8. Respect the privacy and space of others, being mindful of boundaries in shared spaces.
9. Use secure lockers for belongings and understand that TSC and the facility are not responsible for unattended items.

At Meets you must:

1. Wait until The Coach/TSC Team Manager is present before leaving your parent/guardian and entering the changing facilities/poolside area.
2. Upon arrival at competitions, check in with The Coach/TSC Team Managers.
3. Show respect to The Coach, TSC Team Managers, teammates, and competitors, maintaining a positive and supportive attitude at all competitions, open meets, national events, and galas.
4. Wear swimwear, clothing and footwear that is appropriate for a public swimming pool environment. TSC Team kit should be worn whenever possible, to aid identification of swimmers.
5. Warm up before events as instructed by The Coach.
6. Ensure that your behaviour in the swim-down facility is appropriate, respectful, and considerate of other users.
7. Return to the TSC Coach and Team Area as soon as your race has finished and remain with them until your next event.
8. Never leave an event until the gala is complete or explicit permission has been given by The Coach or TSC Team Managers.
9. Before leaving the poolside for any reason during the competition, first seek consent from the coach or team manager.
10. Bring sufficient dry clothes and towels to keep warm between events.
11. Bring sufficient healthy snacks and drinks to sustain energy levels during the day, ensuring that these are free from nuts, kiwi, raw egg and shellfish. You must not consume takeaway fast food during meets e.g. KFC/Macdonalds.
12. Clear up the area where you are sitting at the meet and ensure that you dispose of all rubbish in the bins provided.
13. Refrain from using any drugs, alcohol, using cigarettes/vaping/other tobacco products both before and during the meet.
14. Be aware that breaches of this Code of Conduct will result in disciplinary action against you by the Club Welfare Team. Any behaviour which may be a criminal offence will be reported to the police and any other relevant authority.

Parents/Guardians of TSC swimmers must:

1. Read the information that is sent out about the Meet before the event and follow any given instructions.
2. Ensure that TSC Swim Manager is up to date with the contact details of the Parent/Guardian responsible for their swimmer whilst at the Meet.
3. Keep your swimmer with you until a coach is present. Swimmers under the age of 12 should be handed over to the TSC Coach or Team Manager.
4. Ensure that the contact details of the Parent/Guardian responsible for the swimmer at the competition are written on a piece of paper in a suitable waterproof cover and placed in the front pocket of the bag that will be with the swimmer poolside during the meet.
5. Ensure that The Coach or the Away Meets Team are made aware in advance if your swimmer has any medical issue that we need to be aware of at the meet. If the swimmer is using medication, requires an Jext/Epipen, or carries any other medical device such as an inhaler, please discuss this with The Coach or the Away Meets Team before the meet. You must ensure they have sufficient medicine that is within date at the meet – this should be handed to an adult with correct dosage instructions.
6. If a swimmer has taken any medication before the meet, such as paracetamol or antihistamine, The Coach must be made aware in writing of the time this was taken and dosage.
7. Parents of swimmers aged 11 and under should remain at the Meet venue at all times during the meet. Please be ready to collect your swimmer promptly after their final race. Swimmers should return to the coaching team after they have changed following their final event, so that the TSC Coaching Team can arrange for them to be reunited with their parent/guardian.
8. Parents of swimmers aged 12 and above should arrange to collect their swimmer after their final event. Please ensure that your swimmer makes the TSC Coaching Team aware before they leave poolside, so that we can account for everyone.
9. Between Sessions at Meets ensure that a parent/guardian is available to collect and supervise their swimmer, so that Coaches and Team Managers can leave poolside to take a break. (Swimmers aged 11 years or under must be handed over to a parent).
10. Follow the withdrawal process for the meet if you are unable to attend. You should also inform the TSC Away Meets Team if you are withdrawing from any part of the meet.

Please be aware that TSC cannot be held responsible for the actions of swimmers when they are away from the TSC Coaching Team during meets e.g. if they do not return promptly after their event, when they are using the toilets or changing rooms, when using the warm-down pool or queuing in the marshalling area whilst they wait for their event.