



CODE OF CONDUCT

Every swimmer must:

- arrive for training at least 10 minutes before the session start time;*
- wait responsibly by the monument;
- obey instructions from Naval Security Staff;
- respect other people and property;
- bring ID card/ fins/ togs/swim caps and well fitted goggles;
- wear appropriate clothing with covered shoes (must have backstrap);
- change and be pool side within three minutes of entering the changing rooms;
- be respectful and courteous to coaches and other swimmers;
- strive to develop and improve swimming ability, technique and stamina;
- give maximum effort to produce the best possible performance during every training session.

**Entry into the Naval Base will be refused if the coach has already escorted squad members.*

Disciplinary Measures

If an individual's attitude, behaviour or conduct is deemed inappropriate and/or has a negative effect on other swimmers or their own ability to progress, coaches may (depending on severity and repetitiveness):

- speak with the individual, clarifying the expectations and belief in their ability;
- remove the swimmer from the lane or pool and/or deny them entry to the pool or navy base;
- consult with the swimmer's parents;
- in consultation with the committee, demote the swimmer to a lower squad or indefinitely suspend the swimmer's membership.

** It is parents' responsibility to inform coaches of any injury, illness or disability. Otherwise coaches will expect all swimmers to train to their full ability.*