

Albatross Diving Club – Divers Code of Conduct

As a Diver at Albatross Diving Club I agree to

1. Work to show a high standard of behaviour at all times
2. Treat all members of Albatross Diving Club, members of other diving clubs, and members of Swim England with respect
3. Never
 - a. use abusive language or physical violence
 - b. bully or harass another person
 - c. discriminate against another person on any grounds
4. Show appropriate behaviour when using social networking sites. I understand that posting Inflammatory, negative comments or images about any diver, coach, official or club is wrong and will not be tolerated
5. Respect the privacy of others at all times and especially in the changing rooms

When training I agree to

- Learn and observe the poolside and dry training safety rules
- Never enter the pool or dry training area if a coach is not present
- Be on time and report to the relevant coach when I arrive at training
- If I arrive late I will always report to a coach before starting training
- Ask my coach for permission if I need to leave the pool area during training
- Only be on poolside (or in a dry training area) during my session, unless I have permission of a coach
- Follow instructions at all times in the pool or dry training areas. This will be the same whether it is a coach, parent or senior diver who is supervising a session
- Get on the board and out of the water promptly
- Always think about what I'm doing in training. If I experience problems I will discuss them with my coach at an appropriate time
- Never use i-pods, mobile phones or electronic devices during wet and dry training.

When at competitions I agree to

- Report to my coach on arrival at the competition pool
- Wear full Albatross Team Kit (full tracksuit shirt & shorts) & any other kit asked by the team manager or lead coach for that event* see kit code
- Follow team/coach advice on nutrition and rest
- Make sure I warm up properly before each event/training session
- Report to my coach after each dive for feedback and at the end of my event
- Behave in a way that shows respect to coaches, team mates, officials and members of all competing clubs
- Be a positive role model by recognising good sportsmanship and applauding the performance of all.
- Support my team mates. Everyone likes to be supported and they will be supporting me in return
- Always gain permission from a coach or team manager before I leave a competition building during the competition and when the event ends

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I also agree to follow the club dress code and will bring all appropriate kit to every session or competition

- For any competition I will wear a full Albatross tracksuit (top & bottom) plus my competition kit (shirt and shorts) and any other team kit specified by the team manager or coach for that event
- I will wear Albatross Team Kit (top & shorts) plus costume or trunks on club night, for the Gala display and on any other occasion if requested by the lead coach or a team manager
- For dry training, I will wear sports clothing suited to the activities undertaken. I understand that loose, ill-fitting clothing is not allowed.
- I will wear socks & sports trainers to all training sessions and competition
- I will remove all jewellery, watches and piercings during wet or dry training and competition
- If my hair is long I will tie it back securely during wet/dry training and competition.

INFORMED CONSENT

Once you have read and understood the code please complete and sign the following.

If you are under 18 please make sure that the form is signed by you AND your parent/guardian

I have read and understood the divers code of conduct. I agree to follow all the rules and understand that disciplinary action under club guidelines will be taken if the rules are broken.

Divers Signature Date.....

Parents Signature Date.....