

COMPETITION BEHAVIOUR POLICY



- Reply to Gala requests promptly and at least within time limit indicated on slip
- Advise Team Managers immediately aware that unable to swim for a gala
- Other than in extreme circumstances please do not to cancel commitment to swim for the Club within 24 hours of competition
- Wear club clothes to all competitions
- Arrive at least 15 minutes before the warm up is due to begin
- Be **silent** and **still** when the referee blows his/her whistle for the start of a race
- When possible poolside to keep 0.5m away from the edge unless preparing to swim
- Ensure pool side areas are kept free of bags and personal belongings when at a gala
- **Do Not** leave pool-side unless given permission by the Team Manager/whips
- Support your team-mates whilst they are swimming
- Work as hard for the team as you do for yourself
- Be a good sport and applaud the success of others
- Stay on poolside until the end of the gala
- Do not take comics, books, computer games or personal stereos or sweets poolside
- Bring a drink in a plastic bottle and only eat fruit or jelly between races in galas
- Ensure no litter or food is dropped poolside
- Accept invitation to represent the club as frequently as possible