**Cumbria ASA Code of Conduct for Inter Counties Competitors.**

As members of the Cumbria ASA Inter Counties Swim Team we understand you have the right to:

Enjoy your time with us and know that you are safe

Be told who you can talk to if something is not right

Be listened to.

Adapt a ‘can do’ positive attitude

Be respected by us and other team members and be fairly treated

Feel welcome, valued and not judged based on your race, gender, sexuality, faith or ability

Be encouraged to develop your swimming

Be looked after and if there is an accident or injury to have your parent/guardian informed.

As members of the Cumbria ASA Inter Counties Swim Team we expect you to:

Keep yourself safe by listening to the Team Management, behave responsibly and speak out if something is not right.

Take care of your own kit/belongings

Ensure you are on time and prepared

Not to wander off and follow instructions

Ensure you have the correct kit for the weekend

Respect the privacy of others

Understand that the use of abusive or inappropriate language/bullying, physical violence or any other behaviour which hurts others will

not be tolerated.

Not to use any device to take photographs or footage of others in the changing rooms

Alcohol, smoking or vapes are banned for the duration of the trip- as per ASA Law

Understand that poor behaviour may result in disciplinary action. Any behaviour which is deemed to be a criminal offence will be reported to the Police

Report any incidents of bullying or unacceptable behaviour to the team management, even if you are just a witness

Treat others with respect at all times

Respect the Team Management and their decisions.

Wear your full team kit as directed by the Team Management

Remain on poolside throughout the duration of the event unless directed otherwise by Team Management.

As part of the Inter County trip it is important that:

Accommodation and transport organised by the Team Management shall be used. Seat restraints where available must be used.

Swimmers must take part in parades/presentations as directed by the Team Management

Punctuality is essential and all curfews must be observed

Barring illness or injury at an event the swimmer shall compete in all events which they have been entered.

Medical forms must be completed prior to the event and returned to Team Management.

Please sign and return the following consent form to indicate you have read, understand and agree with the Cumbria ASA Inter Counties Code of Conduct and that you will abide by this for the duration of the trip.

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| **Swimmer-Print name:**  | **Swimmers signature:**  |

Parent/Guardian- I confirm that I have discussed the Cumbria ASA Inter Counties Code of Conduct with my child and have ensured they understand the contents and are aware of the expectations upon them.

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| **Parent/Guardian-Print name:**  | **Parent/Guardian signature:**  |