



Code of Conduct: Events and Training Camps

Behaviour and Personal Conduct: must at all times be of high standard and reflect favourably on the club and the sport. Language in public or relevant group situations must always be appropriate and sociably acceptable.

Consumption of Alcohol: is totally forbidden for swimmers under the age as defined by U.K. law. It must not be consumed by a Team/Squad or staff member whilst en route, prior to, or following a competition event, training camp or team activities, without specific consent of the Team Manager. During competition alcohol is strictly forbidden to all Team/Squad members and staff.

Smoking: is prohibited by team/squad members and staff whilst en route, prior to, during or following a competition event, training session or team activities.

Personal Appearance: shall be appropriate to the circumstances and as indicated by the Team Manager.

Team Kit shall be worn as directed by the Team Manager when competing and training, when assembling or travelling, at official team functions or on other occasions as notified.

Attendance: at activities is expected unless agreed by the Team Manager. Throughout the duration of the trip swimmers should inform staff of their whereabouts. Punctuality on all occasions is essential and any curfew must be observed.

Illegal and Performance Drugs and Substances: are strictly forbidden. Swimmers are expected to be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a meet.

Illegal Drugs and Substances: the use of these, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.

Accommodation: at hotels or equivalent must be as directed by the club staff and at no time must anyone extra be accommodated in the swimmers rooms.

Medication: it is important that information on all medication currently being taken should be reported to the Team Manager who will report it to the relevant personnel. Allergies to any medication must be reported to the Team Manager.

Sanctions: Breaches of the code of conduct shall be dealt with in the first instance by the Team Manager. He/she will report the incident to the Secretary of the club who shall take such action as is deemed necessary.