



## CODE OF CONDUCT

Every swimmer must:

- 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);
- 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.

### **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;
- in consultation with the committee, suspend the swimmer's membership.