

Code of Conduct for Divers

The purpose of this code is to establish a clear set of daily standards, responsibilities and behaviours for all members participating in the Diving Training Scheme and Harrogate District Diving Club to adhere to. Our scheme and club exists solely for the purposes of developing, maintaining and delivering exceptional sporting performance.



As a member of our club, you have the right to:

- Feel safe and know how you can raise concerns.
- Be listened to.
- Be involved and contribute towards decisions within the club or activity.
- Be respected and treated fairly by every member of the club.
- Feel welcomed, valued and not judged based on your race, gender, sexuality, faith, ability or any other relevant characteristic.
- Be encouraged and developed with our help and support.
- Be looked after if there's an accident or injury and have your parents/guardians/ emergency contact informed, where appropriate.

Once you accept membership to your squad training sessions you will:

- Ensure consistent and regular attendance at squad training sessions
- Strive to achieve 100% weekly attendance
- Make every effort to 'make up' sessions to maintain your 100% attendance
- Be punctual to all sessions
- Notify your coach by email gracewilkinson.hddc@gmail.com, isabellabonson.hddc@gmail.com, evie.jalland.hddc@gmail.com, chloeblackburn.hddc@gmail.com or Albany.Thompson@northyorks.gov.uk if you are going to be absent, at your earliest convenience
- If there is a need for continued absence from training please ensure that your coach is aware
- Please remember that when you are representing the Harrogate District Diving Club at Competitions you are an ambassador of the club.
- Adhere to our strict **No Mobile Phone Policy**

Training Conduct

- Take responsibility for your performance at all times by focusing on your goals and lifestyle choices.
- Embrace the challenges of your sport and use a positive approach to all that is asked of you.
- Commit to your teammates in the way you commit to yourself.
- Make every reasonable effort to complete sessions.
- Understand that being a part of our training scheme demands the consistent adoption and demonstration of professional behaviours, including positivity, readiness, good humour, commitment and RESPECT for others always.

- In the instance that you do arrive late to training, make your apologies and prepare yourself to be ready to train as quickly as you can.
- Mobile phones are not to be used within changing rooms and poolside as per the Mobile Phone Policy.
- Appropriate clothing must be worn for training – see the separate section below.
- Adhere to the Poolside Rules.

Behaviour

- RESPECT is to be shown to others at all times.
- Follow directions from the coaching staff in training sessions.
- Use of inappropriate language at any time is not acceptable.
- Vandalism and damage to the facility and equipment will not be tolerated.
- Do not disrupt training sessions with poor behaviour.
- Bullying other squad members will not be tolerated in any form (including on social media)
- Demonstrate through your behaviour a commitment to your training.
- Represent the Harrogate District Diving Club with the highest standards at all times.

Appropriate clothing

Footwear:

- Socks and trainers must be brought to every session.
- If you forget your trainers, the only other footwear acceptable for your training is bare feet.
- Sliders, flip flops, crocs, etc are not acceptable as they are unsafe to train in on the grounds of health and safety.

Tops:

- T-shirts must be a sport wear style including short sleeved t-shirts or a sports wear vest top.
- Crop tops, button shirts and low-cut tops are not appropriate.
- If possible, please wear your club t-shirt for training. If you do not have a club t-shirt, please contact the committee to purchase one.

Trousers/ Shorts:

- Shorts should be mid-thigh length. Short shorts are not appropriate.
- Leggings are acceptable but must not be see-through
- Joggers are also acceptable for training purposes.

Swimwear (*samples in Annex A*):

- Girls
 - Your costume must be diving appropriate. It should be of a sports style, there should be a hole in the back, and this should cover all personal parts of your body.
 - Bikinis and swimwear that are beachwear/ holiday costumes are not appropriate.

- Boys
 - Your shorts or trunks must be diving appropriate. They should be of a sports style, and can include the longer leg design.

Competitions:

- All divers should wear a Club T-Shirt and suitable full length bottoms when attending a competition. This is to ensure Team and Medal Winners can be photographed by the official photographer.

Additional requirements:

- If you have long hair, please make sure it is tied back for your training session.
- You must bring water with you to every training session.
- Remove all earrings.

Breach of the Code

Any breaches of this code will follow the disciplinary process set out in the club **Behaviour Policy** using the following stages:-

Stage 0 – Informal verbal warning

Stage 1 – Formal verbal warning

Stage 2 – Written warning

Stage 3 – Final written warning

Stage 4 - Further action including sanctions

If you have any queries, please do not hesitate to contact the HDDC committee.

Signature of Diver:

Print name:

Date:

Annex A

Examples of appropriate clothing for in pool activity

Girls



Boys

