## Swimmers Code of Conduct

**Aim:** to ensure that all swimmers involved within the sport participate within agreed values and set of standards.

### Principle 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. Incas and 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 unacceptable behaviours are not tolerated.*

As a swimmer of the InCAS club, I agree to:

1. Accept and follow the principle statement on Ethics above.
2. Practice and play within the spirit of the sport.
3. Behave with respect to others including coaches, officials, other players, athletes, team manager, and spectators. Swearing, name-calling and bullying will not be tolerated, (as per the InCAS Anti-bullying Policy).
4. Treat all others how I would like to be treated with integrity.
5. Refrain from inappropriate conduct towards others including physical, verbal, written or emotional, in person or through use of social media platforms.
6. Set a good example at all times in aspects of dress, punctuality, language, behaviour and respects of equipment and others.
7. Inform coaches of any non-attendance to the following:
   1. Training sessions.
   2. Galas/meets for which you are entered.
8. Follow the following InCAS lane discipline principles:
   1. Always follow the coach's instructions: Coaches will make all decisions about swimming in lanes.
   2. Note which way round your lane is to swim, i.e. clockwise or anti-clockwise. You should not be going in the opposite direction to the swimmers on the other side of the rope in the next lane.
   3. Do not put yourself at the front of the lane if there are other faster, more capable swimmers who can maintain the required pace more easily than you.
   4. Most swimmers will be in a lane with swimmers roughly of the same speed and ability. If they are going too fast or too slow, check with the coach if you should move up or down within this lane.
   5. Keep to the side of the lanes except when overtaking. If passing in the middle of the pool, it may be necessary to sprint. This should not result in a race!!
   6. When passing a swimmer on a swim longer than 100m, brush their toes if you are close to the end of the wall. The slower swimmer should stop at the wall just long enough to let the faster swimmer past.
   7. On longer sets, all swimmers should keep close to the lane rope to let faster swimmers past and down the middle.
   8. If stopping and resting, stand close to the lane rope. Leave a gap in the centre of the lane for others to turn. Avoid disturbing the timing of other swimmers who have not stopped and rested.
   9. Swim 5 seconds apart unless the coach has given you another instruction. Do not set off on another swimmer’s feet.
   10. Turning can be a dangerous manoeuvre. Give yourself enough of a gap between swimmers so you can go into and out of a turn without colliding with another swimmer.
   11. Come out of the turn on the opposite side to which you have just swum, not down the centre where you might collide with others.

**Consequences**: Breaches of the athlete’s code of conduct will be dealt with in accordance with the clubs disciplinary procedures.