



CLUB RULES AND MEMBERS' CODE OF CONDUCT – guide for Junior Members



May 2019

*The full Rules and Code of Conduct apply to **all** members, however Junior Members are provided with this shorter version to help them understand what is expected.*

General behaviour

- You must behave well at all times.
- No swearing or nastiness is allowed. You must show respect to other divers, coaches, any officials and people helping at competitions or working at the pool.
- You should support and encourage other divers and not make fun of them in a hurtful way or criticize their diving.

Alcohol, smoking and drugs

- Buying alcohol and tobacco is forbidden if you are under-age and must never happen on an SDA Trip. No drinking of alcohol or smoking is allowed while at a diving session, competition or on a trip.
- Taking drugs is strictly forbidden and if this happens the consequences will be particularly serious.

Injury and illness

- You must tell your coach and the chaperones on a trip about any medicine you are taking.
- If you are feeling ill or have any injury you must tell you Coach straight away.

Clothing

- You must wear SDA Team kit when you are at competitions or on trips.
- When you are in a parade or a medal presentation you must wear an SDA tracksuit top and either SDA

shorts or tracksuit bottoms.

- You must wear shoes/flip flops when on the balcony and in any other non-poolside area at all times.
- You should not be on the balcony if you are wet.

Attendance

- You should try to attend all training sessions. If you cannot attend a session your parent/guardian must tell your coach.
- If you don't attend regularly you may be asked to leave the Club.

Relationship with coaches

- You must respect your coach and follow instructions immediately and without answering back or being rude.
- A coach's decision on your training and on competition matters is final.
- You should not email or text your coach directly. Get your parent/guardian to do it if you need to get in touch about training or competitions.
- You may not contact coaches through Facebook or other internet sites.
- You should not be a "follower" or "friend" of your coach on a social networking site.
- Close personal relationships between a diver and a coach when either is under the age of 18 are not acceptable.

On Trips

- You may sign up for a Club Trip only if invited by the Director of Coaching.
- If you are unhappy about anything on a Trip you must first tell the Trip Manager or a Chaperone.

- If the problem is with your coach, speak to the Lead Coach on the trip or, if this is not possible, to the Trip Manager.
- You must show respect for the Trip Manager, Chaperones and drivers and follow all instructions without backchat and without delay.
- You may only use devices such as tablets and smart phones or play games on phones, if the Trip Manager, Chaperones or coaches give permission. Usually you should not be playing games when a team-mate is competing.
- You should always have a water bottle with you to stay hydrated. You may take healthy snacks in your luggage, however main meals will always be provided. These are diving competitions and therefore food and drinks will be as nutritionally balanced as possible, in certain places there may be little or no choice, so you are expected to eat what is available and there will be no option to buy alternatives. There will be an expectation that no fizzy drinks are consumed.
- You are expected to support your team- mates when they are competing.
- You must obey the rules of the pool where the competition is being held.
- You should ensure that you tidy up after yourself and take care to remove food waste and litter and dispose of it appropriately.
- You should only leave the team area with prior consent from a member of the support team; you must “sign out” on the board provided and then “sign in” again when you come back. If you don’t do this or don’t tell the Trip Manager or a Chaperone you may get a “Yellow Card”.
- A warning (a “Yellow Card”) may be given by the Trip Manager or a Chaperone for any misbehaviour. Your parent/guardian will be told.
- You will get a “Red Card” if you carry on misbehaving when you already have a “Yellow Card” from earlier on the trip or you behave very badly or you have been given two “Yellow Cards” on two trips which follow each other. A “Red Card” will be reported to your parent/guardian and to the SDA Committee. You will automatically be stopped from going on the next Trip you would normally go on.
- You must always wear a seat belt when in the minibus or in a taxi.
- You must behave particularly well on the minibuses

so that the driver is not distracted in any way.

- The Trip Manager and Chaperones will decide which room you are in and you should not ask for a particular room or about who you will be sharing with.
- You must show respect to hotel staff and other guests at all times and keep the noise down.
- You should respect the lights out curfew give by the Support Team and not disturb the sleep of your room mates by being on gadgets beyond the given time.

Emails and Social Media Networking

- An adult SDA member (except a member of your family) should not contact you (as someone under 18 years old) by email or a social networking site. They must not use someone else’s account to contact with you either.
- Be careful when sharing action photographs with each other through social networking sites. Photographs must NEVER be taken in changing room areas.

No Bullying

- SDA will not put up with divers or adults treating you or others badly. If you feel you are being treated badly by other divers, a coach or any other adult you should tell your parents/guardian who should discuss it with the Director of Coaching. Or you can tell the Welfare Officer whose name and mobile number is on the SDA noticeboard and on the SDA website.

Signed by:

Date:

Print:

Reviewed by:

Date:

Print:

Due for review:	February 2020
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