

# Suffolk Coastal Torpedoes Water Polo Club

[www.sc-torpedoes.co.uk](http://www.sc-torpedoes.co.uk)

Chairman: Sue White

Secretary: Fiona White

**Affiliated to ASA East Region & Suffolk County ASA**

## CODE OF CONDUCT – POLO PLAYERS

### General Behaviour

1. Treat all members of the club with due respect including:

- Fellow swimmers / players
- Officials
- Coaches
- Parents

2. Treat all competitors and representatives from competing clubs with due respect.

3. The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.

### Training

1. Arrive in good time to conduct a land warm up, 10 - 15 minutes before start time.

2. Have all your equipment with you, e.g. drink, costume / trunks, mouthguards etc.

3. Use the lavatory before training begins and always ask the coach for permission if you need to leave the pool during training.

4. Listen to what your coach is telling you.

5. Do not stop and stand in the lane, you may get injured.

6. Do not pull on the ropes as this may injure other players
7. Do not skip lengths or sets you are only cheating yourself.
8. Think about what you are doing during training.

## **Competition**

1. Once you have committed to playing at an event you will be expected to play.
2. Warm-up before the event. Prepare yourself for the match.
3. Use the warm up accordingly and ensure you are comfortable with the rules– familiarise yourself with the feel of the water
4. Be part of the team. Stay with the team on poolside. Do not leave for any reason without telling the Coach and Team Manager where you are going.
5. Listen for your match to be announced and be prepared to enter the water when directed. Take your drink to the poolside with you.
6. Support your team mates. Everyone likes to be supported.
7. You must wear club T-shirt when representing the club.
8. Swim down/stretch after the match, if possible. Use this time constructively to ensure correct preparation for the next match.
9. After your match, report to the coach, not your parents. Receive feedback on your match.

Policy adopted at Committee Meeting: 14<sup>th</sup> Jan 2013

Policy review date: 14<sup>th</sup> Jan 2015