

CODE OF CONDUCT

As a member, I agree to abide by the Code of Conduct and all policies and procedures of the Rockingham Swimming Club, as well as those of Swimming WA and Swimming Australia.

All Members will:

- Accept the decision or directions of the referees or officials during all events. If in disagreement with a decision, raise it with the coach or team manager.
- Never question, discuss, or confront coaches at an event or training, and will take time to speak with coaches at an agreed upon time and place.
- Treat all members equally regardless of race, creed, colour, sex or ability.
- Abide by all Club policies and rules.
- At all club functions, whether training, meets, or social gatherings, behave in such a way that their actions reflect positively on the team.
- At all times be presentable as a **STINGRAYS** Team Member when wearing Team Uniform or representing the Team at Training venues, Competition and social events.
- Always adhere to the Uniform requirements set out by the Rockingham Swimming Club and coaching staff including proper dry land attire.
- Help create a positive atmosphere for swimmers, coaches, officials, parents or friends by showing respect for swimmers, coaches, officials, parents or friends. Be friendly to all participants.
- Refrain from using bad language, harassing or ridiculing others or behaving in a threatening or violent manner – no criticism by word or action.
- Report any inappropriate behaviour to the club president or someone in a position of authority.

Swimmers will:

- Be a good sport and team player. Swim for the love of it.
- Compete according to the competition conditions and rules.
- Work equally as hard for your team as you would for yourself - your team's performance will benefit, as will your own.
- Encourage and support your team members.
- Never interfere with the progress of another swimmer, during training or otherwise.
- Ensure you have adequate rest to obtain your best performance - keeping late hours will detract from your own and team's performance.
- Smoking, drinking of alcoholic beverages, or taking of non-prescribed drugs is forbidden. Any illegal behaviour will be referred to the police.
The Australian Sports Drug Agency (ASDA) Hotline number: 1800-020-506 or <http://www.asda.org.au>
- Take responsibility for your actions - follow the directions of your coaches and managers at all times.

Parents/Guardians will:

- Not force my child to participate in sports.
- Inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.

- Learn the rules of the sport and the policies of the association
- Not encourage any behaviours or practices that would endanger the health and wellbeing of the athletes.
- Teach my child to compete by the rules and to resolve conflicts without resorting to hostility or violence.
- Teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of an event or his/her performance.
- Praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
- Never ridicule or yell at my child or other participant for making a mistake in a competition.
- Emphasize skill development and practice (training) and how they benefit my child over winning. I will also de-emphasize events and competition in the lower age groups.
- Promote the emotional and physical wellbeing of the athletes ahead of any personal desire I may have for my child to win.
- Demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
- Refrain from coaching my child or other athletes during events and training.

The attitude and behaviour of our swimmers and their families when with the club is expected to be exemplary at all times.

Expulsion from the Club

If a member shall infringe any of the Rules or Code of Conduct of the Club, or in the opinion of the Management Committee, is guilty of conduct prejudicial to the interests of the Club, the Management Committee shall have power on a resolution carried by a two-thirds majority of the Management Committee, to suspend for any period or expel such member. The member shall have the right to appear and be heard before the committee

Have an “attitude of gratitude” – say “thank you” – often!

NAME OF SWIMMER/S:

PARENT/GUARDIANS:

I/WE (please circle) Agree to abide by the Club Code of Conduct of THE ROCKINGHAM SWIM CLUB.

SIGNATURE/S: _____

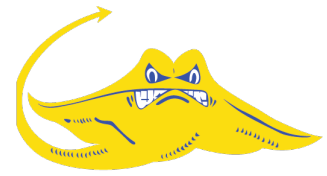


PHOTO RELEASE FORM

Dear Parent/Guardian,

Photographs and/or video may be taken of squads or individual members within the ROCKINGHAM SWIMMING CLUB, by a committee member, the Media and Public Relations Officer or a coach, or a professional media photographer.

The purpose of any photographs or video is to promote the club's many events or to recognise individual or squad achievements

Photos may be used in any or all of the following:

- **Press – TV, newspapers**
- **Club weekly newsletter “The Sting”,**
- **Club Website,**
- **Club Facebook page,**
- **Club Instagram,**

All photographs are always selected with care.

At times, video footage of training or race events may be taken by our professional coaches for analysis of technique and as a useful feedback tool for our swimmers, and may be placed on our Instagram and Facebook accounts.

We ask that all parents/guardians sign the form below to indicate whether they approve or do not approve of photography or video of their swimmer to be used in the above media.

Swimmers 18 and above may sign their own Photo Release form.

Please note that any photographs taken professionally or otherwise are not guaranteed to be published by local media, or may be used at a later date. When notified by the Media/PR Officer of upcoming photographic sessions for squads or individuals;

It is the responsibility of the swimmer and the parent to bring the appropriate club shirt/uniform if they are required for photos.

NAME OF SWIMMER/S:

PARENT/GUARDIAN:

I/WE (please circle) DO/DO NOT GIVE PERMISSION FOR THE ABOVE SWIMMER/S TO BE INCLUDED IN PHOTOGRAPHIC OR VIDEO MEDIA FOR THE ROCKINGHAM SWIM CLUB.

SIGNATURE/S: _____