



ONKAPARINGA SWIMMING CLUB INC.

BEHAVIOURAL GUIDELINES

1. INTRODUCTION

Onkaparinga Swimming Club expects all members to show respect and appropriate behaviour towards each other and to everyone associated with the Club and its activities. The Club has adopted the Swimming Australia behavioural guidelines but also has some additional expectations that are specifically relevant to Onkas. Please refer to the Swimming Australia web page for their behavioural guidelines.

2. GENERAL BEHAVIOURAL GUIDELINES (Swimming Australia)

The Onkaparinga Swimming Club supports and promotes the Swimming Australia guidelines. These guidelines highlight the principles and values of Swimming Australia and are the core principles of the Member Welfare and Child Welfare Policy Documents (available on the Club web page). As a person involved in any way with the sport of swimming, the following standard of behaviour is expected:

- Respect the rights, dignity and worth of others.
- Be ethical, considerate, fair and honest in all dealings with other people and organisations.
- Be professional in, and accept responsibility for your actions.
- Make a commitment to providing quality service.
- Be aware of Swimming Australia's (& Swimming SA) standards, rules and policies.
- Operate within the rule and spirit of the sport, including the national and international guidelines that govern Swimming Australia.
- Understand the possible consequences of breaching Swimming Australia Member Welfare and Child Welfare Policies.
- Immediately report any breaches of the Swimming Australia member Welfare and Child Welfare Policies to the appropriate Authority (Swimming SA).
- Refrain from any form of abuse to others.
- Refrain from any form of harassment toward others.
- Refrain from any form of discrimination toward others.
- Refrain from intimate relations with members whom they have a supervisory role or power over.
- Refrain from any form of victimisation of others.
- Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia Policy.
- Show concern and caution towards other that may be sick or injured.
- Be a positive role model.

3. COMPETITOR BEHAVIOURAL GUIDELINES (Swimming Australia)

- Abide by the General Behavioural Guidelines
- Follow the rules of Swimming Australia at all times.
- Give your best at all times.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is not acceptable.

- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performance whether they are made by your team or the opposition.
- Treat all swimming participants as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Co-operate with your coaches, team mates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

4. ADDITIONAL BEHAVIOURAL GUIDELINES FOR COMPETITORS

The following is expected of competitors by the Onkaparinga Swimming club are:

- Always follow the pool rules which are displayed at each venue.
- Help maintain a training environment that is enjoyable and safe for all swimmers.
- Be willing to follow the coach's instructions at all times.
- Communicate with the coaches if you don't understand what is being asked of you.
- If you are not happy with something in training or competition always tell the coaches (they may be able to work with you to find a solution)
- Bad language is not acceptable.
- Don't be disruptive in training sessions.
- Represent the club in a positive manner at all times.
- Enjoy yourself.
- Contribute to a harmonious training environment.

5. PARENT/GUARDIAN BEHAVIOURAL GUIDELINES (Swimming Australia)

- Abide by the General Behavioural Guidelines.
- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at your child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performance by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.

6. ADDITIONAL EXPECTATIONS OF PARENTS

The Onkaparinga Swimming club has additional expectations which include:

- Must be supportive of the head coach and assistant coaches in all coaching matters.
- Must be supportive of all children who swim with the club.
- Must contribute to the financial stability of the Club through payment of fees as well as fund raising for the benefit of the Club.
- Must be actively involved in at least 3 fundraising activities throughout the financial year.
- Are encouraged to be positive and constructive when representing the club or when sharing views about the club at anytime.
- Should be present at carnivals to assist with time keeping whenever possible.

- Should assist with packing up lane ropes and flags at the end of training sessions whenever possible.

7. TEAM GOALS

- To strengthen the team and the individual's character.
- To create an atmosphere of team spirit, unity and support.
- To develop competitive spirit as a team.
- To work hard in pursuit of team's excellence
- To attain the team's maximum potential in competition swimming

8. TRAINING EXPECTATIONS

In order to establish a distraction free training environment free from distraction that will encourage the development of excellence, all swimmers will be expected to:

- Abide by the behavioural guidelines.
- Be on deck 10 minutes prior to starting, to warm up and stretch.
- Streamline at both ends with legal turns.
- Undertake legal strokes from wall to wall.
- Perform drills exactly as instructed.
- No talking or hanging of lane ropes during sets.
- Be happy to work with everyone in your lane.
- Leave the pool promptly at the completion of each session.

In order to benefit from training session, the swimmer must maintain a lifestyle that permits adequate rest and a good diet. To obtain the best results, the intensity and the degree to which the swimmer applies oneself is critical.

9. PUNCTUALITY

Swimmers who arrive late can be very disruptive to other swimmers already in the pool. At the designated start time, swimmers should have stretched and warmed up on land prior to their swim session. This should be done 10 minutes before start time. Punctuality is absolutely essential to conduct successful training sessions. Parents must arrive 10 minutes prior to the completion of each session to collect their child/ren and to assist with the packing up of the training session.