



Affiliated to ASA East Region & Suffolk County ASA

Website - <http://www.sc-torpedoes.co.uk/>

## Code of Conduct for Players.

### General Behaviour

1. Treat all members of the club with due respect including:
  - a. Fellow players
  - b. Officials
  - c. Coaches
  - d. 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 be changed and ready for your training session start time.
2. Have all your equipment with you, e.g. drink, costume / trunks, mouth guards etc.
3. Ensure your finger/toe nails are trimmed, hair tied back, jewellery removed.
4. Use the lavatory before training begins, always asks the coach for permission if you need to leave the pool during training.
5. Listen to what your coach is telling you.
6. Always follow the warm up routine as instructed by the coaches
7. Only use equipment in the correct manner – incorrect use may result in injury to yourself and other players
8. Do not skip exercises, lengths, drills, you are only cheating yourself.
9. Think about what you are doing during training
10. Have fun

# Suffolk Coastal Torpedoes Water Polo Club

## Competition Events

### Before the tournament/match

1. Once you have committed to playing at an event you will be expected to play.
2. Arrive in good time as instructed by coaches/team manager/fixtures co-ordinator.
3. Have all your equipment with you, e.g. drink, costume / trunks, mouth guards etc.
4. Always follow the warm up routine as instructed by the coaches
5. Ensure you are comfortable with the rules and ask questions if unsure
6. Ensure your finger/toe nails are trimmed, hair tied back, jewellery removed.

### During the tournament/match

1. Do not show dissent to match officials
2. Be part of the team. Stay with your team on poolside. **Do not leave for any reason** without telling the Coach/Team Manager/Chaperone where you are going.
3. Take your drink to the poolside with you.
4. Support your team mates. Everyone likes to be supported
5. Wear club T-shirt when representing the club if you have one
6. Enjoy the game/tournament.

### After the match/tournament

1. Always follow the warm down routine as instructed by the coaches
2. After your match, report to the coach, not your parents. Receive feedback on your match.
3. Remember the general behaviour rules in changing areas.