

WEST COAST SWIM CLUB POLICIES

GENERAL BEHAVIOURAL GUIDELINES

Swimming Australia, supported by West Coast Swimming Club, promotes the following behavioural guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. These behavioural guidelines highlight the principles and values of Swimming Australia and are the core principles of the Member Welfare and Child Welfare Policy documents.

As a person involved in any way with the sport of swimming, the following standard of behaviour is expected:

- Respect the rights, dignity and worth of others.
- Be ethical, considerate, fair and honest in all dealings with other people and organisations.
- Be professional in, and accept responsibility for your actions.
- Make a commitment to providing quality service.
- Be aware of Swimming Australia's standards, rules and policies.
- Operate within the rules and spirit of the sport, including the national and international guidelines that govern Swimming Australia.
- Understand the possible consequences of breaching Swimming Australia Member Welfare and Child Welfare Policies.
- Immediately report any breaches of the Swimming Australia Member Welfare and Child Welfare Policies to the appropriate authority.
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment toward others.
- Refrain from any form of discrimination toward others.
- Refrain from intimate relations with members whom they have a supervisory role or power over.
- Refrain from any form of victimisation toward others.
- Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- Show concern and caution toward others that may be sick or injured.
- Be a positive role model.

COMPETITOR BEHAVIOURAL GUIDELINES

- Abide by the General Behavioural Guidelines.
- Follow the rules of Swimming Australia at all times.
- Give your best at all times.
- Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal or physical abuse is not acceptable.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud good performances whether they are made by your team or the opposition.
- Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.
- Co-operate with your coaches, team mates, opponents, management, event staff and officials.
- Participate for your own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.

PARENT/GUARDIAN BEHAVIOURAL GUIDELINES

- Abide by the General Behavioural Guidelines.
- Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.
- Focus on your child's effort and performance, rather than winning or losing.
- Encourage your child to abide by the rules and accept judgements made by officials.
- Never ridicule or yell at a child for making a mistake or performing below expectation.
- Be an example to your child and others. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.
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MEMBER WELFARE & CHILD WELFARE POLICIES

West 0063oast Swimming Club fully supports the Swimming Australia Member Welfare and Child Welfare Policies. Full details and procedures are provided at www.swimming.org.au

WEST COAST STANDARDS FOR TRAINING & RACING

Training

- **Arrive on time:** Swimmers are to be at the pool 15 minutes before the start of training to warm up and stretch.
- **Let coach know if you won't be at training:** Swimmers must let the coach know if they will be arriving late to training or are unable to make the required session/s.
- **Swimmers must inform the coach of any injuries** before training.
- **Sports drinks** and/or water are a must for every training session.
- **Listen to coach:** Whilst the coach is talking, all squad members will listen carefully to instructions.
- Swimmers are always to ask the coach's permission if they wish to leave the water for a toilet break.

Racing

- Acknowledge achievement and success at all levels.
- Swim in a club cap at all meets.
- Relays are considered a privilege and your availability is considered a priority.
- All targeted meet entries to be verified by coach prior to submission.

INFORMATION FOR PARENTS

THE PARENT-COACH RELATIONSHIP

The best swimming programs encourage understanding and co-operation between parents, swimmers, and coaches. Parents create the home environment in which they raise their children and choose carefully the values, examples and role models that are appropriate for their children. In the sporting field it can work better in a different way which is almost the other way around. Parents support their swimmers best when they can remain more detached and objective in matters concerning their children's swimming. The following guidelines will help you keep your child's development in the best and proper perspective and also help your swimmer reach their full potential as an athlete.

In swimming, the bottom line is- the coach is the Coach! It is important for your swimmer to relate to their coach as soon as possible concerning any swimming matters. When the coach-swimmer relationship is on the right basis it produces the best results. Remaining detached means parents are encouraged to not interfere with a coach's opinions as to how a swimmer should swim or train. If this is not the case, the result is considerable, and often times insurmountable, confusion as to whom the swimmer should listen to.

The best course of action if you have a problem, concern, or complaint regarding training issues, is to please contact the coach and make a time outside of practice when you can talk without your swimmer being present. In swimming it is the coach's job is to motivate and constructively criticize the swimmer's performance. The parent's job is vital in supplying the love, recognition, and encouragement necessary to make the swimmer work harder in practice, which in turn gives them the confidence to perform well in the pool.

COACHING ISSUES

We are all familiar with the crowd known as the "carpark mafia". One of the most common causes of communication breakdown between parents and coaches occurs when some parents seem to feel more comfortable in discussing their differences in coaching philosophies with other parents rather than taking them directly to the coach or to someone on the club committee who will actively seek a solution to the problem. Not only are problems rarely solved, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

1. Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
2. Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 10-20 swimmers during a training session and up to 70 swimmers at a competition. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for any occasional short term inconveniences.
3. Always discuss any matters that are concerning you firstly with your swimmers coach. If you find they are unable to satisfactorily resolve your concern, then please ask the Senior Assistant Coach, Head Coach or one of the Committee members who will be able to assist you further.
4. If another parent uses you as a sounding board for complaints about the coach's performance or policies, encourage that parent to speak directly to the coach or a Committee member. Speak with someone who is able to resolve the problem.

TEN COMMANDMENTS FOR PARENTS OF ATHLETIC CHILDREN

Reprinted from The Young Athlete by Bill Burgess included in "The Swim Parents Newsletter"

1. Make sure your child knows that - win or lose, scared or heroic -- you love him/her, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, his/her competitive attitude, their sportsmanship, and their actual skill level.
3. Be helpful, but don't coach him/her on the way to the pool or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his/her swimming skills and attitudes. Help him/her to develop the feel for competing, for trying hard, for having fun.
5. Try not to relive your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times, you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If he/she is comfortable with you -- win or lose -- he/she is on their way to maximum achievement and enjoyment.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.
8. Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.