



# EDENBRIDGE PIRANHAS SWIMMING CLUB

## SWIMMERS CODE OF CONDUCT

### OVERALL REQUIREMENT

Swimmers should show dedication in training and in internal and external swimming events when representing Edenbridge Piranhas Swimming Club.

### SKILL SET REQUIRED

- Well organised, motivated and dedicated to training and representing the club.
- Good knowledge of swimming events, both Open Meets and Team Galas.
- Good working knowledge of Edenbridge Piranhas policies and procedures.

### MAIN COMMITMENTS

- Punctuality
  - Be poolside five minutes prior to training sessions.
  - Be poolside ten minutes prior to warm up at all galas.
- Equipment
  - Arrive at training sessions and galas with the correct equipment
    - Piranha's swimming costume, including training caps or gala caps for female swimmers or male swimmers with long hair. Tea bags for all galas.
    - Goggles, Swim floats, hand paddles, drag shorts and tee-shirts or other equipment when instructed by coaches.
- Training
  - Take training sessions seriously and carry out the set schedules as instructed by coaches. Do not cheat on the schedules, you are cheating yourself.
  - Carry out dry side training, stretching exercises as instructed by coaches.
- Discipline
  - Listen to coaches at all times and carry out their instructions.
  - Swim in the lane and lane order you are given, do not switch lanes or overtake other swimmers unless instructed by the coaches.
  - At galas swim in the disciplines instructed by the team managers.
  - Behave with courtesy at all times, showing respect to other swimmers, coaches, committee members, volunteers and parents.

When you are wearing an Edenbridge Piranhas Swimming Club costume you are representing your club and we expect the highest level of behaviour at all times, both at home and at away events.