RINGWOOD
SWIMMING CLUB

Code of Conduct for Swimmers

What we expect of swimmers representing RSC, whether in training, competitions or on teams and guides the behaviour of swimmers when engaging with coaches, other participants, parents, officials and event organisers:

We expect RSC Swimmers will:

1. **Respect** the rights, dignity and worth of all individuals in any environment where you are representing RSC
2. **Be informed** and aware of RSC rules and policies that apply to you as a representative of RSC as well as the rules within our sport
3. **Never argue** with an official or a volunteer regardless of the decision made. Respect their role and efforts and use the appropriate rules and guidelines to resolve a dispute
4. **Be honest** with your training and keep RSC updated on where you are at. Keep your own goals and aims in mind and work to achieve them for your own personal enjoyment and fulfilment, and not the expectations of others
5. **Be inclusive** and willing to train alongside fellow swimmers regardless of age, race, ethnicity, religion, gender, gender identity or expression, sexual orientation or disability. Swimmers will not engage in any bullying, verbal abuse, intimidation or physical abuse, or be unduly disparaging of others whether in person, or on social media.
6. **Be resilient** - As with any sport there will be highs and there will be lows. We expect you to reflect and learn from those experiences and be honest with your coach about how you are feeling. Be open-minded to suggestions and feedback
7. **Be confident** – If you have put in the effort and attended training, be confident in your abilities and proud of your accomplishments and efforts. Prepare yourself for success
8. **Be Considerate** – refrain from unwanted and unnecessary physical contact with others in the squad and respect cultural and gender boundaries at all times
9. **Model Integrity** – With each new squad there is a different training structure to achieve your goals. Your commitment to and attitude towards your training structure is essential to achieving your goals and those of your teammates and the Club.
10. **Model sportsmanship** – Be fair and positive towards each other. Support your teammates during training and competitions, and cooperate with opponents, management, event staff and officials
11. **Be responsible** and prepared to take personal responsibility for your behaviour and actions at all times when representing RSC. This includes being respectful of the facilities, equipment and resources that RSC provides for your development as a swimmer

Approved by RSC Board of Management 9 October 2026