



Guidelines and Codes of Conduct - Swimmers

You should always:

- Treat Leaders who may be teachers, coaches, club officials or parents/ guardians with respect.
- Take part fairly at all times, do your best to achieve your goals.
- Respect and support other members both when they do well and when things go wrong.
- Respect fellow participants or opponents and be gracious where you do not Succeed.
- Abide by the rules set down by Swim Ireland, Region and your Club.
- Young People should talk with your Coach, Club Captain, Club Children's Officer or other trusted adult Swim Ireland member if you have any problems.

You should not:

- Cheat
- Use violence or bad language; you should understand physical contact that is allowed within the rules
- Shout or argue with leaders, team mates or opposing participants;
- Harm team members, opponents or their property
- Bully or use bullying tactics to isolate another person or to take or gain an advantage

- Take banned substances to improve performance
- Spread rumours or tell lies about other people.
- Behave in a manner that might bring Swim Ireland or your club into disrepute
- Young People should not keep secrets about any person who may have caused you harm or has made you feel upset Talk through this Code of Conduct with your parent/guardian and/or Children's Officer. This Code of Conduct is for you, whatever your level of participation and you should encourage others to abide by this Code.