**Rules of Dungannon Amateur Swimming Club**

1. **Behaviour**

A high standard of behaviour is requested at all times. Please read the accompanying Swim Ireland Code for Young People. If you have any questions, please ask a committee member or coach. During training sessions or competitions, avoid any action which may bring the Club or the Sport into disrepute.

* Always abide by the Club Constitution, the rules of the sport and uphold high standards of fair play and sportsmanship.
* Respect the rights and dignity and worth of it all, and treat everyone with equality
* Never overly criticize officials or helpers
* Have due regard for your personal appearance & language and respect equipment and facilities
* Wear club colours

1. **Club Discipline**

Swimmers should always practice good discipline whilst training or during competitions.

* Make an effort to be punctual for training /galas
* Arrive at sessions with proper equipment (togs, goggles, cap, fins, water bottle)
* Always use a locker in the changing rooms
* Stay in the lane appointed by the coach. Only coaches have the authority to promote swimmers to the next lane.
* Ask your coach if you need to leave the pool or pool bank for any reason.
* Respect the authority and decisions of the coach. Coaches expect good behaviour from all members and appropriate discipline will be used to maintain this.
* Change quickly and sensibly, and leave the changing rooms promptly.
* Spectators/non-participants should stay off the pool bank.
* All swimmers and parents/carers should comply with Dungannon Leisure centre regulations regarding the use of mobile phones & photographic equipment. This is only permitted at main reception.
* All swimmers should check the noticeboard, website or Facebook page for information about galas etc.
* Any breach of Club Behaviour or discipline will be dealt with by the Committee, and if the offence is deemed to be extremely serious then the member will be asked to leave the club. Less serious offences may result in the member being denied the privilege or partaking in some club activities.

1. **Safety**

* Swimmers should always partake in appropriate warm-up and cool-down, as advised by a coach of Dungannon Swimming Club in order to prepare the body for exercise and prevent injury.
* Always ensure safety guidelines issued by Club coaches are upheld when using equipment.
* Swimmers should report any problems with equipment or facilities to a coach or helper in order to protect themselves and others. (e.g. in the event of finding glass in the pool)
* Swimmers should avoid wearing rings and jewellery or anything else that would be a danger to themselves or others.
* Swimmers should not run along the pool bank and must not enter the water until a lifeguard is on duty.

1. **Injury or illness**

* Swimmers should inform an official or coach of any illness before, during or after an activity, whether it is to themselves or others. Swimmers should never be afraid to stop an activity if they are feeling unwell, or unable to continue.
* Swimmers should avoid any type of training when injured unless advised otherwise by qualified personnel.

1. **Supplementation**

* Swimmers should never take any prohibited substance.

1. **Club Subscriptions**

* Swimmers are requested to pay all club subscriptions on starting the season either in full or in instalments to the treasurer. This will ensure that they are insured, and registered with Swim Ulster and Swim Ireland, and eligible to compete if they have reached the required standard.
* Swimmers who fail to pay their subscriptions will be subject to the disciplinary procedures of the constitution.

1. **Guidelines for Swimmers and Parents**

* If your child is under 8 years old a parent/guardian must remain in the gallery during their swimming session.
* Parents are encouraged to come and support their child when they compete in galas
* Help is always needed for the day-to-day running of the club and at galas, so please volunteer
* Parents should try to collect their children on time or inform a club official or coach if they are unable to do so.
* If a parent or swimmer has a complaint about another swimmer or Club Official, please inform a member of the committee or the Child Welfare Officer. (Names are on the Noticeboard)

**In the event of any concerns, please approach a coach.**

**Verbal discussion can go a long way to resolving issues before they become problems.**