

Swimmers' Code of Conduct

- Always arrive in time for your training session (at least 5 minutes before) and have appropriate kit (costume, hat, goggles, Fins, Kickboard and pull buoy) ready to train.
- Commit to attending **a minimum** of one training session per week and, if selected to swim in the Micro League team, **two or more** sessions per week.
- At all times be respectful to coaches / teachers / helpers and club officials.
- Display a positive attitude and show commitment and responsibility to Club officials.
- Be willing to train to the best of your ability with enthusiasm at ALL times and undertake all tasks asked of you by your coach without question.
- Encourage and support teammates in all Club related situations and be respectful to other teams / swimmers in all situations
- In Micro-league events team hats and costumes should be worn and where swimmers are representing GASC at other events, GASC hats should be worn.
- Behave in a responsible manner during training and when representing GASC at any event. Ensure that you take all your litter with you at the end of a Gala / meet and deposit it in a bin.
- Adhere to the A.S.A Code of Conduct at all times.

I have read and understood the above swimmer's code of Conduct and I agree to uphold it's terms and conditions.

Signed.....Swimmer

Signed.....On behalf of Garstang Swimming Club

Date