



CODE OF CONDUCT

ANNEXURE "B"

The St Andrew's Dragons Swimming Club (hereinafter the "Dragons") is dedicated to provide a swimming environment which is conducive to learning and provide an outlet to talented swimmers who are eager to excel in their chosen sport. In order for this experience to be beneficial to all stakeholders i.e the swimmer, his/her parents/guardians and the coaching staff, a set of Conduct Rules founded on mutual respect has been adopted and must be adhered to at all times.

For the sake of convenience a separate set of Conduct Rules has been agreed for each of the stakeholders – failure to adhere to the under mentioned Rules will cause the Constitution of the Dragons to be invoked, which may lead to Disciplinary action and/or expulsion.

1. SWIMMERS CODE OF CONDUCT:

AS A DRAGONS MEMBER, SWIMMER AND ATHLETE I SHALL ENDEAVOUR AT ALL TIMES TO:

1. Set an example of sportsmanship;
2. Show consideration and respect to opponents, team members, coaching staff, umpires and spectators;
3. Remember that I am part of a team and not let my team mates down by being absent from practises or competitions;
4. Be punctual for practises, competitions and transport;
5. Make outside appointments for days when we do not have swimming practice;
6. Excuse myself in person from a practise or competition, to the coach when I am unwell, unable to attend or injured;
7. Contact the coach if there is a serious problem, or request a parent to do so;
8. Safeguard any valuables in my possession or hand same to a responsible adult for safekeeping;
9. Dress in correct Dragons attire for competitions;
10. Remain neat and tidy and to keep the stand area allocated to the Dragons neat and free of litter;
11. Abide by the Constitutions of the Dragons, CGA and SSA;
12. Not be in possession of cigarettes, drugs or alcohol;
13. Refrain from any action or comment which may challenge the authority of the referee, umpire or coach;
14. Accept defeat gracefully and without excuses;
15. Be modest in victory;
16. Be aware of the safety requirements at all times and if in doubt, ask the coach;
17. Protect and preserve all Dragons equipment entrusted to them and to ensure their safe return to the Club;
18. Promote the name and reputation of the Dragons through may actions and not do anything which may jeopardise its name and reputation.

NAME OF SWIMMER: _____

SIGNATURE: _____

DATE: _____

B. COACHES CODE OF CONDUCT

AS A DRAGONS COACH, I SHALL ENDEAVOUR AT ALL TIMES TO:

1. Nurture the discipline, loyalty & team spirit for the successful functioning of the Swimming Club;
2. Use & develop the individuals strengths, not only technically, but in terms of leadership, responsibility & organisation;
3. Design a training programme suitable for the particular swimmer, which will allow for best results in the limited coaching time;
4. Be present at each practise or to arrange for a suitable substitute when he/she is unable to be present;
5. Keep administrators and parents informed about practise arrangements in good time and adhere to set sessions and training regimes;
6. Be punctual for all practices and competitions;
7. The St Andrew's School for Girls School rules must be respected and honoured as far as reasonably possible – good communication with custodians of the school will avoid unhappiness and possible disputes;
8. Safety of the swimmers under your control is paramount and you must not do anything which may jeopardise the swimmers safety – any hazardous situation must be reported to the Head Coach immediately;
9. All swimming is to be supervised by a coach or a competent person delegated to do so by the coach;
 - ❖ Selection criteria should be fair and impartial and be based on criteria set by the Head Coach;
10. Selection of swimmers should not be discussed with other Club members;
11. All swimmers must receive adequate coaching as all parents are paying a considerable amount of money to enable their children to participate.

C. PARENTS CODE OF CONDUCT

AS A DRAGONS PARENT, I/WE SHALL ENDEAVOUR AT ALL TIMES TO:

1. Assist my child to adhere to the Dragons Constitution, the Swimmers Code of Conduct and all dictates of the Membership agreement insofar as they are relevant to my child;
2. Emphasise that swimming is at all times a sport and that winning is not the sole objective of the Club but rather part of the educational process;
3. Accept, respect and support the authority and discipline entrusted to coaches and support staff;
4. Support fellow Dragons parents and act within the rules and spirit of the Dragons Swimming Club;
5. Refrain from encouraging or airing criticism of any aspect of swimming, other swimmers, coaches or parents in public;
6. Convey all complaints, suggestions and criticisms to the Head Coach or the Chairperson of the Dragons;
7. Refrain from interfering with the procedures, practices, rules or discipline laid down by the coaches;

8. Encourage all participating swimmers and avoid undermining their confidence in themselves, in their teammates, the coaches or the Dragons;
9. Promote harmony and a healthy spirit in the club and promote and contribute towards the club's wellbeing, both presently and in the future;
10. Not offer to do things you cannot, or do not, intend doing as this leads to confusion for the swimmers and undermines your credibility and trustworthiness;
11. Contact the coach, well in advance, if your child is unable to attend a practise/competition due to illness/ injury;
12. Have fun;
13. No parents will be allowed on the pool deck whilst coaching sessions are in progress – this rule is in place to allow the Coaching staff and the swimmers to maximize the limited time at their disposal and is in adherence with the Rules and Regulations adopted by the Governing Body of the St Andrew's School for Girls;
14. **PARENTS INTERFERING WITH COACHES INSTRUCTION, SELECTIONS OR TRAINING METHODS WILL NOT BE TOLERATED – THE HEAD COACH MAY REMOVE AND/OR BAN ANY PARENT FROM THE POOL DECK AND/OR STANDS IF SUCH A PARENT FAILS TO ADHERE TO THE CONSTITUTION, MEMBERSHIP AGREEMENT AND/OR THIS CODE OF CONDUCT.**

NAME OF PARENT(S): _____

SIGNATURE(S): _____

DATE: _____