



Newton Abbot Swimming Club

Code of Ethics and Conduct for Swimmers

Your Responsibilities:

1. To abide by the terms of the discipline policy
2. To arrive on poolside 3 minutes before the start of the training session. To be ready to start swimming at the training session start time
3. Arrive galas/open meets or water matches in good time and prior to warm up times
4. Respect others and to be polite and courteous to all
5. To abide by the rules and codes of the sport and the club at all times
6. To set positive examples and help others
7. Always remember you are representing your club and behave accordingly
8. Be a good sport in winning and losing
9. Be a good team member and always provide encouragement and recognise others achievements
10. Make every effort to improve and develop your skills, technique and fitness by attending and working hard in all training session available to you
11. No skipping lengths or stopping at the end of the lane – complete all drills
12. To not talk when the Coach/Helper is speaking – listen to instructions

Your Rights:

1. You can expect to be encouraged to achieve your very best at all times
2. You can expect help and encouragement in developing your skills, technique and fitness
3. You can expect support and understanding
4. You can expect to be treated politely with fairness and respect

Things You Need to Do:

1. Arrive on time – see point 2 and 3 of your responsibilities above
2. Use the toilet and shower facilities before the start of a training session, gala, open meet or water polo match
3. Ensure you have the correct equipment including drinks before the start of the training session, gala, open meet or water polo match
4. Inform Coach/Helper of any medical conditions or injuries before you start the training session. Ensure that you fit and well enough to take part as NASC cannot be held responsible for injuries caused or aggravated further as a result of normal training
5. Inform the Coach/Helper if you need to leave the session early



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6. Advise the Coach/Team Manager as soon as possible if you are unable to attend a gala, open meet or water polo match

And above all, enjoy your swimming and be the best you can be.