



# Portmarnock Swim Team



## Code of Conduct For Young People

As an athlete you have rights and responsibilities. The following code will help identify these for you – if you are not sure ask your parent or your Club Children’s Officer to explain them

This is your Code, whatever your ability or wherever you take part and you should encourage others to follow it.

### In your sport you should

Be happy, have fun and enjoy taking part and being involved in your sport

Be treated fairly by everyone, adults and other athletes

Feel safe and secure when you are taking part in your sport

Be listened to and allowed to reply

Be treated with dignity, sensitivity and respect

Have a voice in the decisions that affect you within the Club and Swim Ireland

Say no to something which makes you feel uncomfortable

Train and compete at a level that is suitable for your age, development and ability

Know that any details that are about you are treated with confidentiality

### Your responsibilities are to

Treat Leaders who may be teachers, coaches, team managers, officials or other parents with respect

Be fair at all times, do your best to achieve your goals; be gracious if you do not achieved your goals

Respect other athletes and your opponents

Be part of the team and respect and support other team members both when they do well and when things go wrong;

Never bully or use bullying actions against another person; you should never hurt other team members, athletes or your opponent, this includes never taking/damaging their property, never spreading rumours or telling lies about other young people or adults

Keep to rules and guidelines set by Swim Ireland, the Region and your Club and make sure you understand the rules e.g. if you play a team sport what contact is allowed; as a swimmer in competitions what togs are allowed

Take part in your sport without cheating; you are responsible for not cheating and must not allow others to force you to cheat

Listen to and respect decisions made by others; if you feel unjustly treated you can talk to your Club Children’s Officer or your parents;

Behave in a manner that is respectful towards Swim Ireland, your region and your club

Never use violence or bad language; do not shout or argue with leaders, team mates or opposing participants – talk to someone if you are upset or angry or if someone has caused you to be upset or angry

Talk with your Coach, Team Captain, Club Children’s Officer or a trusted Swim Ireland member if you have any difficulties or do not understand something; you should never keep secrets about any person who may have caused you harm or has made you feel upset

Understand sport can be hard work and requires discipline to achieve your goals; you should understand the commitment and attendance needed – set at a level for what you want to achieve; talk through any worries or concerns with your parent and/or your Club Children’s Officer



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Do not, or allow others to make you, try or take banned substances to improve your performance