

Swimmers' Code of Conduct

- Always arrive in time for your training session (**at least 5 minutes before the start time**) and have appropriate kit (costume, hat, goggles, Fins) ready to train. Read through the warm-up schedule and get into the pool knowing what your warm up is.
- Commit to attending **a minimum** of one training session per week and, if selected to swim in the Micro / Sub League team, **two or more** sessions per week.
- Commit to attending a club competitive start course / Turns clinic held on a Saturday morning at 9.00am within 3 months of joining the club.
- The coach is in charge of discipline and has the final word in all training matters.
- At all times be respectful to coaches / teachers / helpers and club officials. No talking when a coach or poolside helper is speaking to you – listen & learn.
- Display a positive attitude and show commitment and responsibility to Club officials. Discourage other club members messing around, missing lengths & generally disrupting the session.
- 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.
- Wear GAS club hats & costumes, or black costumes at all competitions & galas when representing Garstang ASC.
- 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.....