



Code of Conduct for U18 Swimmers

Children have a great deal to gain from swimming in terms of their personal development and enjoyment. Children must be encouraged to realise that they also have responsibilities to treat other children and Sport Leaders with fairness and respect.

When taking part in Swimming Events

- Be happy, have fun and enjoy taking part.
- Be treated fairly by everyone, adults and other swimmers
- Feel safe and secure when you are taking part in your sport.
- Be listened to and allowed to reply.
- Be treated with dignity, sensitivity and respect.
- Have a voice in the decisions that affect you within the club and organisation.
- Say no to something which makes you feel uncomfortable.
- Train and compete at a level that is suitable for your age, development and ability.
- Know that any details that are about you are treated with confidentiality but if you are at risk of harm or we are worried about your safety we may need to pass this information on.
- Know who to go to if you feel unsafe.

Your responsibilities are to:

- Treat all sports leaders/coaches with respect.
- Be fair at all times, do your best to achieve your goals; be gracious if you do not achieve your goals.
- Respect other swimmers and leaders.
- Never bully or use bullying actions against another person.
- You should never hurt other participants, this includes never taking/ damaging their property, never spreading rumours or telling lies about other young people or adults.
- Keep to rules and guidelines set by Swim Ireland and your Club and make sure you understand the rules.
- Take part in events without cheating; you are responsible for not cheating and must not allow others to force you to cheat.

- Listen to and respect decisions made by others; if you feel unjustly treated you can talk to your Club Children's Officer or your parents.
- Behave in a manner that is respectful towards your organisation and fellow swimmers.
- Never use violence or bad language.
- Talk to someone if you are upset or angry or if someone has caused you to be upset or angry.
- Talk with your parents/carer or Club Children's Officer if you have any difficulties or do not understand something.
- You should never keep secrets about any person who may have caused you harm or has made you feel upset.
- Do not, or allow others to make you, try or take banned substances to improve your performance.
- Do not use social networking or the internet to send anyone material that could be considered threatening, offensive, upsetting, bullying or illegal.