

# Rossington Amateur Swimming Club Child Protection Policy Documentation

## Code of conduct for swimmers

### Things to remember.....

- Listen to the advice of your parents.
- Turn up on time with the appropriate equipment
- Avoid being left alone with anyone. Do not agree to meet anyone on your own at any time, without informing another adult.
- You should never go anywhere with anyone you don't know. You must always ask your parents, carers or supervisors if it is okay to go with someone.
- If you have to leave a group, tell someone - where you are going, why you are going, how long you are likely to be - and report to them when you return.
- If you tell your parents / carers or coach that you are going somewhere, always go there. If you have a change of plan, you should tell them before you set off.
- Do not accept a lift from anyone if you will be the only passenger, unless you have informed another adult. Either refuse or insist that someone else go along too. Do not accept a lift if you feel unsafe.
- If you see a friend getting into a car or going off with a stranger, you must not go near enough for the stranger to get you. Shout and tell your friend not to go, and then quickly tell an adult.
- If someone frightens you or follows you, shout and run away towards places where there are people. Or, knock on someone's door and ask for help.
- Make sure you know your phone number and address. Make sure you know how to make a reversed charge phone call from a phone box if you need picking up or are in any sort of trouble.
- Do not be overfriendly towards those who work with you at the Swimming club
- Do not tolerate any form of bullying from team mates, officials or other swimmers
- Not all people are good all of the time. Some people can hurt, bully and upset young people, so you must be careful. Tell an adult you trust if anybody has hurt, bullied or upset you.
- If anyone does anything you don't like, you must tell an adult that you trust. If they don't believe you, tell another adult until you are believed.
- Remember that keeping safe is the important thing. You can break normal rules in order to stay safe.
- Finally, have fun, aim for the top and always give your best

### At Galas .....

- Treat opponents, team-mates, coaches and referees with respect
- Referees / judges interpret the rules for you; you should accept their decisions
- Bad language towards swimmers, spectators, opponents, referees or coaches is never tolerated
- Know the rules of Swimming and play by the spirit of those rules
- Report to team managers and seek permission before leaving poolside
- Do not try to gain an unfair advantage over opponents