



## Swimming Mid North Coast Squads Code of Conduct

This code applies to all persons attending or representing the Swimming Mid North Coast squads in any capacity.

1. There will be no consumption of alcohol, drugs or the smoking of cigarettes while on camp.
2. Mobile phones are to be turned OFF during planned sessions and at sleep times. may be turned on during free time.
3. Once registered with the Manager, there will be no departures without the approval of the Manager AND Head Coach.
4. Best behaviour will be required at all times. As a squad member you are representing the District, your club your family and any sponsors. No discredit should be brought to any of the above.
5. No disrespect will be tolerated under any circumstances.
6. Any problems are to be reported of the Head coach immediately.
7. If swimmers are not fully satisfied following any of the meals, they should immediately go to the Team Manager. (Do not take action into your own hands)
8. While on the squad you may be sharing accommodation with fellow squad members . there will be
  - No interference with other peoples property
  - Rooms and property to be treated with respect
  - Any use of telephones or other services are at your own expense
  - No person is to be in the room of another swimmer, or use mobile phones after the "lights out" or during compulsory Rest Time. Mobile phones are to Be turned off after "lights out".
9. Breaches of any Code of Conduct Rules may lead to immediate expulsion from the squad. Your parents/carers will be contacted and asked to collect you immediately. In the event that you are expelled from the camp any expenses incurred will be either your responsibility or your parents. A full written report will be submitted to Swimming Mid North Coast and Swimming NSW.
10. All instructions from the manager and Coach are to be adhered to. Any problems or difficulties are to be raised with the Manager
11. All activities for the squad must be attended.

**I agree to abide by this code of conduct**

**Name.....Signature.....**

**Date.....**

**Parent/Guardian.....Date.....**

**Date.....**