



WAITEMATA SYNCHRO CLUB

ATHLETES CODE OF ETHICS

These are some specific examples of the expectations we have of WSC swimmers and their conduct. They will be explained and discussed with the swimmers by their coach. Swimmers are free to ask questions or make suggestions at that time. It is important that all swimmers understand the importance of this code and that they fully commit to this code and its intentions.

As synchronized swimmer, you are responsible for promoting the following core values:

- 1. Respect:** Show respect to yourself, others and their sport by demonstrating the highest behaviour standards. Respect requires good manners towards swimmers, coaches, fans and parents.
- 2. Responsibility:** Solve problems instead of making excuses and be a reliable swimmer for the team and its members. Be responsible for your actions and personal decisions. In addition to meeting the specific training requirements for your sport, you must take responsibility for your actions in all aspects of your life which may impact on your training, your team, your club or the sport of Artistic Swimming. In particular avoid all non-prescribed drugs or medication as they can be harmful to your and others health. It is your responsibility to check that prescribed or bought medication complies with the International Anti-doping regulations (please ask your coach for assistance with this) and to communicate to your coach which medications you are taking.
- 3. Integrity:** Show integrity by honoring your commitments and by behaving honestly when dealing with others. Showing a high level of personal integrity means always doing the right thing, even when nobody is watching.
- 4. Teamwork and Leadership:** Show teamwork and leadership by putting group interests before personal interests and by being responsible for personal and group objectives while giving your best effort at practices and competitions. Swimmers show their teamwork and leadership by giving their best effort to meet the needs of others and setting a good example to all.
- 5. Sportsmanship:** Show good sportsmanship by always following the highest behavioural standards. Swimmers must always behave respectfully, (even when others do not) and demonstrate equality and fairness at all times. Sporting conduct includes showing respect for all those attending the sporting event: athletes, officials, coaches, opponents, teammate, fans and media. Inappropriate behavior or language and actions or gestures that abuse, intimidate or threaten others in any way are not condoned.
- 6. Obey the team rules and policies:** The coach establishes rules and policies to take the team to success. You are expected to follow these guidelines and to develop the ability to work well with the other team members.

1. General

- Obey the coach's or delegate designated official's instructions.
- Meet all established times (up, sleep, rest, meals, meetings ...).
- Use of mobile phones during training hours or at competitions is prohibited unless at times specifically allowed by the coach.
- Be respectful towards team mates, coaches, committee members and manager, referees, parents, etc.
- Greeting and farewelling your coaches, team mates and other officials/parents when you arrive at trainings or competition is expected.



- Maintain a lifestyle suitable for the role of athlete (ensure healthy nutrition, adequate sleep / wake rhythm, etc.);
- Be proactive and positive in any situation
- Put the team above your personal glory

2. In training

- Arrive on time – 10 minutes before the start time of each session.
- Be fully equipped and prepared for practice sessions. These should be sorted out before the start of each practice session. Swimmers should also use the bathroom before each practice session.
- Be rigorous in the warm up, stretching and cool-down – these are essential parts of each session.
- Accept the coaches' decisions (pairings, exercises, demand);
- Respect coaches at all times; no rudeness or back talk is acceptable. Athletes are expected to pay attention and follow all of the coach's instructions completely and exactly. If any clarification is needed, this is to be done so in a polite manner.
- Follow the training plan, do not skip exercises you are only cheating yourself.
- Work each session to your fullest potential.
- Put the team above your personal glory
- Help create an optimal working environment.
- Maintain a positive outlook – avoid saying or thinking "I can not "
- Practice attendance is crucial for your own and the team's progress. Please notify the coach if an absence is unavoidable for medical or other urgent reasons.
- If the athlete needs to leave early from practice, they must notify the coach prior to the start of practice.
- No athlete shall interrupt or interfere with another athlete's right to a quality practice session. Complete the work required – disruption of practice by an athlete will be grounds for removal from the session.
- Wear appropriate swim wear for practice. Club uniform and club caps must be worn when representing WSC.

3. In competitions/events

- Be punctual; respect the time indicated by the coach.
- Be part of the team. Stay with the team on poolside and if you leave for any reason you must ask the permission from the Coach and/or Team Manager.
- Play to win but play fair.
- Support, encourage and congratulate teammates and opposition regardless of your own result. Everyone likes to be supported.
- Creating a climate of solidarity among the swimmers “ what happens to one happens to all”.
- Before and after your performance report to the coach first, not your parents. Receive correction before performance and feedback after on your performance.
- Stay to the end of every competition/event to cheer for your team mates.
- If you need to leave a competition/event early, let your coaches know as early as you can and inform them when you are leaving.
- Respect the achievements of their opponents and fellow teammates. Accept defeat with dignity.
- The club uniform should be worn with dignity and pride. It should be kept clean and tidy.
- Respect and accept the decisions of all officials (coaches, judges, referees etc)



- Comply with FINA and SSNZ Policies and Rules.
- Never challenge a swim official, let the club officials handle it.

4. On trips

- Accept, respect and comply with the coaches and managers decisions.
- Follow all safety protocols, including while travelling.
- It is important to respect the country's national symbols, as well as the other attending countries' symbols.
- Uphold the spirit of fair play and respect the rules and regulations of your sport.
- Going outside the accommodation, hotel or training center, or sightseeing is forbidden during competition and training days, and should only be undertaken with the consent of the coach and manager of the team.
- Be friendly to everyone.
- Wearing the team uniform and sportswear is mandatory at competition and at the designated times. It is forbidden to use t-shirts with advertising from companies that are not official sponsors.
- Always endeavor to act with dignity and self control. No gesturing or bad language that may harm the team's image.
- Do not leave the accommodations or training places for any reason or circumstance. Doing so can endanger you and the team and is a very serious offense.
- Deliberately disobeying the coach's instructions is regarded as serious misconduct and may lead to the removal from the team.
- Athletes must at all times stay with the group and all activities must be authorized by the coach and manager. Not complying this is considered serious misconduct.
- Respect the sleep of the other team members. Not complying this is considered serious misconduct.

DISCIPLINARY ACTION

WSC Committee would prefer not to have to issue any form of disciplinary action and it is hoped and expected that all swimmers will adhere to this code. However if an incident occurs that needs addressing the following procedures will take place:

- 1) If poor behaviour is witnessed by a coach/instructor a verbal warning will be issued.
- 2) If the poor behaviour continues this indicates that the swimmer does not wish to swim in the practice session or competition and the athlete will be told to leave the pool/gym immediately and get dressed. If a parent/caregiver is not in attendance, the swimmer will be required to remain poolside once dressed, until collected. Depending on the severity of the behaviour the swimmer may be suspended for a period of time set by the Club Committee & Head Coach.
- 3) Any behaviour resulting in the athlete being removed from practice will be communicated to the parent as soon as possible and an incident report will be completed by the coach/instructor.
- 4) If a swimmer is issued with more than one suspension the Club Committee (in conjunction with the Head Coach) will decide if expulsion is necessary.