

**HERTSMERE FLYERS SWIMMING CLUB**  
**RULES AND REGULATIONS**

**General Conduct**

**Swimmers**

Behaviour and personal conduct must at all times be of a high standard and reflect favourably on the Club and the sport of swimming.

Swimmers should behave in a responsible and appropriate manner in the leisure centre, including the changing area.

Language must always be appropriate and socially acceptable.

All swimmers are expected to:

- Behave without discrimination on the grounds of race, ethnicity, gender, language, religion, sexuality, birth or social status
- Treat each club member and people using the pool/leisure centre with respect, recognising and valuing their human rights, worth and dignity
- Comply with the codes, rules and laws within the guidelines set out by the ASA (available on <http://www.britishswimming.org>) and by the Club.
- Encourage all swimmers to obey the spirit of the rules and laws both in and out of the pool
- Observe, obey and respect the authority and the decisions of the Coach, teachers and club officials
- Treat other competitors and teams with respect, in victory and defeat

After sessions/competitions swimmers should remain in the leisure centre building until collected by a parent/guardian/responsible adult. Swimmers should advise the club welfare officer, a club official or the Coach if a parent/guardian or responsible adult does not arrive to collect them.

**Parents/Guardians/Carers**

Parents/Guardians/Carers are expected to:

- Comply with the codes, rules and laws within the guidelines set out by the ASA (available on <http://www.britishswimming.org>) and by the Club
- Encourage your child/ren to obey the spirit of the rules and laws in and out of the pool and ensure they understand the standards of conduct required.
- Observe the authority and the decisions of all officials
- Help your child/ren to recognise good performance, not just results
- Treat other competitors and teams with respect, in victory and defeat
- Be fully responsible for your child/ren when not on poolside and for ensuring their safety once they leave poolside.
- Ensure that your child/ren behaves in a responsible manner in the leisure centre including the changing area.
- Ensure that the coach is present and is aware your child/ren is there before you leave your child/ren at the start of a training session or at a competition
- Ensure that your child/ren waits to be collected in the leisure centre building after the training session/competition and not in the car park area unless accompanied by a responsible adult.

Do not go onto poolside during training sessions or competitions unless in an emergency or you have prior agreement with the coach. If you wish to discuss a specific matter with the coach please arrange a time that is convenient to both you and the coach.

For children under the age of 8 years a responsible adult must be present at the pool for the entire session.

Signed (swimmer).....

dated.....

Signed (parent/guardian).....

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