



Nelson South Swim Club – Code of Conduct

Nelson South Swimming Club takes pride in the culture we have as a team and as a swim club. Every member travelling with the Nelson South Team represents themselves, the team, the Club, the sport of swimming and their community when they travel to swim meets and events.

Senior swimmers especially, are expected to have a very high standard of behaviour at all times. The younger swimmers will be looking to you at what is, and what is not acceptable behaviour. Remember you are the role models of the Club. Please behave like such at all times.

Each swimmer has a responsibility to follow this Code of Conduct and protect the high standard we have all worked so hard to achieve.

- Always wear your Nelson South Swim Club uniform with pride
- Always perform to your highest standard both in training and at meets
- Always display excellent manners and responsible behaviour
- Be courteous and show respect at all times –
 - Make sure you thank drivers, people serving food, parent helpers, Coaches and Managers
 - Be polite to pool staff
 - Respect other guests at accommodation
- Always support, encourage and look after your team mates
- Always clean up after yourselves at meal and snack times, and leave the pool deck tidy
- Attend all team matters on time, including warm-ups, practices, competitions, meals etc
- Always follow the instructions of the coaches and managers
- No Girls in Boys rooms and No Boys in Girls rooms. This rule is in place to protect everyone, and to ensure that each swimmer has “their own space” to rest and relax in. Use common areas to socialise in.
- Respect “lights out” times and rest times – allow other swimmers the rest they need
- Always ask the Team Manager if you need to leave the accommodation for any reason
- Mobile phones and devices will be handed in to the Coach/Team Manager at “lights out” time and returned in the mornings. Wake up calls will be given to any room that doesn’t have an alarm clock.
- Strictly no alcohol or drugs

In the event of a breach of discipline or behaviour you may be liable to the following penalties:

- a) Dismissal from the team and immediate return home (at you/your parents expense)
- b) To be deprived of any privileges or allowances
- c) To be subject of a report to Nelson South Swimming Club

I accept the conditions in the Travel Code of Conduct:

Signed: _____ **(swimmer)** **Date:** _____

Nelson South Swim Club – Personal Details and Permission

Trip details – dates and destination (“the Trip”):

 Name of swimmer:

 Swimmer’s mobile phone:

 Contact name of parent/guardian:

 Contact phone number:

 Doctors name:

 Doctors phone number:

- I/we accept the conditions of the Travel Code of Conduct, give permission for my child/ren to participate in the Trip and to participate in all the activities that accompany the Trip.
- I/we understand that there will be periods of unsupervised time and I accept that the Club, its coaches and team managers, cannot control or accept responsibility for these occasions and that my child/ren must take reasonable caution for their own safety, follow instructions, and at all times act in a way that ensures the safety of others.
- I give permission for my child/ren to travel in vehicles driven by a Club designated driver.
- In the event of a medical emergency or illness, if I/we cannot be contacted, I/we delegate my parental authority and responsibility to the coaches, parents and caregivers on this trip.

Please list below any medical conditions and/or injury that you feel the Club needs to know about. Include conditions such as asthma, epilepsy, diabetes and any allergies to medicine. Please advise if your child/ren are carrying any medicines.

Please include details of any injuries that require strapping. In accordance with the new SNZ rules for all meets, swimmers with strapping must provide documentation from a relevant registered health practitioner or physiotherapist, which will be reviewed by the Meet Director prior to swimming. Any swimmer without such documentation may not be permitted to swim. If this situation arises, the swimmer will not be eligible for any refunds, nor is the club liable for any loss incurred by the swimmer.

Medical condition:	Treatment/medication:

Please provide any further information (including special dietary requirements, religious beliefs) that may require special consideration to ensure your swimmer has an enjoyable and successful trip:

Please provide flight details:

Flight:	Flight #:	Depart time:	Arrival time:
Nelson-			

Signed: _____ **(parent/guardian) Date:** _____