

BNSC Code of Conduct for swimmers over 18

As a member of BNSC, you have the right to:

- Enjoy your time with us in a safe and positive environment.
 - Know who to talk to if something doesn't feel right.
 - Be listened to and taken seriously.
 - Have a say in decisions that affect you in the club.
 - Be treated fairly and respectfully by coaches, volunteers, and teammates.
 - Feel welcomed and valued regardless of race, gender, sexuality, faith, or ability.
 - Receive encouragement and support to develop your swimming.
 - Be looked after if you have an accident or injury, with your parent/guardian informed where appropriate.
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Your Responsibilities as a Member

General Expectations

- Keep yourself safe — listen to your coach or teacher, behave responsibly, and speak up if something's wrong.
 - Look after club equipment and premises as if they were your own.
 - Attend training and competitions on time. If you're late, let the club know.
 - Tell your coach or teacher if you can't attend training or competitions.
 - Never leave training, competitions, or poolside without telling your coach/teacher/team manager — and report back when you return.
 - Bring the correct kit for training and competitions.
 - Follow the rules of the club, squad, and activity at all times.
 - Respect others' privacy — especially in changing rooms.
 - Never use mobile phones or other devices in changing rooms or cubicles.
 - Keep swimming lanes clear — if you need to stop, do so at the wall, leaving space for tumble turns.
 - Never climb or pull on lane ropes.
 - Complete all sets and lengths — skipping only cheats yourself.
 - If leaving early, inform your coach at the start of the session
 - Understand that your coach may occasionally need to use appropriate physical contact (for example, adjusting your arm or body position) to help with stroke technique — this will always be done respectfully, professionally, and in line with Swim England safeguarding guidance.
 - During training, swimmers with hair longer than shoulder length — or hair that may obstruct vision or technique — must wear a swimming hat, preferably one with the BNSC logo.
 - To attend training with at least 1 litre of water per hour of training
 - Understand that Coaches may film swimmers (Who have provided consent to filming) during training to support technical feedback and demonstrate areas for improvement; all footage will be deleted immediately after being shown to the swimmer, who will be present while the deletion takes place
 - Swimmers are required to inform the coaching team if they are undertaking training with another provider, or if they are actively participating in training for other sports. As well as if they are training for events outside of the club.
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When Travelling to Events (Club-Provided Transport)

- Stay seated during the journey.
 - Do not interfere with safety equipment.
 - Wear a seatbelt at all times (where provided).
 - Keep the vehicle clean — use rubbish bags provided.
 - Follow instructions from the driver and/or team manager.
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At Competitions

- Report to the coach or team manager as soon as you arrive poolside.
 - Warm up as directed by your coach and prepare properly for your race.
 - Ask permission before leaving poolside and return promptly.
 - Listen for race announcements and follow the team manager's instructions for marshalling.
 - Take your hat, goggles, club uniform, and a drink to marshalling.
 - Report to your coach for feedback after your race.
 - Support your teammates — cheer for them as they will for you.
 - Use swim-down facilities respectfully and appropriately.
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Behaviour Standards

At BNSC, we expect you to:

1. Help make the club a **fun, friendly, and welcoming** place.
 2. Respect and celebrate differences — never discriminate based on age, gender, race, sexual orientation, faith, or ability.
 3. Avoid abusive language, bullying, physical violence, or behaviour that hurts others.
 4. Never use a phone or device in changing rooms — report any misuse you see.
 5. Understand that poor behaviour can lead to disciplinary action — and serious matters may be reported to the police.
 6. Report bullying or unkind behaviour — even if you're not directly involved.
 7. Treat all swimmers with respect, regardless of ability.
 8. Support and encourage your teammates — celebrate their successes and help them through challenges.
 9. Respect competitors from other clubs.
 10. Respect all committee members, coaches, teachers, and volunteers.
 11. Take part in club decisions — it's your sport too.
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If the Code of Conduct is Broken

Breaches of this Code of Conduct may result in disciplinary action being taken against you by the club committee.

Depending on the seriousness of the behaviour, the club may:

1. Remind you of the rules.
2. Give you a formal warning.
3. Suspend you from training or competitions.
(Steps 1 and 2 may be skipped in serious cases.)

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