



DINGWALL AMATEUR SWIMMING CLUB COACH AND TEACHERS CODE OF CONDUCT

A responsible sports coach helps the development of individuals through improving their performance. This is achieved by:

- Identifying and meeting the needs of individuals.
- Improving performance through a progressive programme of safe, guided practice, measured performance and / or competition.
- Creating an environment in which individuals are motivated to maintain participation and improve performance.

Coaches should:

- Abide by the Scottish Swimming and Club Child Protection Policies and be a member of Scottish Swimming.
- Respect the rights, dignity and worth of every person and treat everyone equally within the context of their sport.
- Place the well-being and safety of the swimmer above the development of performance. They should follow all guidelines laid down by the sports governing body and hold appropriate insurance cover.
- Develop an appropriate working relationship with swimmers (especially children), based on mutual trust and respect. Coaches must not exert undue influence to obtain personal benefit or reward. In particular, coaches must not use their position to establish or pursue a sexual or improper relationship with an athlete or someone close to them.
- Encourage and guide swimmers to accept responsibility for their own behaviour and performance.
- Hold relevant, recommended, up-to-date and nationally recognised governing body coaching qualifications.
- Ensure the activities they direct or advocate are appropriate for the age, maturity, experience and ability of the individual.
- At the outset, clarify with swimmers (and where appropriate with their parents) exactly what is expected of them and what swimmers are entitled to expect from their coach. A contract may sometimes be appropriate.
- Co-operate fully with other specialists (e.g. other coaches, officials, sport scientists, doctors, physiotherapists, etc.) in the best interests of the swimmer.
- Always promote the positive aspects of their sport (e.g. fair play) and never condone rule violations or the use of prohibited substances.
- Consistently display high standards of behaviour and appearance.

I agree to abide by the above principles:

Signed:..... Print Name

Date:.....