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**Daventry Dolphins Swimming Club**  
Affiliated to: East Midlands Region,  
Northamptonshire ASA  
Swim At Daventry Leisure Centre  
**President: Mrs Lesley Sharp**  
**REVISED: OCTOBER 2008**

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## CODE OF CONDUCT (INCLUDING SAFETY ADVICE)

The objective of this document is to establish a set of guidelines and procedures, which outline the responsibilities and behaviour of both staff and swimmers who are members of the **Daventry Dolphins Swimming Club**. Whilst it is specifically aimed at 'away' trips where travel and / or accommodation are required, it is expected that the principles of the Code of Conduct should be followed at ALL events including training sessions. See also appendices A and B.

### The Code of Conduct

**Personal conduct and behaviour** must at all times be of a high standard and reflect favourably on the sport and the Club. Language in public or relevant group situations must always be appropriate and socially acceptable. This includes the Daventry Dolphins Swimming Club anti-bullying policy.

**Attendance** at all activities is expected unless agreed by the Team manager. Throughout the duration of any trip, swimmers should inform staff of their whereabouts at all times. Punctuality on all occasions is essential and any curfews must be observed.

**Accommodation** on away trips (ie weekend open meets), when staying at hotels or similar must be as directed by the Club officials and at no times must anyone extra be accommodated in swimmers' rooms.

**Personal appearance:** shall be appropriate to the circumstances and as indicated by the Team manager. Team kit and equipment shall be worn as directed by the Team manager when competing and training, when assembling or travelling, at official team functions or on other occasions as notified.

**Consumption of Alcohol** is totally forbidden for athletes under age as defined by UK Law. It must not be consumed by adult swimmers or staff members whilst en route, prior to or following a competition event, training camp or team activities, without specific consent of the Team Manager. During competition alcohol is strictly forbidden to ALL staff and swimmers.

**Smoking:** is prohibited by swimmers and staff whilst en route, prior to, during and following a competition event, training session or team activities.

**Illegal and Performance Enhancing Drugs and Substances** are strictly forbidden. Swimmers are expected to be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a meet. (eg: some cold & influenza remedies can contain banned substances)

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**Illegal Drugs and Substances:** The use of these, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.

**Medication;** It is important that information on all medication being currently taken should be reported to the Team manager who will report it to the relevant personnel. Allergies to any medication must be reported to the Team manager and must be included on the consent form. All medicines to be clearly labelled with the Swimmers name. NEVER SHARE MEDICATION

**Sanctions:** Breaches of the Code of Conduct shall be dealt with in the first instance by the Team Manager or Coach. He / She shall report any incident(s) to the Honorary Club Secretary and Committee who shall take such further action as is deemed necessary.

For example (4 strike rule)

- VERBAL WARNING BY TEAM MANAGER / COACH
- VERBAL WARNING BY COMMITTEE CHAIRPERSON
- WRITTEN WARNING BY COMMITTEE CHAIRPERSON
- SUSPENSION / EXPULSION -COMMITTEE DECISION (see below)

**Expulsion and other Disciplinary action:**

The Daventry Dolphins Swimming Club Committee shall have power to expel a member when, in its opinion, it would not be in the interests of the Club for him / her to remain a member.

I have read and understand the Code of Conduct and Appendix A or B and agree to abide by its Principles

Signed.....  
Signature of Member / Parent / Legal Guardian required (if Member is under 18 yrs)

.....  
Date:

Please cut off and return the slip below to the Honorary Club Secretary:

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**DAVENTRY DOLPHINS SWIMMING CLUB / CODE OF CONDUCT AND APPENDIX A or B**

I have read and understand the Code of Conduct and agree to abide by its Principles.

Sign and print  
Name.....

Signature of Member / Parent / Legal Guardian required (if Member is under 18 yrs)

.....  
Date: