**GASC Swimmers Code of Conduct**

As a swimmer at our amateur swimming club, I agree to uphold the following code of conduct to promote a positive and successful swimming experience:

**1. Respect and Fairness:**

I will treat all fellow swimmers, coaches, and officials with respect and fairness.

**2. Positive Attitude:**

I will encourage my teammates and maintain a positive attitude in training and competition.

**3. Timeliness:**

I will arrive on time for training and events (ideally a little early) and following the guidelines set by my coaches.

**4. Appropriate Attire:**

I will wear appropriate swimming attire during practice and competitions.

**5. Compete According to Rules**:

I will compete according to the rules and guidelines set forth by the relevant swimming organizations.

**6. No Arguments with Officials:**

I will never argue with an official; any disputes will be discussed with my coach instead.

**7. Cooperation with Coaches:**

I will cooperate with my coaches and teammates, supporting one another throughout our training and competitions.

**8. Discourage Negativity:**

I will discourage negative behaviours, such as rumours and unfair criticism, and support diversity within the team.

**9. Team Player:**

I will be a team player, contributing positively to the team dynamic and supporting my peers.

**10. Safe Environment:**

I will maintain a safe and positive experience for myself and those around me, reporting any instances of bullying or abuse to my coach immediately.

**11. Follow Coaches’ Guidance:**

I will follow the expectations and guidelines provided by my coaches, especially during swim meets, and present any uncertainties to them.

**12. Disruptive Behaviour:**

I understand that if I engage in disruptive or disrespectful behaviour, my coach may remove me from training or events as necessary.

**10. No Swearing or Negative Behaviour:**

I will refrain from using inappropriate language or engaging in negative behaviours such as rumors and unfair criticism.

By adhering to these codes of conduct, we can ensure a supportive and positive environment for all members of our amateur swimming club.