



## Good Sport Contract – Silver Squad

Congratulations on gaining your place in the Bathgate ASC Silver Squad! Being part of this group requires extra commitment and focus from you to succeed and continue to improve your swimming performance.

To support you to achieve your potential, your coach will work with you to develop your swimming technique, your fitness level and how to become a Good Sport. Being a Good Sport means having respect for your coach, teammates, competitors and officials.

### GOOD SPORT CODE OF CONDUCT

**All Swimmers are asked to abide by the following rules. The code is applicable at all club sessions, all competitions and club functions. The rules must be followed when in the pool, at pool-side, in the facility changing areas and public areas.**

- ✓ Be changed and ready poolside before warm up time for both training sessions and competitions.
- ✓ Co-operate fully, respecting all requests and decisions made by the coaches, helpers, officials and administrators and training sessions and competitions
- ✓ Follow all instructions given by the Coach except if it is judged dangerous or inappropriate to do so
- ✓ In particular, exit from the pool immediately when instructed to do so by the Coach
- ✓ Control your temper and avoid behaviour which may inconvenience or upset others
- ✓ Treat opponents and team mates with respect at all times
- ✓ Be considerate and caring to others and be a good role model to younger swimmers
- ✓ Accept success and failure in a noble/selfless way
- ✓ Take care of all property & equipment belonging to the club or any club member
- ✓ Be responsible for caring for your own equipment, clothing and property
- ✓ Refrain from inappropriate conduct towards others including physical, verbal, written or emotional, in person or through use of social media platforms.

### Acceptance of Good Sport Code of Conduct

I, ..... (Swimmer name) agree to abide by above Good Sport Code of Conduct.

I, ..... (Parent name) agree to support & encourage the swimmer to abide by the above Good Sport Code of Conduct.