



Eastern Sirens
SYNCHRONIZED SWIMMING

CONTENTS

<u>WELCOME</u>	3
<u>IMPORTANT</u>	4
<u>REGISTRATION</u>	5
<u>CLUB STRUCTURE</u>	6
<u>WHAT WILL I LEARN?</u>	7
<u>CLASS TYPES - ALL SWIMMERS</u>	8
<u>ATHLETE PATHWAY</u>	9
<u>SKILL ASSESSMENT</u>	10
<u>COMPETITION PREP</u>	12
<u>CLASS TYPES - COMP SWIMMERS</u>	13
<u>COMPETITION LEVELS</u>	14
<u>COMPETITION DAY</u>	15
<u>COMPETITION READY</u>	16-18
<u>PRIVATES</u>	19
<u>YEARLY TIMELINE</u>	21-22
<u>DEVELOPMENT STAGES</u>	24-25
<u>ADMIN REQUIREMENTS</u>	27
<u>NATIONAL INTEGRITY FRAMEWORK</u>	28
<u>CODES OF CONDUCT</u>	29-34

Welcome!



Our philosophy: Eastern Sirens' focus is to grow the sport of synchronised swimming in Victoria and introduce more families to this amazing, but under-recognised, sport.

We began in 2015 after Aquanation reopened to continue the legacy of Nunawading Synchronised Swimming club.

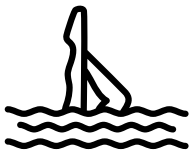
We are non-profit volunteer run club. We are grateful to all our wonderful volunteers who have given their time for the success of the club, no matter how big or small. All the people involved in creating this club are incredibly passionate about synchro and hope to see the sport grow as more people get the chance to be involved.

Please note minimum requirements to participate in classes:
8 years of age and over, comfortable in deep water, can swim 25m back stroke, 25m breast stroke, 25m freestyle

CULTURE AND VALUES



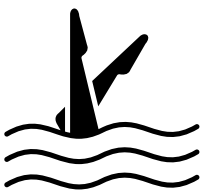
RESPECT



INDEPENDENCE



INTEGRITY



PERSEVERANCE



FUN AND FITNESS



Important

Our website is kept up to date with our club policies which you agree to abide by when you register with the club.

We also update our blog with any news. Please check our website regularly.

Policies:

<https://www.easternsirensynchro.com.au/become-a-member>

Blog:

<https://www.easternsirensynchro.com.au/blog-1>

If you have any general questions, please email

easternsirensynchro@gmail.com which is monitored by the club secretary.

Fees description

What	When	How
Registration fee	Start of the financial year or when join regular sessions	RevolutioniseSPORT
Term fee	First few weeks of each term	Invoice from club treasurer
Optional: Showcase routine fee	First few weeks of each term	Invoice from club treasurer

Registration

Register here: <https://www.artisticswimmingvic.org.au/registration/>

The registration fee combines two amounts payable:

1. Artistic Swimming Australia fee
2. Artistic Swimming Victoria fee

Part of the registration fee covers your personal accident insurance. We don't provide Ambulance cover, so that is something we highly recommend swimmers get before they begin.

The rest of the registration fees go towards running costs for national and state wide activities. Both Artistic Swimming Australia and Artistic Swimming Victoria are volunteer run and no monies are paid to board members.

- Trial swimmers must be registered as 'Try Artistic Swimming.'
- Regular swimmers must be registered as 'Non-Competitive' (or 'Competitive' if applicable).

Swimmers will not be allowed to participate in class if they are not registered under the appropriate category.

All volunteers must register as 'General' and upload their Working with Children Check.

If a swimmer is under 18, their parent/guardian is encouraged to register as 'General' too.

Please DO NOT register on Artistic Swimming Australia's website.

[Check you are on the Artistic Swimming Victoria website.](#)

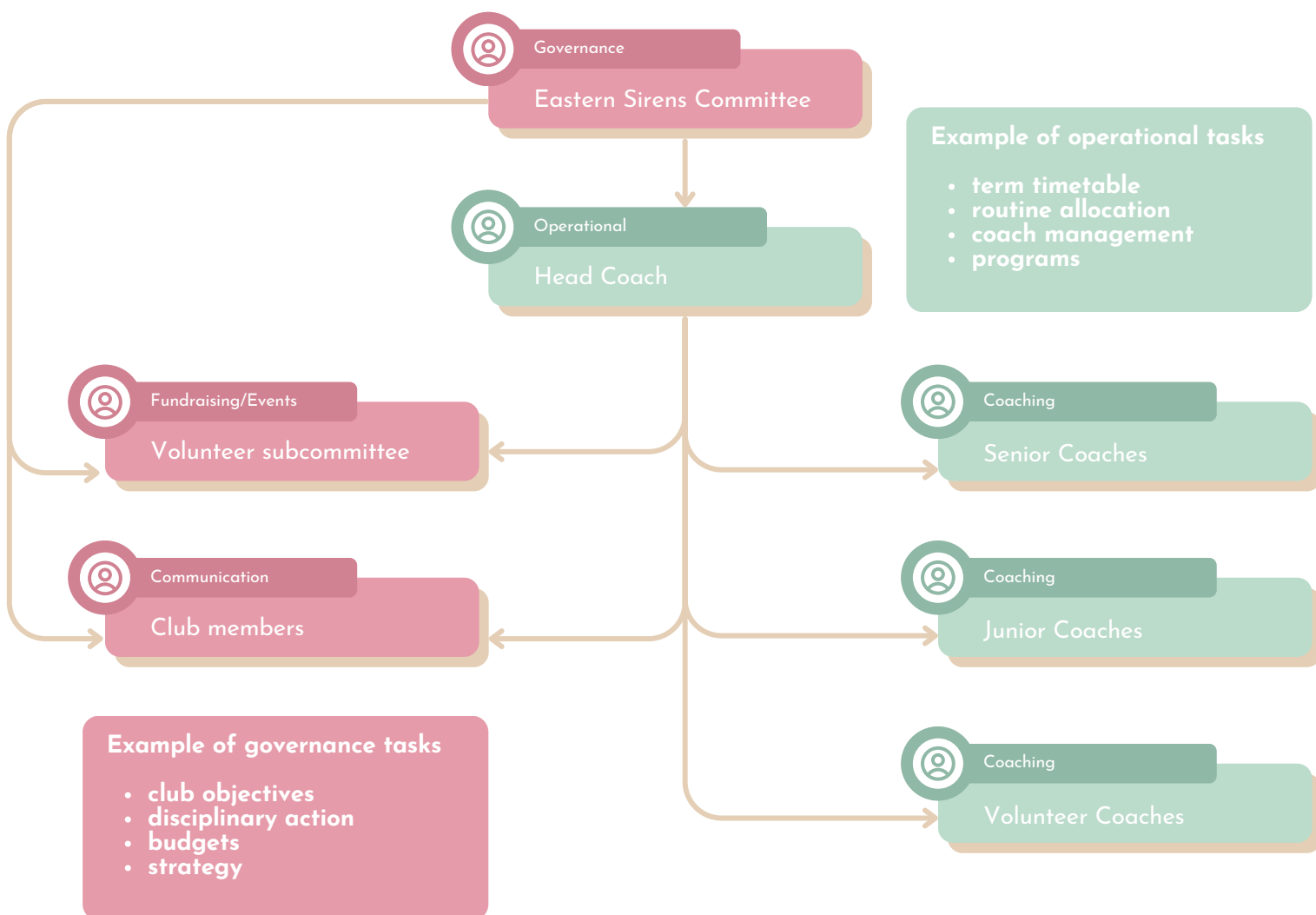
Club Structure

**We are a board governed club.
All board members are volunteers.**

The board makes decisions in the best long-term interests of the club. The board is elected by club members every year at the Annual General Meeting. Board members are usually parents, adult swimmers or coaches.

As required, the board may call for nominations and form a volunteer sub committee. This sub committee may provide assistance in organising events or fundraising.

The Head Coach is responsible for day-to-day operational decisions, as well as leading aspects of training.

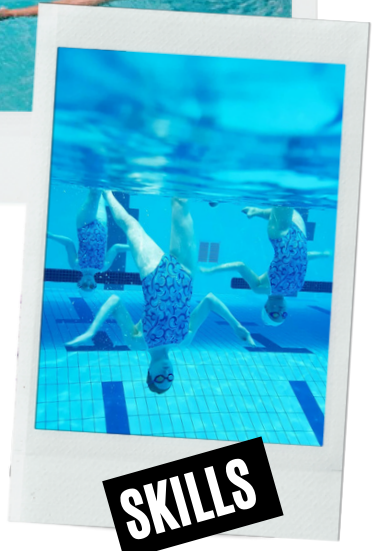
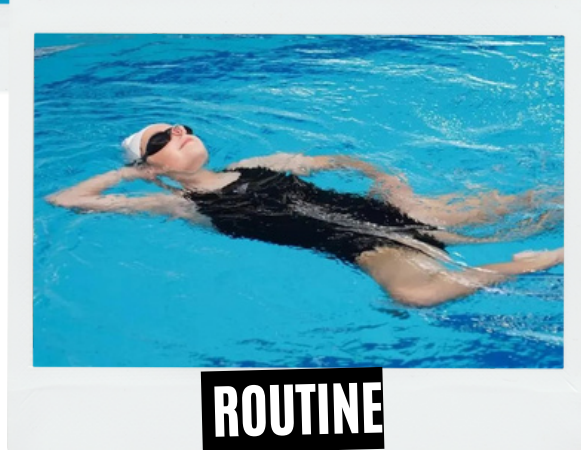


What will I learn?

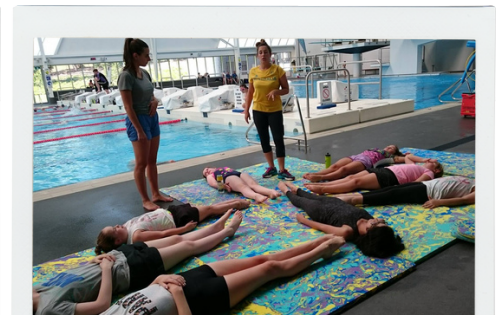
All swimmers participate in our **Synchro Stretch** and **Synchro Fit** classes. We work on conditioning and skills during these classes. Swimmers are assigned a different variation of the same exercise based on their level.

You will learn how to scull, how to tread water and how to go upside-down without touching the bottom!

There is an optional **Showcase** class available for all swimmers (including beginners) to learn a synchro routine. We learn a new routine each term.

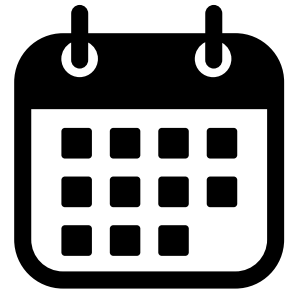


ON LAND



Class types

all swimmers



During school terms

SYNCHRO STRETCH



Ages:

- All ages together

Working on synchro specific flexibility and strengthening to become a well-rounded athlete

SYNCHRO FIT



Ages:

- 8-12 years
- 13-17 years
- 18 years+

Work on swimming, sculling, eggbeater and skills. Improve stamina and basic technique.

SHOWCASE



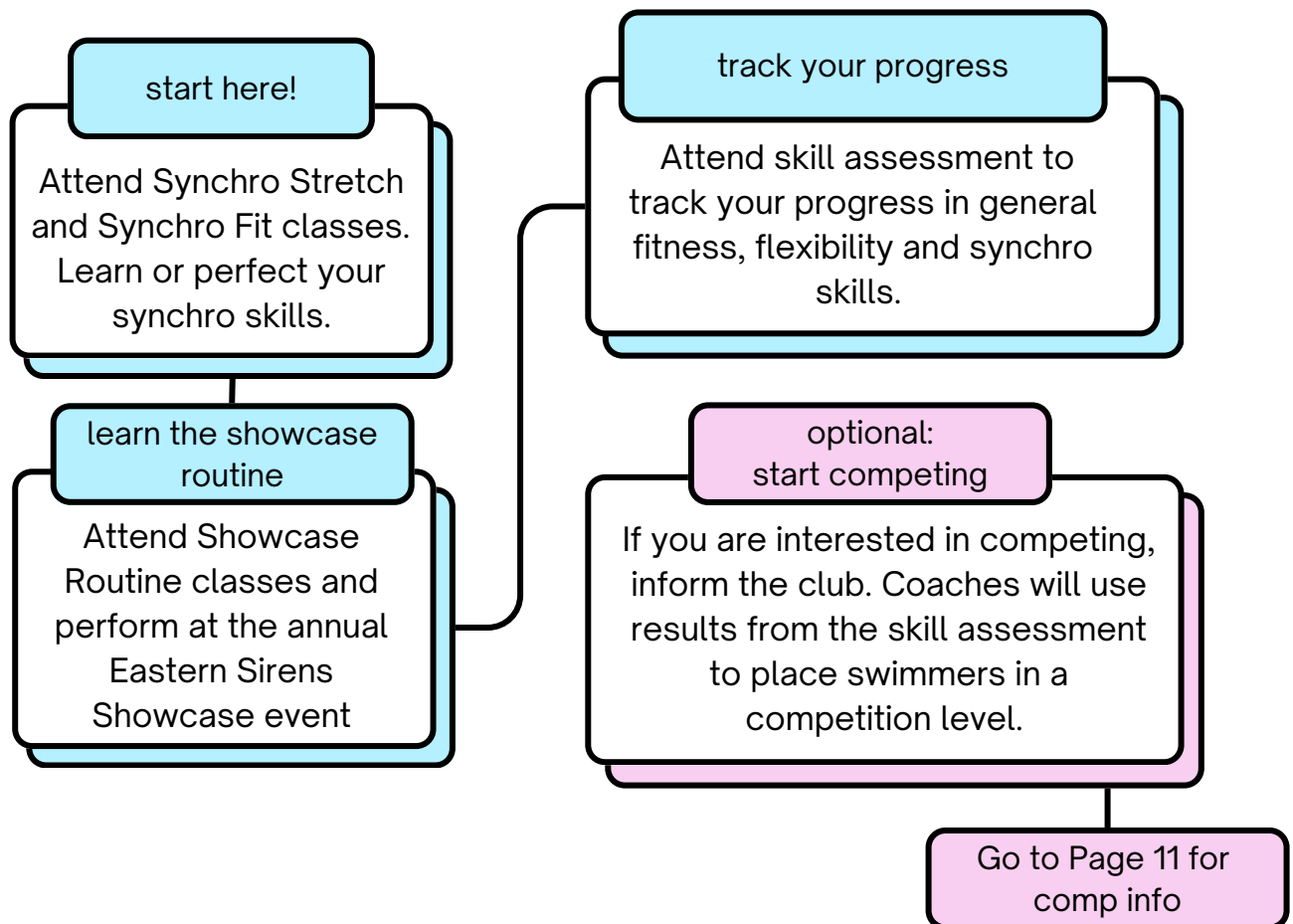
Ages:

- 8-17 years
- 18 years+

Work on a routine to be performed at Eastern Sirens Showcase (annually in March).

Open to join in Week 1 of term.

Athlete Pathway



Skill assessment

The club will run a skill assessment session for swimmers based on Artistic Swimming Australia's skill curriculum in Term 2 and Term 4.

Results from the skill assessment will inform the selection of competition swimmers.



Skill assessment

Testing information

Physical Preparation

Flexibility	Strength	Swimming Physiology
Splits Passive Front	Frog jumps	100m freestyle
Splits Passive Side	Wide or tricep push ups	300m freestyle
Bridge	Tub sit ups or V sit ups	100m medley (IM)
Shoulder Rotation	Front Plank	Pool entry

Artistic Swimming Skills

Surface	Upright	Submerged
Front layout or Front Pike	Eggbeater stationary	Fishtail (on wall or off)
Back layout or Arch	Eggbeater travel	Knight (on wall or off)
Sailboat or Ballet Leg	Eggbeater pop	Tabletop or Vertical
Flowerpot or Flamingo	Body Boost	Oyster or Barracuda

Competition Information



Competition prep

Synchronised swimming is the most time-intensive Olympic Sport.

The Australian Senior National team trains 6-8 hours per day, six days a week. We have limited training time due to coach and pool availability and financial restrictions.

If you would like to join competitions, we strongly encourage setting a routine to work on your skills outside of classes.

Land drill



Land drills are essential in synchronised swimming. It reinforces the movements in the pool to commit them to memory and to enhance synchronisation.

Flexibility and extension



Flexibility is extremely important in many of the intricate positions and movements that synchronised swimming demands. Stretching can be done individually and requires as little as 15 minutes per day for maintenance.

Conditioning and swimming



Much of the conditioning for synchronised swimming involves speed-swimming drills, including laps of freestyle, butterfly, backstroke, and breaststroke, and dry-land exercises such as squats, pushups and planks.

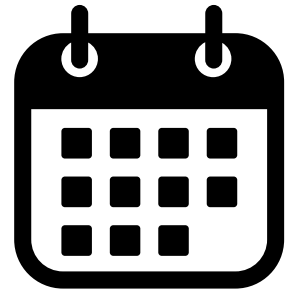
Mental skills



You don't have to be a professional athlete or an Olympic champion to develop the mental skills required for sport. Successful athletes view their sport as an opportunity to compete against themselves and learn from their successes and failures. They pursue excellence, not perfection, and realise that they, as well as their coaches, teammates, officials, and others, are not perfect.

Class types

competition swimmers



During school terms

COMP PREP



Open to swimmers with the desire to be selected for competition.

Runs in the term after Nationals only.

COMP FIGURES



Compulsory for swimmers 18 years and under.

Work on figures in preparation for competition.

Each swimmer will have a different figure to work on based on their level.

Coaches will alternate between swimmers and provide feedback.

COMP ROUTINE



One coach per routine, but pool space and music box may be shared.

Fifteen minutes to one hour per routine per week during term, depending on swimmer/pool/coach availability and level.

If extra routine training is required, please arrange as per club policies for independent pool bookings at Aquanation and privates.

Competition levels

After skill assessment, coaches will assign swimmers to a level and assign additional competition figure and routine training time.

- Swimmers in the Grades may compete up to States.
- Swimmers in the Age Groups and Masters may compete up to Nationals.

Competition swimmers will need to:

- upgrade membership from Non-Competitive to Competitive
- purchase uniform, black bathers, routine bathers and headpieces
- read and agree to abide by the Competitive Athlete Code of Conduct
- pay any additional competition training fees or entry fees to the club

Grades

Six groups: Grade 6, Grade 5, Grade 4, Grade 3, Grade 2, Grade 1

Figures COMPULSORY

Routines per person:

- **one team routine which may be the same as the Showcase routine**

Per week training requirement:
3x synchro fit and comp figures and routine training

Age Groups

Four groups: 12 and Under, Youth, Junior, Senior

Figures COMPULSORY

Routines per person:

- **one team routine if there are four or more swimmers in their level, or one solo or duet if there are less than four swimmers in their level**
- **a maximum of two routines***

Per week training requirement:
3x synchro fit and comp figures and routine training

Masters

Two groups: 20-39 years and 40+ years

Figures OPTIONAL

Routines per person:

- **one team routine if there are four or more swimmers in their level, or one solo or duet if there are less than four swimmers in their level**
- **a maximum of two routines***

Per week training requirement:
1x synchro fit and comp routine training

*second routine assignment dependent on club resources and results from the skill assessment

Competition day

WARM UP

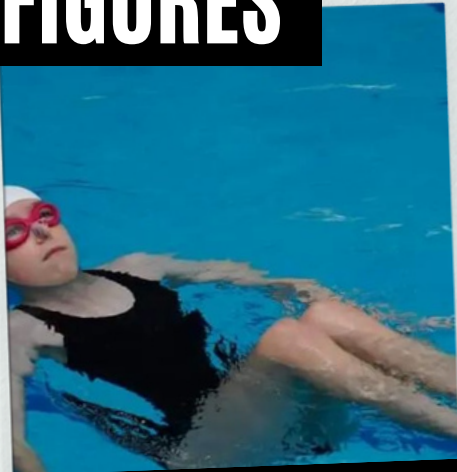


Warm up is in Eastern Sirens uniform and black bathers or training bathers.

Competitions run during the competition season every 1-2 months. These competitions are organised by Artistic Swimming Victoria and hosted by each club.

State Championships are normally held in March/April. National Championships are normally held straight after in April/May. Nationals are hosted by a different state each year.

FIGURES



Each swimmer must register online prior to the competition. Swimmers must register as per their coaches advice.

Competitions are made up of two parts: figures and routines.

Figures are a set of the movements performed in front of the judges with no music. Each swimmer receives a score out of ten. Figures are a great way to track your individual progress.

ROUTINE



Routines are performed at competitions later in the season.

VOLUNTEERING



Volunteering is compulsory for adult competition swimmers and parent/guardians of competition swimmers under 18 years of age.

This volunteer requirement may be met by helping out at a competition in one of the many roles available: announcer, timekeeper, scorer, judge, marshal, referee and so on. _

Competition ready

ES UNIFORM



During the competition, all swimmers must wear:

- ES Polo
- ES Jacket
- Black leggings or shorts
- ES Training Bathers
- ES Swim Cap

Orders done once per year around October.

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FIGURE UNIFORM



During figures, all swimmers must wear:

- White cap (can flip ES cap inside out)
- Black bathers

All swimmers wear the same coloured bathers and cap during figures to improve objectivity of the judging.

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Swimmers/parents/guardians are responsible for competition bathers, hair and make up.

COMP BATHERS



HAIR AND MAKEUP

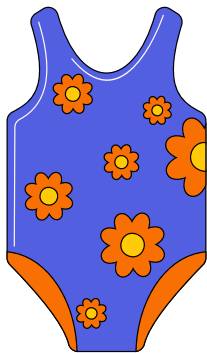
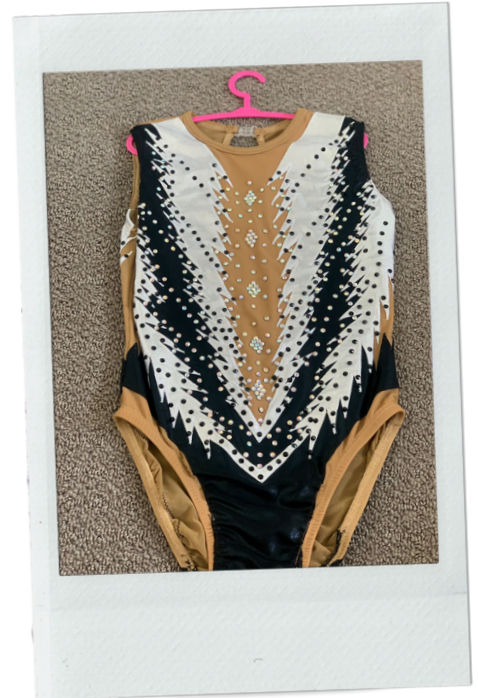


Routine bathers

Competition bathers and headpieces are to be organised by parents/swimmers. What you do depends on your budget and personal preference. Some swimmers want new, well-fitted bathers to feel confident on competition day. Some swimmers don't mind as much what they wear. Technically, the judges do not give a score for the swimsuit, but it can subconsciously impact marks.

Options for swimsuits:

- Custom made at a tailor
- Online artistic swimming retailers
- Print a custom design on swimsuits at print shops
- Repurpose gymnastic costumes
- Bedazzle regular training bathers from any swim shop
- Borrow or buy bathers from past routines
- Make yourself at home!



Hair and Makeup

Coaches, swimmers or parents may run workshops or help new competitive swimmers during the competition so everyone can learn the easiest and best way to do synchro hair or makeup.

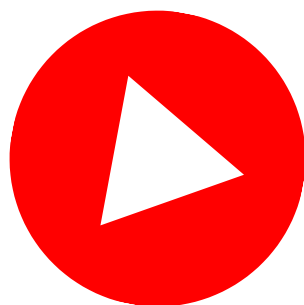
Volunteer to bring:

- kettle for hot water (tagged and tested if 12 months after purchase)

What you will need to bring:

- gelatine
- bun pins (can use bobby pins for the bun too but bun pins are more secure)
- bobby pins
- hair net (NOT bun net, needs to be big enough to wrap around the bun a few times)
- hair ties
- comb
- old bowl you don't mind using for gelatine
- pastry brush/brush used for hair dye to paint the gel on
- lots of towels to catch drops of gelatine
- old cap to put on top of gelled hair when you swim warm up
- waterproof mascara
- red lipstick
- optional: foundation, concealer, blush, bronzer – NEVER put product on your nose or your nose clip will slip off while you are swimming
- optional for solos/duet: eyeliner, eyeshadow

Search
Youtube for
tutorials



Privates

Privates may be possible if requested. Please contact the club with your request.

The club will determine pool and coach availability and confirm the private. The club treasurer will invoice for the private.

Please note we cannot action requests for specific coaches during term sessions. Coaches are assigned weekly sessions based on availability.

Independent pool bookings

The club must be made aware of the intention of an athlete to book Aquanation for an independent booking.

This is to ensure there are no clashes with any existing or planned club bookings.

As synchronised swimmers, even if it's an independent booking, you will be representing the club as Eastern Sirens members and must act appropriately at all times and follow all lifeguard instructions.

Eastern Sirens club equipment is not permitted to be used during independent bookings (including the music speaker).



Yearly timeline



Yearly timeline

June - Dec



JUNE

SKILL ASSESSMENT

Term 2 skill assessment.



JULY

REGISTRATION OPENS

All swimmers to register as 'Non-Competitive'. If selected for competition, swimmers may then upgrade to 'Competitive.'



JULY

EASTERN SIRENS AGM

Committee formed for the upcoming financial year.



**AUG OR
SEPT**

COMPETITIONS BEGIN

Hosted by Artistic Swimming Victoria. Continue to run every 1-2 months until State and National Championships.



**SEPT OR
OCT**

CHOREOGRAPHY CAMP

Swimmers selected for competition will be invited to a choreography camp for their competition routines during the school holidays.



OCT

UNIFORM ORDERS

The club will do a uniform order once a year in October. If uniform is required, please inform the club.



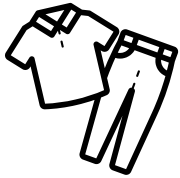
NOV

SKILL ASSESSMENT

Term 4 skill assessment.

Yearly timeline

Jan - May



FEB

PARENT/ATHLETE EVENT

Event to introduce members to the club, and get to know other members.



MARCH

EASTERN SIRENS SHOWCASE

All swimmers learning a Showcase Routine or Competition Routine are invited to display their hard work at this gala.



**MARCH OR
APRIL**

STATE CHAMPIONSHIPS

Hosted by Artistic Swimming Victoria.



**APRIL OR
MAY**

NATIONAL CHAMPIONSHIPS

Hosted by a different state each year.
2025 is in Melbourne!



Information for parents



Development stages

Learn to Train

Female 8-11, Male 9-12

Identify sports and activities where your child has fun, and narrow the focus to 3 sports or activities throughout the year.

Accompany your child to their first competitions and support and encourage them.

Be sure to respect the coach's side and help your child set goals.

Take time to appreciate your child's progress without placing emphasis on the results.

Promote the key values of fun, inclusion and fairness.

Introduce basic flexibility exercises. Develop fundamental movement skills.

Train to Train

Female 11-15, Male 12-16

In artistic swimming, it acceptable to begin identifying "talent" at this stage, but caution should still be shown against premature specialisation.

Trust the coach and facilitate open communication with coaches.

Discuss goals, expectations, results and competition related stress with your child.

Be present without being over-involved (beware of not placing pressure on the results)

Be a good role model for healthy and active living and provide balanced healthy food.

Develop speed and sport-specific skills. Special emphasis required for flexibility training.

Train to Compete

Female 15-18, Male 16-19

The role of the parent is to seek the best training situation for their child and to support the training guidelines as prescribed by coaches.

Learn to perform sport-specific skills under a variety of competitive conditions during training.

Encourage your child to be the best they can be; that's real excellence.

Promote the key values of fun, fairness, excellence and respect.

Artistic swimming

for life

Sport for life

Enter at any age

You might encourage your child to enter this stage at any age, especially if you sense an aversion to competition.

Encourage your child to explore other roles in artistic swimming such as coaching, officiating or volunteering.

Encourage your child to continue participating in artistic swimming as a Masters athlete.

To help your child make the transition to non-competitive involvement in physical activity, you should provide a positive example by practicing your own activity.

You should also explore and expose your child to new activities.

Promote the key values of fun, fairness, staying healthy, and giving back.



Club role requirements



Admin requirements

Athlete/Parent requirements	When	How
Read Eastern Sirens Handbook	Enquiry sent to club	Club secretary
Register Try Artistic Swimming	Prior to trial session	RevolutioniseSPORT
Register Non-Competitive	Prior to first term session	RevolutioniseSPORT
Complete enrolment form	Prior to first term session	Club secretary
Pay term fees	Within 30 days	Club treasurer

Volunteer requirements	When	How
Register General	Prior to first volunteer event	RevolutioniseSPORT
Volunteer WWCC	Prior to first volunteer event	VicGov
National Integrity Framework courses	Prior to first volunteer event	Sport Integrity Australia
Sign Volunteer Code of Conduct	Prior to first volunteer event	Eastern Sirens Handbook
Sign Child Safe Code of Conduct	Prior to first volunteer event	Eastern Sirens Handbook

Committee requirements	When	How
Nomination form	Prior to AGM	Club secretary
Volunteer WWCC	Prior to AGM	VicGov
National Integrity Framework courses	Prior to AGM	Sport Integrity Australia
Register Associate	Prior to first meeting	RevolutioniseSPORT
Sign Child Safe Code of Conduct	Prior to first meeting	Eastern Sirens Handbook
Sign Committee Member Code of Conduct	Prior to first meeting	Club secretary
Sign Conflict of Interest Agreement form	Prior to first meeting	Club secretary
Microsoft Teams account/email	Prior to first meeting	Club secretary

Coach requirements	When	How
Employee WWCC	Prior to first session	VicGov
National Integrity Framework courses	Prior to first session	Sport Integrity Australia
CPR Certification	Prior to first session	Externally
Register Coach	Prior to first session	RevolutioniseSPORT
Level 0	Prior to first session	Artistic Swimming Aus
10 hours shadow coaching	Prior to first session	Head Coach
Head Coach assessment	Prior to first session	Head Coach
Sign Eastern Sirens Club-Coach Agreement	Prior to first session	Head Coach
Sign Child Safe Code of Conduct	Prior to first session	Eastern Sirens Handbook
Sign Coaches Code of Conduct	Prior to first session	Head Coach
TFN	Prior to first invoice	Externally
ABN	Prior to first invoice	Externally
Super	Prior to first invoice	Externally
Level 1	As soon as possible	Artistic Swimming Aus
Connecteam account	Prior to first session	Head Coach

National Integrity Framework

Sport should be a safe and fair place for all participants, this includes swimmers, coaches, volunteers and members.

Artistic Swimming Australia has signed up with Sport Integrity Australia.

There are certain requirements for various club roles to complete.

Athletes and support personnel who are required to complete online education can submit their 'eLearning certificate' to info@artisticsswimming.org.au

Complete your integrity education now!

Visit - elearning.sportintegrity.gov.au/login/index.php

The image displays a grid of course cards for the National Integrity Framework eLearning program, organized into four main categories:

- BASIC** (Yellow background):
 - CLEAN SPORT 101
 - DECISION MAKING IN SPORT
- COMPREHENSIVE** (Dark Blue background):
 - ANTI-DOPING FUNDAMENTALS
 - ILLCIT DRUGS IN SPORT
 - COMPETITION MANIPULATION AND SPORT GAMBLING
 - SAFEGUARDING CHILDREN AND YOUNG PEOPLE IN SPORT INDUCTION
- ADVANCED** (Teal background):
 - ANNUAL UPDATE
 - WHEREABOUTS
- SPECIALIST COURSES** (Yellow background):
 - MEDICAL PRACTITIONERS
 - PARENTS' GUIDE TO CLEAN SPORT
 - COACHES COURSE
 - NATIONAL INTEGRITY FRAMEWORK (NIF)
 - CLASSIFICATION FUNDAMENTALS
 - CYBER SAFETY AND SECURITY FOR SPORTS

Athlete and Parent/Guardian Code of Conduct

We value the safety and wellbeing of our community. We are committed to child safety.

- Adhere to all club policies.

Responsibilities of parents:

- Be a good sport and cheer for all swimmers
- Don't talk bad about the coach in front of your child
- Encourage your child to work through disagreements or dissatisfaction directly with the coach
- Encourage these rules for your child:
 - Once you start you finish
 - The coach's decision is final
 - The success of the team is more important than the success of the individual

We wish to ensure that all experiences on social media are positive:

- Do not share content on social media or participate in any behaviour that does not align with our values whilst wearing Eastern Sirens uniform or representing Eastern Sirens in any way.
- All social media posts and group chats must be positively focused. Social media is not an appropriate way to deal with sensitive matters.
- Refrain from direct messaging volunteers, coaches and the Committee on social media.
- Eastern Sirens Synchronized Swimming Club may create Whatsapp group chats to disseminate information for athletes in competition routines. These group chats will be managed by the Head Coach who has the right to block access to any person who misuses the group.
- Eastern Sirens Synchronized Swimming Club may be made aware of and act on conduct in private group chats that breaches any policies, procedures or Codes of Conduct.
- Club volunteers and coaches will not respond to direct messages or emails from athletes under 18. A parent/guardian must be copied into all correspondence to the club.

Athlete and Parent/Guardian Code of Conduct

Continued

We do not tolerate bullying or discrimination at any level:

- Be respectful to ALL volunteers, coaches, lifeguards, duty managers, teammates, other parents/guardians and guests.
- All conversations in the pool/change rooms/carpark area must be respectful and positive.
- Promote a culturally tolerant environment. Respect the rights, dignity and worth of all participants - regardless of their gender, ability, cultural background or religion.

Your conduct at the pool:

- Any litter from food consumed at the pool must be disposed of straight away. No glass drink bottles at the pool.
- All bags are to be placed out of the way of general public and other athletes. Bags should be neat and tidy. Keep valuables in a locker. We are not responsible for lost/stolen items.
- Be respectful of any equipment borrowed at the pool and return it exactly as you found it.
- Do not write or draw on whiteboards. Whiteboards are for coaching purposes only.

Training etiquette:

- Arrive on time, prepared with all personal equipment.
- Help coaches set up equipment.
- Focus on yourself and your own performance.
- Follow instructions from the coach. Do not do your own exercises unless under special circumstances or with approval from the coach.
- Put away all equipment at the end of training.
- Notify the coach if you need to leave early. We may require confirmation from a parent/guardian for athletes under 18.

Safety specific training etiquette:

- We train at a public facility. Notify the club of:
 - any safety concerns
 - any health problems that may affect your fitness or ability to learn
- If the session is in the water, you must be able to get in the pool. Athletes are not permitted to spectate from land during sessions in the water. Coaches cannot supervise athletes in the water and out of the water at the same time.
- Athletes under 18 who require a toilet break will be sent to the bathroom with a teammate. Both athletes must report back to the coach at the same time.
- If you have a major incident at the pool, you will not be permitted back at training until you receive medical clearance. After returning to training, if you are under 18, you must have supervision from a parent/guardian for at least two weeks.

Athlete and Parent/Guardian Code of Conduct

Continued

Getting involved:

- Our club is volunteer-run. We rely on volunteers at all our competitions and within the club. There is a specific volunteer requirement for competitive swimmers. You can get involved by contacting the Committee via an appropriate avenue of communication.

Appropriate avenues of communication:

- All our coaches and the Committee are working or studying outside of supporting the club. To protect the wellbeing of our coaches and the Committee, phone communication (including calls and text messages) are only permitted in exceptional situations.
- We prefer communication via email, with appointments arranged in-person or virtually as required.
- If you don't know a coach or Committee email, send a message to easternsirensynchro@gmail.com and the communication will be forwarded. Our club secretary monitors the easternsirensynchro@gmail.com inbox.
- Parents/guardians are not to talk to the coach or their child during a session unless for emergency purposes such as injury or illness.

When we will contact you by phone:

- Term session cancellation
- Urgent reminders for competition due dates
- Coach is running late
- Medical reasons or emergency

Please only contact us by phone when:

- Need to leave early at a term session
- Late or absent on competition day
- Coach is not there
- Medical reasons or emergency.

For term sessions, please email easternsirensynchro@gmail.com if you will be late or absent.

Athlete and Parent/Guardian Code of Conduct

Continued

Grievance procedure:

- Contact the person causing the problem via an appropriate avenue of communication and inform them of the behaviour, decision, or action that the complaint or grievance refers to. Discuss possible solutions.
- If required, speak to a Committee member via an appropriate avenue of communication for advice on possible solutions and/or intervention. At this stage, you may make a formal complaint in writing to the Committee.
- When the Committee receives a formal complaint, it will be referred to the President (unless the complaint directly concerns the President).
 - If at any stage, it is uncovered that a person may have breached a policy, procedure, or Code of Conduct, the Committee may take disciplinary action or refer the complaint to Artistic Swimming Australia.
 - Contact will be made with the complainant.
 - If another party is involved they will be fully informed of the full details of what is being said and a meeting will be established between the parties with a selected mediator.
 - If the grievance is unresolved the matter will be referred to the next Committee meeting, or if deemed more urgent, an additional Committee meeting will be called. This may also involve the parties concerned.
 - The complainant and respondent will be informed of a decision in writing.
- If this does not result in a suitable resolution, or there is dissatisfaction with the handling of the complaint, the matter can be referred to Artistic Swimming Australia.

Volunteer

Code of Conduct

- Adhere to all club policies.
- Act as good role models and ambassadors for the club at all times.
- Always welcome athletes, spectators, officials etc to the club.
- Never use offensive language or behaviour.
- Treat all everyone including the opposition with respect regardless of their gender, ability, cultural background or religion.
- Display consistently high standards of good sporting behaviour including respecting the official's decisions.
- Be trustworthy.

I agree to abide by this code of conduct

Name:.....

Signature:.....

Date.....

Child Safe

Code of Conduct

- Adhere to all club policies.
- Remember that young people participate for pleasure - winning is only part of the fun.
- Support, encourage and involve all players regardless of their talent level.
- Operate within the rules and spirit of your sport - help your players to understand that playing by the rules is their responsibility.
- Relate to officials in a courteous and polite way.
- Implement relevant policies and procedures.
- Listen to the athletes - ensure that the time they spend with you is a positive experience.
- Encourage young people to participate in administration, coaching and officiating - as well as playing.
- Encourage and guide athletes to accept responsibility for their own performance and behaviour both in and out of the pool.
- Promote a culturally tolerant environment. Respect the rights, dignity and worth of all participants - regardless of their gender, ability, cultural background or religion.
- Keep up to date with required qualifications, especially Child Safety requirements - ensure you understand the principles of physical growth and development.
- Ensure you are aware of your mandated responsibility to report suspicion of child abuse and neglect.
- Ensure that any physical contact with a young person is appropriate.
- Avoid developing any 'special' relationships with children - ensure that you show no favouritism such as the offering of gifts or special treatment. This includes intimate relationships and personal online social networking with team members.
- Display consistently high standards of good sporting behaviour and appearance.
- Never smoke or drink alcohol whilst in an official capacity.
- Never use offensive language or behaviour.
- Place the safety and welfare of the participants above all else.

I agree to abide by this code of conduct

Name:.....

Signature:.....

Date:.....

See you
at the pool!

CONTACT US

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easternsirensynchro