Member's Code of Conduct

General behaviour

1. I will treat all members of, and persons associated with, the ASA with due dignity and respect.
2. I will treat everyone equally and never discriminate against another person associated with the ASA on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
3. I understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the disciplinary or child welfare policies.
4. I will display a high standard of behaviour at all times.
5. I will always report any poor behaviour by others to an appropriate officer or member of staff.
6. I will recognise and celebrate the good performance and success of fellow club and team members.
7. I will respect the privacy of others, especially in the use of changing facilities.

Training

1. I will treat my coach and fellow members with respect.
2. I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
3. I will arrive in good time on poolside before the training session starts to complete poolside warm up as directed by my coach.
4. I understand that if I arrive late, I must report to my coach before entering the pool.
5. I will ensure that I have all of my equipment with me, e.g. paddles, kick boards, hats, goggles, etc.
6. If I need to leave the pool for any reason during training, I will inform my coach before doing so.
7. I will listen to what my coach is telling me at all times and obey any instructions given.
8. I will always swim to the wall as I would do in a race, and I will practice turns as instructed.
9. I will not stop and stand in the lane, or obstruct others from completing their training.
10. I will not pull on the ropes as this may injure other members.
11. I will not skip lengths or sets – to do so means I would only be cheating myself.
12. I will think about what I am doing during training, and if I have any problems, I will discuss them with my coach at an appropriate time.
13. If I have any problems with the behaviour of fellow members, I will report them at the time to an appropriate adult.

Competitions

1. At competitions, whether they be open meets, national events or club galas, I will always behave in a manner that shows respect to my coach, the officers, my team mates and the members of all competing organisations.
2. I understand that I will be required to attend events and galas that the Chief Coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official and coach.
3. I understand that I must wear appropriate swimwear, tracksuits, T-shirts/shorts and hats as per the rules laid down by the organisation.
4. I will report to my coach and/or team manager on arrival on poolside.
5. I will warm up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race.
6. I will be part of the team. This means I will stay with the team on poolside.
7. If I have to leave poolside for any reason, I will inform, and in some cases, get the consent of the team manager/coach before doing so.
8. After my race, I will report to my coach for feedback.
9. I will support my team mates. Everyone likes to be supported and they will be supporting me in return.
10. I will swim down after the race if possible, as advised by my coach.
11. My behaviour in the swim down facility must be appropriate and respectful to other users at all times.
12. I will never leave an event until either the gala is complete or I have the explicit agreement of the coach or team manager.

Signed: _____

Date: _____

Codes of Conduct for Participants

As a Participant I will:

- Read and keep to this Code at all times.
- Treat everyone equally and do not discriminate on the grounds of age, religious beliefs, race, gender, social classes, lack of ability or any other consideration.
- Be a positive role model and a good ambassador for my Club and act in a way that displays the values of RLSS UK.
- Be responsible for my actions and conduct myself in an appropriate manner and display courtesy and good manners to others.
- Respect and cooperate with everyone and never engage in abusive peer behaviour e.g. take unfair advantage of others, pick on or make fun of each other including displaying bullying, offensive, discriminatory or aggressive/inappropriate behaviour or language.
- Not abuse or misuse any relationship of trust or position of power, or influence held by me.
- Report any concerns about myself or others especially, children or adults at risk to the Club Welfare Officer, Branch Safeguarding Officer or Safeguarding Case Officer at RLSS UK HQ.
- Promote clubs rules, policies, procedures, guidance and codes of conduct to other participants especially those new to the club.
- Play fairly within the rules of the sport, competition or event and never deliberately cheat or be dishonest.
- Be responsible for informing my club or event organisers about any known medical condition, previous injuries, illness, disability or additional support needs that may affect my participation in activities, sports, competition and events.
- Not participate under the influence of alcohol or illegal substances.
- Not improve individual performance with the use of banned substances or banned techniques.
- Not do and say nothing that will bring RLSS UK and the Club into disrepute for e.g. making an inappropriate comment or communication about a fellow participant, club official, event organisers, volunteer, staff or coach/instructor/trainer/assessor including but not exclusive of social media, email, direct or physical communication.
- Accept the decisions of Officials without question or complaint. If I have a complaint, I will let the person responsible for the activity e.g. the Event Organiser, Team Captain, Trainer or Coach, to ask the necessary questions and avoid words or conduct which may mislead an Official.
- Give maximum effort and strive for the best performance during a training session, competition or an event.
- Hold the correct qualifications for the level of competition or event I am participating in.
- Learn to accept success and failure, victory and defeat with humility and dignity and without excessive emotional displays.
- Abide and follow the instructions given by the person responsible for the activity or event provided it does not contradict the Codes of Conduct.
- Applaud good performance of other participants regardless of the team they play for.
- Abide by disciplinary sanctions that might be imposed on me.
- Always remember that the aim of participating in RLSS UK activity including lifesaving is to improve my skills, it is not about the results.

Code of Conduct for Junior Members

Name of Club	

- ✓ All members must play within the rules and respect officials and their decisions.
- ✓ All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- ✓ Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- ✓ Members must wear suitable kit – LIST COMPULSORY ITEMS – for training and competition sessions, as agreed with the coach/team manager.
- ✓ Members must pay any fees for training or events promptly.
- ✓ Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
- ✓ Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.
- ✓ Bullying of any sort will not be tolerated.

Signed Member:	Signed Club Representative:
Member Print Name:	Club Role:
Date:	Date:

Code of Conduct for Adult Members

NAME OF CLUB	

{NAME OF CLUB} is fully committed to safeguarding and promoting the well-being of all its members, ensuring a positive and enjoyable experience for all. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with **{NAME AND POSITION}.**

As a member of **{NAME OF CLUB},** you are expected to abide by the following code of practice;

- All members must take responsibility in ensuring they are up to date with the rules, understand and adhere to them.
- ✓ All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- ✓ Members should recognise the valuable contribution made by coaches and officials who are usually volunteers. They give their time and resources to provide Surf Life Saving for you
- ✓ All members must respect officials and publicly accept their decisions.
- ✓ All members should be a positive role model, treat other players and officials with the same level of respect you would expect to be shown to you.
- ✓ Use correct and proper language at all times.
- ✓ No smoking within club buildings and awareness to others if smoking near the clubhouse. No alcohol to be consumed when providing safety cover/training or when competing. Alcohol maybe consumed under the direction of the club committee during special events etc. Consumption of illegal drugs will not be tolerated under any circumstances.
- ✓ Members should keep to agreed timings for training and competitions or inform their coach or team manager if they are going to be late.
- ✓ Members must wear suitable kit for training and match sessions, as agreed with the coach/team manager.
- ✓ Members must pay any fees for training or events promptly.
- ✓ Bullying of any sort will not be tolerated.
- ✓ Bullying of any sort will not be tolerated. Encourage everyone to enjoy sport and understand that people have different motivations for taking part.

Signed Member:	Signed Club Representative:
Member Print Name:	Club Role:
Date:	Date: