



THE CODE 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 Children's Officer to explain. **This is your Code**, whatever your ability or wherever you take part, and you should encourage others to follow it.

In our sport you should:

- Be happy, have fun and enjoy taking part and being involved in our sport
- Feel safe and secure when you are taking part in our sport
- Be listened to and have a chance 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 who you can talk to if you are upset or uncomfortable in any way.

Your responsibilities are to:

- Treat leaders, teachers, coaches, team managers, officials and parents with respect
- Respect other athletes and your opponents
- Do your best to achieve your goals; be gracious in not reaching your goals
- 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
- Take part in your sport without cheating; you are responsible for not cheating and must not allow others to force you to cheat
- 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, teammates or opposing participants - talk to someone if you are upset or angry or if someone has caused you to be upset or angry
- Set a level for what you want to achieve with your parent and coach. You can then understand the commitment and attendance needed to achieve your goals
- Not take, or allow others to make you take, banned substances to improve your performance
- Keep to the rules and guidelines set by Swim Ireland, the region and your club and make sure you understand the rules
- Abide by all additional Swim Ireland policies and protocols as introduced for clubs and regions.

Breaking this code may result in a complaint or discipline action through the Swim Ireland Complaints and Disciplinary process.