

1. Athlete's Code Of Conduct

Principal Statement on Ethics

Sporting integrity is based on the acceptance of rules, fairness equality, respect for others, moral conduct and a sense of what is right. Scottish sport's goal is to create a sporting environment where violence, breaking the rules, the abuse of drugs, the lack of fair play and other unethical behaviour are automatically rejected as being irrelevant to the true purpose of sport.

Kilmarnock Amateur Swimming Club ("KASC") is committed to creating a positive environment for all participants. It is expected, therefore, that swimmers should:

- Behave with respect to others including coaches, officials, poolside staff and other swimmers
- Refrain from inappropriate conduct towards others including physical, verbal, written or emotional, in person or through use of social media platforms
- Arrive poolside five to ten minutes prior to the start of the session with the appropriate kit ready to train
- Encourage and support team-mates in all club related situations
- Treat all KASC and facility property with the utmost respect and avoid horseplay around the changing rooms/corridors or other areas.
- Display a positive attitude and show commitment and responsibility for your development, attempting all tasks set by the coach to the best of your ability
- Always behave in an appropriate manner whilst in the changing room, poolside/land training and whilst representing the Club at competitions
- Speak to the coach before and after each race, at competition, in order to obtain advice and feedback on their swim
- Wear their Club kit, including Club Cap when representing the Club in competition
- Use lockers in changing room where provided
- Read and agree to the club's handheld technology policy at all times

It is expected that swimmers will follow pool discipline:

- Follow coach's direction at all times
- Allow a safe distance between other swimmers and take the appropriate rest intervals
- Allow other swimmers to complete full lengths and execute correct finishes
- Ensure that lane order is observed and that the fastest swimmer is setting off first, unless told otherwise by squad coach
- Only enter the pool when instructed to
- Only dive when supervised and instructed to do so by the coach

I also agree to:

- Attend training sessions on a regular basis – a minimum of 75% attendance is required. If this is not achieved without good reason (the Head Coach must be informed) then this will lead to a swimmers membership being reviewed.
- Attend competitions when eligible. All swimmers must swim at the two annual Club Championship meets. Failure to complete both aspects outlined will lead to a swimmers membership being reviewed.