

## **LEEDS SWIMMING, DIVING & SYNCHRONISED SWIMMING CODE OF CONDUCT**

The purpose of this Code is to establish a clear set of daily standards, responsibilities and behaviours for all members participating in the Swimming Training Scheme (STS), Diving Training Scheme (DTS) or Synchronised Swimming Training Scheme (SSTS) to adhere to. All schemes are professional organisations that exist solely for the purposes of developing, maintaining and delivering exceptional sporting performance.

### Membership

Once you accept your membership to your squad you will;

- ensure consistent and regular attendance at squad training sessions
- strive to achieve 100% weekly attendance
- make every effort to try and 'make up' sessions to maintain your 100% attendance
- be punctual to all sessions
- notify your Coach if you are going to be absent at your earliest convenience
- 30 days continuous absence from training will automatically forfeit your squad place
- Please remember that when you are representing the City with one of our aquatic clubs you are also an ambassador of the training scheme's. This code will still apply in all cases.

### Training Conduct

- Take responsibility for your performance at all times by focusing on your goals and lifestyle choices
- embrace the challenges of your sport and use a positive approach to all that is asked of you
- Commit to your team mates in the way you commit to yourself
- make every reasonable effort to complete your sessions
- Understand that being a part of our training scheme demands the consistent adoption and demonstration of professional behaviours, including positivity, readiness, good humour, commitment and RESPECT for others at all times
- in the instance that you do arrive late to training, make your apologies and prepare yourself to be ready to train as quickly as you can
- Mobile phones are not to be used during training at any time
- Changing is not permitted on poolside or in the gym

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Behaviour

- RESPECT is to be shown to others at all times
- Follow directions from the coaching staff in training sessions
- Use of poor language at **any time** is not acceptable
- Any use of social media that is derogatory or abusive to any staff or member for the training scheme will result in immediate exclusion from the training schemes.
- Vandalism and damage to the facility and equipment will not be tolerated
- Do not disrupt training sessions with poor behaviour
- Bullying other squad members will not be tolerated in any form (Including Social Media)
- Demonstrate through your behaviour a commitment to your training
- Represent the STS/DTS/SSTS with the highest standards at all times

Parent / Guardian of: \_\_\_\_\_

Signed by Swimmer: \_\_\_\_\_ Date: \_\_\_\_\_

Signed by Parent / Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Breach of the Code

Any breaches of this code will be dealt with as follows;

1. Verbal warning from the Training Scheme Manager (Strike 1)
2. Written warning from the Training Scheme Manager (Strike 2)
3. Written removal from the programme

**\*The severity of all behaviour will be assessed on each individual case. Leeds City Council & City of Leeds SC reserve the right to exclude any member of the training scheme / club if it is deemed the severity of behaviour warrants exclusion from the council training scheme and Club.**