



CODE OF CONDUCT

This agreement outlines the expectations and responsibilities for swimmers selected to join Lakes Swimming Club. The purpose of this contract is to promote a high-performance environment built on commitment, respect, teamwork, and excellence in both training and competition.

By signing this agreement, both the swimmer and their parent/guardian (if under 18) agree to uphold the values and expectations of Lakes Swimming Club – home of the Orca.

Swimmer Responsibilities

1. Commitment & Attendance

- Attend all scheduled training sessions and arrive on time, ready to swim.
- 15 minutes of dry land exercises / stretching are to be completed before getting in the pool.
- Notify the coach if unable to attend.
- Attend a meeting with coaches – to set goals at the start of the club season and a review at the end of the season.
- Keep a record of your swims in the Swimmers handbook.

2. Respect & Sportsmanship

- Show respect to coaches, teammates, officials, and competitors at all times.
- Encourage and support fellow swimmers.
- Talk to coaches before and after each swim before seeing parent/parents.

3. Effort & Attitude

- Give your best effort in all training and competition.
- Maintain a positive attitude and be open to constructive feedback.

4. Pool & Facility Etiquette

- Follow all pool rules, keep the facility clean, and respect equipment.
- Club room is open to everyone who is a club member. This area is to remain clean, no swearing; swimmers must clean up after themselves.
- No rough play or disruptive behaviour.

5. Health & Safety

- Maintain good hygiene, stay hydrated – water bottle on pool deck.
- Report injuries / sickness to coaches immediately.

6. Competition Conduct

- Represent the club with pride.
- When racing you are to wear the Lakes swim cap.
- Follow meet guidelines, respect officials' decisions, and display good sportsmanship.

7. Communication

- Discuss concerns respectfully with coaches.
- Avoid distractions during training – no phones on pool deck.
- Members must use social media respectfully and responsibly.
- Prohibited actions include:
 - Posting discriminatory, harassing, or defamatory content.
 - Sharing confidential or private club information.
 - Participating in cyberbullying or online abuse.
- Members should avoid content that could be perceived as offensive or damaging.



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Parent Responsibilities

1. Support & Encouragement

- Positively encourage your swimmer, regardless of performance. Avoid pressuring them about results – we would prefer you concentrate on process rather than results.

2. Respect for Coaches & Officials

- Trust the coaches' guidance. Refrain from coaching your child during training or competitions. Positive attitudes towards each swim.

3. Punctuality & Attendance

- Ensure your child arrives on time for training and competitions. Notify the coach of absences.

4. Sportsmanship & Conduct

- Set a good example by respecting other swimmers, coaches, and officials. Avoid negative comments or criticism.
- Conduct yourself in a positive manner around the pool and towards all members.
- Members must use social media respectfully and responsibly.
- Prohibited actions include:
 - Posting discriminatory, harassing, or defamatory content related to the club, its members, or competitors.
 - Sharing confidential or private club information.
 - Participating in cyberbullying or online abuse.
- Members should avoid content that could be perceived as offensive or damaging.

5. Communication

- Direct any concerns to the coach respectfully and at an appropriate time – not on pool deck, during training or at a swim meet.
- Any complaints or grievances are to go through the club website: www.lakesocras.com.au

6. Club Involvement

- Support Lakes Swimming Club by volunteering at events, fundraising, and participating in club activities when possible.

7. Adherence to Policies

- Follow all club policies, pool rules, and event guidelines.
- The club room is only for swimmers – parents are not permitted to enter / gather in the club room unless you need to assist your child as they are younger.



In the event that any part of this Code of Conduct is not upheld, a formal meeting will be called between the swimmer, parent/guardian (if under 18), and the coach to discuss the matter and determine appropriate next steps.

By signing below, both swimmer and parent/guardian acknowledge and agree to follow these rules, ensuring a positive experience for all members of Lakes Swimming Club – home of the Orca.

Swimmer Name: _____ Date: _____

Swimmer Signature: _____

Parent/Guardian Name: _____ Date: _____

Parent/Guardian Signature: _____

Coach Name: _____ Date: _____

Coach Signature: _____

Pool Management Name: _____ Date: _____

Signature: _____