



## CODE OF CONDUCT - YOUNG PERSONS<sup>1</sup>

### GENERAL:

As a member of Asgard Swimming Club you have rights and responsibilities. The following code will help identify these for you – if you are not sure ask your parent or your Club Children's Officer(s)<sup>2</sup> to explain them.

This is your Code, whatever your ability or wherever you take part and you should encourage others to follow it.

### IN YOUR SPORT YOU SHOULD

- Be happy, have fun and enjoy taking part and being involved in your sport
- Be treated fairly by everyone, adults and other athletes
- Feel safe and secure when you are taking part in your sport
- Be listened to and allowed to reply
- Be treated with dignity, sensitivity and respect
- Have a voice in the decisions that affect you within the Club and Swim Ireland
- Say no to something which makes you feel uncomfortable
- Train and compete at a level that is suitable for your age, development and ability
- Know that any details that are about you are treated with confidentiality

### YOUR RESPONSIBILITIES ARE TO

- Treat Leaders who may be teachers, coaches, team managers, officials or other parents with respect
- Be fair at all times, do your best to achieve your goals; be gracious if you do not achieved your goals
- Respect other athletes and your opponents
- Be part of the team and respect and support other team members both when they do well and when things go wrong;
- Never bully or use bullying actions against another person; you should never hurt other team members, athletes or your opponent, this includes never taking/damaging their property, never spreading rumours or telling lies about other young people or adults
- Keep to rules and guidelines set by Swim Ireland, the Region and your Club and make sure you understand the rules e.g. if you play a team sport what contact is allowed; as a swimmer in competitions what togs are allowed

---

<sup>1</sup> In accordance with Swim Ireland's Codes of Conduct - *Safeguarding Children Policies and Procedures 2010*

<sup>2</sup> See our website (<http://asgardsc.ie/committee/>) for contact information on our Club Children's Officers

# Asgard Swimming Club



- Take part in your sport without cheating; you are responsible for not cheating and must not allow others to force you to cheat
- Listen to and respect decisions made by others; if you feel unjustly treated you can talk to your Club Children's Officer or your parents;
- Behave in a manner that is respectful towards Swim Ireland, your region and your club
- Never use violence or bad language; do not shout or argue with leaders, team mates or opposing participants – talk to someone if you are upset or angry or if someone has caused you to be upset or angry
- Talk with your Coach, Team Captain, Club Children's Officer or a trusted Swim Ireland member if you have any difficulties or do not understand something; you should never keep secrets about any person who may have caused you harm or has made you feel upset
- Understand sport can be hard work and requires discipline to achieve your goals; you should understand the commitment and attendance needed – set at a level for what you want to achieve; talk through any worries or concerns with your parent and/or your Club Children's Officer
- Do not, or allow others to make you, try or take banned substances to improve your performance

Edition 03 – March 2014

**Address:** Coral Leisure Centre, Seaview Avenue, Arklow, Co. Wicklow.

**Chairperson:** Paul Smith (087 699-8103) / **Club Secretary:** Caroline Bentley (087 249 1216)

**Email:** [asgard.swimmingclub@gmail.com](mailto:asgard.swimmingclub@gmail.com) **Web Site:** [www.asgardsc.ie](http://www.asgardsc.ie)

