



AYLESBURY & DISTRICT SWIMMING CLUB

SWIMMERS CODE OF ETHICS AND CONDUCT

All Swimmers Representing ADSC are Requested to:

- Wear club colours when representing ADSC at home and away fixtures.
- Use transport provided by ADSC where possible when travelling to away fixtures.
- Make a reasonable attempt to attend all training sessions as laid out in the club's training session timetable.
- Be punctual on all occasions for training sessions & club fixtures.
- Demonstrate an acceptable level of behaviour and personal conduct at all times which should reflect favourably on our sport.
- Use language in public or relevant group situations that must always be appropriate and socially acceptable.
- Avoid the consumption of alcohol prior to, or during, any training session or club gala. Should a coach or official suspect a swimmer of consuming alcohol, or smell alcohol residue on the breath then that swimmer will be prevented from swimming.
- Refrain from smoking at any time during any competition or training session or other team activities.
- Refrain from taking any drugs or substances: The use of any drugs or substances other than for medical reasons is prohibited. Swimmers are reminded to check that any drugs used for medical purposes are not on the ASA 'Banned List'. (If in doubt check with the ASA Medical Officer)
- Inform the Head coach or Team Manager of any medication they are taking: It is important that full details of all medication currently being taken are provided.

Sanctions: Breaches of the Code of Conduct shall be dealt with in the first instance by the Head Coach / Team Manager. A report of the incident will be made to the Club Secretary, and the Club Committee will review and take such further action as deemed necessary.