



# Pocklington Dolphins A.S.C.

## Code of Conduct for Members

### Objective and Scope

The purpose 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 Pocklington Dolphins Swimming Club. It is expected that the principles of the Code of Conduct should be followed at all events and training sessions.

### Code of Conduct

**Behaviour and Personal Conduct** 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.

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

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

**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 functions or on other occasions as notified.

**Attendance** at all activities is expected unless agreed by the Team Manager. Throughout the duration of any competition swimmers, should inform staff of their whereabouts. Punctuality on all occasions is essential.

**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 competition.

**Illegal Drugs and Substances:** The use if 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.

**Sanctions:** The Team Manager or Head Coach shall deal with Breaches of the Code of Conduct in the first instance. He/She will report the incident to the Secretary of the Club who shall take such further action as is deemed necessary