



CODE OF CONDUCT FOR SWIMMERS

Statement of Commitment

The Highland Swim Team requires the following commitment from swimmers on acceptance of selection to the National Squad:

- To accept responsibility to maintain a high level of fitness up to the training days and competition for which selected.
- To notify the Team Manager/Coach of relevant health and fitness conditions that may affect training/competition performance.
- To give adequate notification of any factors which may necessitate declining to participate in any element of the programme.
- To maintain a **training log and submit** the log for inspection at regular intervals.

Personal Appearance.

- This will be appropriate to the circumstances and as indicated by the Team Manager/Coach, inclusive of training weekends and competitions.
- Team kit and equipment as available shall be worn at all Highland Swim Team Competitions and as directed by the Team Manager/Coach.

Behaviour and Personal Conduct.

- Behaviour, personal appearance and personal conduct must be of a high standard at all times. Any other behaviour is unacceptable.
- Punctuality on all occasions is essential.
- Language in public or relevant group situations must always be appropriate and socially acceptable.
- Alcohol, non prescription drugs and tobacco products are forbidden for use by swimmers under age, as defined by law.
- Sexual intimacy is forbidden during training/competition situations while the swimmer is under the jurisdiction of the Highland Swim Team.
- Up to date, written information on all medication and supplements being taken should be reported to the Team Manager/Coach

Sanctions

The appointed Team Manager/Coach shall deal with breaches of the Code of Conduct in the first instance. He/she shall report any incident to the Highland Swim Team Management Committee who may take such further action as is deemed necessary.

I have read and understood the Code of Conduct. I agree to abide by this document:

Name of swimmer (Block Capital):

Signed:

Date: