



## CENTRAL AQUATIC SWIMMING AND LIFESAVING CLUB CODE OF CONDUCT - SWIMMERS

### As a Central Aquatic Club swimmer I will;

- Follow the rules of Swimming Australia at all times.
- Give my best at all times. Be a good sport and a team player.
- Accept the decisions or directions of the referees or officials. If in disagreement with a decision, raise it in an appropriate way with my coach or team manager.
- Control my temper and my language both spoken and on social media. See also Social Media Policy.
- Not criticise by word, action or social media. I understand that verbal or physical abuse is not acceptable.
- Work equally as hard for my team as I do for myself.
- Be a good sport. Applaud good performances whether they are made for my team or for the opposition.
- Treat all swimming participants as I like to be treated myself. I will not bully or take unfair advantage of another competitor.
- Co-operate with my coaches, teammates, opponents, management, event staff and officials.
- Participate for my own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.
- Ensure that I have adequate rest to obtain my best performance.
- Take responsibility for my actions and follow the directions of coaches and managers at all times.

Signed.....

Full Name.....

Date.....