

# Devonport Royal Swimming Association

## Code of Conduct for Team Managers



Please always refer to the volunteers' code of conduct and ensure that the wellbeing and safety of swimmers is always at the forefront of what you do.

Please always speak to swimmers with respect and using positive language. In cases of incidents/accidents, always ensure all involved parties are equally supported and report any issues as soon as possible to the club's Safeguarding/Welfare Officer (Christine Jones), or a member of the Executive Committee (General Secretary Chairman or Treasurer)

Please always take a register at the beginning of sessions and ask swimmers to let one of the team managers know before they leave poolside.

On away trips, it is the responsibility of the team managers to be first on the coach and take a register as people board the coach. It is also their responsibility to do a headcount when people leave the bus. Team managers should also have access to medical register that includes contact information for all swimmers.

### **Warm-up, racing and swim-down:**

Swimmers are expected to do a dry side as well as pool warm up and a swim down throughout galas. Exceptions may be made for swim down at the end of the gala, or warm up if it is felt there is little gain from it. This will be at my discretion of the coaches.

Swimmers are to warm up in normal swimsuits, and not in racing skins and change straight after the warm-up session.

Swimmers should have t-shirts/shorts for poolside, and more than 1 towel is helpful.

Swimmers are to ensure that they get dry and put their t-shirts and shorts on immediately after warm-up and to wear t-shirts for as long as possible pre-race.

After a race, a swimmer should have a quick debrief with one of the coaches, and then swim down immediately before getting dry and warm.

If they wish to have a further follow up about their race after they have swum down, dried and got dressed then that is fine, but we need to immediately prioritise the next race. Swimdown guidance will be on the whiteboards for swimmers to familiarise with.

### **Food and Phones:**

The club has issued a nutrition guide. Please find it attached below and make use of it.

We ask parents to tell their children to follow the club's rules on mobile phones. It is important that swimmers focus on the gala, their races and working with the coaches and socialising with teammates. Phones should stay in the swimmers' bags unless they used to listen to music or to briefly contact their parents.

If team managers feel the need too, they can confiscate phones that are not being used in these ways and return them to swimmers at the end of the session. This is at the discretion of the team managers but consistency is key to teaching swimmers to follow the poolside rules.

### **Parents poolside access:**

Parents should not be on poolside without the permission of a coach or team manager.

### **General Reminders:**

Swimmers should look after all their equipment. The meet hosts, the life centre and DRSA take no responsibility for lost or damaged property.

When leaving poolside, swimmers should ask a team manager first, agree a time to return and wear t-shirt, shorts and footwear at all time off deck.

Swimmers should change in the changing village, not on poolside.

Swimmers should be polite and respectful towards each other and the poolside helpers. Foul language, bullying, harassment and violence will not be tolerated. Any incidents should be dealt with calmly and be reported at the end of the gala to the club's Safeguarding/Welfare Officer (Christine Jones)