








RUNNYMEDE CODE OF CONDUCT

	<p><u>Respect facilities and others</u> – at all times. No throwing / squirting of any objects / liquids at any times.</p> <p>Please respect other people’s private property, this includes: any clothing items, shoes, swim kit. <u>If it’s not yours – leave it alone.</u></p>
	<p><u>Personal Items</u> - Remember to either lock your belongings inside a locker or place your items in your sports bag and place the bag against the wall on poolside. Your kitbag can go poolside as long as you don’t obstruct others getting out.</p>
	<p><u>Arrive on time and be ready to swim</u> – you should arrive at poolside at least 5 minutes before the session starts.</p>
	<p><u>Injuries</u> – Do remember to tell your Coach if you suffer from any injuries or illnesses before the start of the session.</p>
	<p><u>Pay attention</u> – Listen and concentrate when your coach speaks to you or others in your squad, even if not looking directly to you as this disrupts others.</p>
	<p><u>Lane discipline</u> - Do not pull, sit or hang on the lane ropes. Stay in your lane, don’t stop unless your Coach has asked you to. Only overtake when it is safe to do so.</p> <p>Do not splash water on others, pull or tickle any limbs and more importantly no pushing.</p>
	<p>Ask permission before leaving poolside for <u>any reason.</u></p>