



## **CODE OF CONDUCT FOR SWIMMERS**

Arrive for training and competitions in good time to prepare thoroughly

Turn up with the appropriate kit for the activity

Always warm up and swim down properly

Swim for your fun and enjoyment

Learn the laws of the sport and observe them

Do not argue with the coach and/or officials

Recognise and applaud good performance

Be a good sport -- win with modesty, lose with dignity

Respect other people - treat them in a way you wish to be treated

Co-operate with your coach, team-mates and opponents

Listen to, and obey, the coach's instructions during training

Think about improving your skills

Inform the coach of any medical conditions

Inform the coach of an injury as soon as possible

Inform the coach if you need to leave the pool for whatever reason

Thank officials and opponents after competition