

## HOW WE BEHAVE AT SUNBEAM SWIMMING CLUB



All members of Sunbeam Swimming Club agree to understand and follow this charter

1. I will treat everyone at Sunbeam Swimming Club and all other people equally with kindness, dignity and respect.
2. I understand that I must always use polite and kind language and behaviours, including any time I am wearing Sunbeam Swimming Club clothing. Any bad language or behaviour may result in action being taken.
3. I will be supportive and celebrate the achievements of all Sunbeam Swimming Club members.
4. I will respect the privacy of others at all times.
5. I will make sure that I bring water, swimming equipment that I need (such as my goggles and swim cap) and I will wear suitable swimwear to sessions.
6. I will make sure that I inform a coach or volunteer if I am leaving the pool, e.g. going to the toilet or leaving early.
7. I will follow pool rules e.g.
  - using the toilet and shower before swimming
  - always walk when in changing, shower, toilet and pool areas
  - wear a swimming cap if possible and tie up long hair
  - no pushing
  - only jump into the water, splash or hold other swimmers with permission
  - follow instructions of the Coach, lifeguards, volunteers and poolside staff
  - only get into the water when instructed to by someone with authority to lead the session