

Hinckley Hornets SC – Session Code of Conduct

Swimmers shall

1. not bully other swimmers
2. not swear or use abusive / unacceptable language to swimmers or coach's / teachers and other club officials
3. not interfere for any reason with a swimmer whilst they are swimming i.e. pulling their legs

In the event that you break any of the above you will be removed from the session immediately and advised that you can not swim for the next seven days. You will also receive a warning under the Club's disciplinary procedures.

Swimmers shall

1. not be late for their session (you should be on pool side at least 10 mins before the start of the session doing your stretching exercises)
2. always start the session when instructed to do so
3. not talk whilst the coach / teacher is explaining what is to be done
4. not get out during a session (if appropriate a break will be given if session length warrants)
5. not set off early, keep to the gap set by your coach / teacher
6. not overtake (it is dangerous) other than at each end of the pool
7. allow the swimmer behind to overtake, at the end of the pool, if they have been caught
8. not walk at the shallow end unless told to do so
9. always be courteous to other swimmers

Failure to comply with any of the above and your coach / teacher will inform you that you are on a warning, a further failure and you will be instructed to sit on poolside for 5 minutes a third failure and you will be instructed to leave the session.

In the event that you are removed from a session for failure to comply with the above more than once you will be advised that you can not attend any session for the next seven days.

It is recommended that swimmers:

1. have spare goggles
2. wear a swim hat (boys as well)
3. always bring a drink with them to poolside (at least a litre) and drink it during the session (no point bringing and taking home with you!)
4. have an extra drink, just in case
5. bring their fins to all sessions
6. always tumble turn when doing Frontcrawl and Backstroke and use the correct two handed turn for Breaststroke and Butterfly

I have read the above and agree that I will abide with this session code of conduct.

Swimmer Name

Parent (if under 16)

Signed

Signed