

'We seek to provide a safe, fair and inclusive environment for everyone'

To achieve this, we require certain standards of behaviour by athletes, coaches, officials, administrators, parents/guardians and spectators.

Swimming, Diving & Artistic Swimming

Expectations and Conduct of Athletes from PLC Aquatic

- Respect the rights, dignity and worth of fellow athletes, coaches, officials and spectators.
- Participate within the competition conditions and rules, and in the spirit of fair play.
- Be a positive role model at all times, and accept responsibility for your actions.
- Maintain high standards in personal behaviour at all times, relating to language, temper and punctuality.
 - The use of social media:
 - private social communications, coach to athlete/athlete to coach, is deemed 'inappropriate', and is prohibited.
 - open public forums may be used for communication if relating strictly for training, competitions, travel and/or arrangements relating to these.

Expectations and Conduct during Training

- Be punctual. Athletes must be ready to start training. Once training starts its all about training.
- Bathing and dry land attire (shorts, t-shirt, runners) must be brought to every session.
- Start stretching and warming up (on mats if necessary) as soon as you arrive.
- Athletes must arrive in a condition fit for training – physically and mentally: focused, positive, energized and committed. Athletes who are not in the right frame of mind, upset, distracted or are distracting others will be warned once before being asked to leave the session.
 - Athletes should work hard at training and be pushing and challenging themselves, always working within their capabilities.
- Social conversations and interactions should not distract athletes from their training
 - No food or drinks on deck other than water
- All bags and belongings including mobile phones are to be left in the stands (not on deck).
- Mobile phones are not to be used during any session, for any reason (including during dry land training).

Expectations and Conduct at Competitions

Swimming

- Athletes are expected to arrive at least one and a half hours before their first scheduled event, unless otherwise specified by the coach in charge. If no warm-up pool is available during the meet, swimmers must arrive in time to complete their full warm-up prior to the meet starting.
 - During competitions athletes are encouraged to stay to support other PLC Aquatic Athletes.
 - Athletes must communicate with their coach if they leave pool deck or venue.
 - Respect opposition athletes and officials and treat them with proper regard.
 - Accept victory and defeat with dignity. Win graciously (congratulate and acknowledge opposition).

Diving

- Athletes are expected to warm up at the open general warm up at competitions (not just before their event).
- Athletes are encouraged to stay for the entire day/s of their events at State and National competition.
- Athletes must communicate with their coach if they leave pool deck or venue.
- Respect opposition athletes and officials and treat them with proper regard.
- Accept victory and defeat with dignity. Win graciously (Congratulate and acknowledge opposition)

Synchronised Swimming

- Athletes are expected to wear appropriate club uniform and bring necessary competition bathers/equipment
- Athletes are expected to plan their pre-preparation of gelling, makeup and travel time appropriately to arrive punctually for the warm up time, set by coaches
- Athletes are expected to watch, support and encourage their team members during events
- Athletes are encouraged to stay for the entirety of the competition to support team members
- Athletes must communicate with their coach if they leave pool deck or venue during training or competition
- Respect opposition athletes and officials and treat them with proper regard.
- Accept victory and defeat with dignity. Win graciously (Congratulate and acknowledge opposition)

Safety Rules for PLC Aquatic Athletes

Swimming

- Equipment may only be used under instruction by the coach.
- All equipment must be put away...all working together to ensure this is done safely under the instructions of the coach.
- Please care for and respect the equipment provided.
- Do not fool around, misuse or undertake activities which may cause you injury or harm others
- Only perform the skill that has been requested/instructed by the coach
- No diving in water shallower than 1.4m and only under instruction
- Stretching should only be undertaken under appropriate coach supervision.

Diving

Dive boards, Trampoline, Dry-land Equipment

- 3m Dive Board – only one athlete on the 3m board and ladder at a time.
- Do not talk to others when on the dive board. Focus only on the dive.
- Do not distract or make contact with divers who are on the board.
- Equipment may only be used under instruction by the coach.
- No diver is to use the dive boards, enter the gym or dry land facility, mount the trampoline or bounce, use a dry board or pit unless supervised or under instruction by the coach.
- Ensure the coach is watching, instructing your performance so appropriate feedback is given.
- Only perform the skill that has been requested/instructed by the coach

- Do not fool around, misuse or undertake activities which may cause you injury or harm others
- Divers are not allowed on any equipment without direct supervision of their coach at all times
- Only one athlete at a time should use equipment unless authorised by the coach
- Please care for and respect the equipment provided.
- All equipment must be put away...all working together to ensure this is done safely under the instructions of the coach.

Synchronised Swimming

- All equipment including mats must be brought onto deck and put away, all working together to ensure this is done safely under the instructions of the coach.
 - Acrobatic training should only be undertaken under appropriate coach supervision.
 - Stretching should only be undertaken under appropriate coach supervision.

Expectations and Conduct of Coaches from PLC Aquatic

- Be punctual. Coaches must be ready to start training at the designated start time. Once training starts this is time for the athletes, not their parents.
- Implement clear rules for athletes in training and general conduct. Be consistent implementing your rules.
- Never leave the group unsupervised.
 - Endeavour to ensure the athlete's time spent with you is a positive experience.
 - Treat each athlete as an individual and help them reach their full potential.
 - Be fair, consistent, considerate and honest with all athletes.
- Be professional in your appearance (wearing your uniform) and manner and accept responsibility for your actions.
- Display high standards in language, manner, punctuality, preparation and presentation.
- Display control, respect, dignity and professionalism to all involved with your sport (including opponents, coaches, officials, scorers, administrators, the media, parents, and spectators) and encourage your athletes to demonstrate the same qualities.
 - We do not tolerate any form of personal abuse towards any athletes. * This includes verbal, physical and emotional abuse.
- Ensure physical contact with athletes is appropriate to the situation and necessary for their skill development and the athlete's consent has been given. * Inappropriate physical contact is a form of sexual harassment.
- We do not tolerate any form of sexual harassment towards your athletes. * This includes explicit, implicit, verbal and non-verbal, physical and emotional sexual harassment.
- You may not initiate a private or romantic 'relationship' with an athlete, nor allow or accept an athlete initiating any similar 'relationship' with you: physical or verbal. If you feel that an athlete may not be observing this expectation, you are required to discuss this with your manager.
 - Avoid communicating privately through social media with an athlete or through any other means
 - Coaches must never forget that the athletes and their parents are clients (not your friends).
- Be Mindful About 'Talk' - Never 'Blab' or 'Gossip'
 - Coaches need to ensure all athletes are respectful and inclusive of one another.

- Intervene in discussions that may be deemed inappropriate, rude or hurtful.
- As employees, coaches operate under the guidelines of the Australian Privacy Principles. You need to treat all information that you gather in the course of your employment as confidential.
 - Discussions, whether with children, parents or other coaches, may only be passed on for professional reasons (guidance, advice, mentoring, reporting concerns) with your manager.
- Coaches must not discuss personal issues with their athletes.
- Coaches are not to drive athletes in their car unless in an extreme emergency. Verbal consent from a parent should be sought if possible.
- Provide a safe environment for training and competition. Ensure that equipment and facilities meet safety standards and are appropriate for the age and ability of the athlete.
- Be a positive role model for the sport and your athletes.
- The use of social media:
 - private social/intimate communications, coach to athlete/athlete to coach, is deemed 'inappropriate', and is prohibited. Communicating socially or through social media in this manner with an athlete is not permitted.
 - open public forums may be used for communication if relating strictly for training, competitions, travel and/or arrangements relating to these.

Expectations and Conduct of Parents from PLC Aquatic

- Try to arrive at least 10 minutes before a session so your child is prepared for their session and ready to start training on time.
- Our deck area is small. We appreciate parents and all personal belongings stay in the stands
- Please do not coach or instruct your child from the stands (it is distracting for your child and undermines our coaches) and gives the child mixed messages; leave the coaching to the coaches.
 - After coach feedback, praising your child's effort with a 'little clap' or 'thumbs up' is appropriate and rewarding
 - Parents should not put greater expectations on their children than the child's capabilities and of what the coach believes is appropriate.
 - Respect the rights, dignity and worth of other athletes, parents and officials .
- Remember that your child participates in sport for their own enjoyment. Please do not try to live your dreams through your child.
- Show appreciation for good performance and skill by all athletes (including opposing athletes).
- Respect officials' decisions and teach children to do likewise.
- Do not physically or verbally abuse or harass anyone associated with the sport be your child, athlete, coach, judge, official.
 - Ridiculing or yelling at your child (and other children) for making a mistake or losing a competition is inappropriate behaviour.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, religion or sexual orientation.
- Be a positive role model.

PLC Aquatic Supervision Policy

We take the safety of your children seriously and we appreciate your partnership in applying these policies.

Parents acknowledge that unsupervised children enter the centre at their own risk and Aquatic Centre staff and management do not take responsibility of children once they have left the centre.

Swim Club

Bronze, Silver and Gold Squads

Children 10 years and under participating in the bronze, silver and gold swim squads are permitted into the centre unsupervised, but must sign in on entering the aquatic centre, provide emergency contact details of a parent/carer and sign out on leaving the centre.

Dive Club

Bronze Squad

Children 10 years and under participating in PLC's program in bronze squad, are only permitted in the Aquatic Centre if they are supervised at all times by a parent or carer (carers must be aged at least 16). Children not accompanied by a parent/carer will not be permitted to swim in the centre. If you have arranged your child to be supervised by a carer, could you please advise the Office, ensure your child knows who their carer is, and check your child's carer has a contact number for you.

Silver and Gold Squads

Children 10 years and under participating in the silver or gold squads are permitted into the centre unsupervised, but must sign in on entering the aquatic centre, provide emergency contact details of a parent/carer and sign out on leaving the centre.

Synchronised Swimming Club

Synchro Stars and Bronze Squad

Children 10 years and under participating in PLC's Synchronised Swimming program in the stars and bronze squad, are only permitted in the Aquatic Centre if they are supervised at all times by a parent or carer (carers must be aged at least 16). Children not accompanied by a parent/carer will not be permitted to swim in the centre.

If you have arranged your child to be supervised by a carer, could you please advise the Office, ensure your child knows who their carer is, and check your child's carer has a contact number for you.

Silver and Gold Squads

Children 10 years and under participating in the silver or gold squads are permitted into the centre unsupervised, but must sign in on entering the aquatic centre, provide emergency contact details of a parent/carer and sign out on leaving the centre.