

# Crawley Swimming Club: Code of Conduct – Flamingoes Swimmers and Carers



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The Crawley Flamingoes is our non-competitive, recreational squad for adult swimmers (18+) with disabilities, running every Tuesday evening at K2 Leisure Centre. This Code of Conduct applies to Flamingoes swimmers and to the carers, family members, or nominated support workers who accompany them, to help keep every session safe, welcoming, and enjoyable.

## Our Core Values in Action

We ask all Flamingoes swimmers and carers to model the Crawley SC Core Values:

- **Safety first:** Ensure your own actions, and those of anyone you support, never compromise the safety or well-being of any member.
- **Always do the right thing:** Act with integrity and support the club's rules and safeguarding policies.
- **Give your best:** Support progress at your own pace, in your own way — this is a pressure-free, recreational space.
- **Honour the community:** Represent Crawley SC and the Flamingoes squad with pride.
- **Respect fellow members:** Treat all swimmers, carers, coaches, lifeguards, and volunteers with courtesy and respect.
- **Enjoy the sport:** Focus on water confidence, wellbeing, and fun rather than competitive results.

## Your Rights as a Flamingoes Swimmer or Carer

You have the right to:

- Be safeguarded and treated with dignity, patience, and respect at all times.
- Know who the Welfare Officer is and how to contact them.
- Be involved in decisions about your own (or the person you support's) participation, including reasonable adjustments.
- Access to a safe environment, including hoist access to the main and shallow pools and trained K2 lifeguard supervision.
- Be informed of any problems or concerns relating to yourself or the person you support.

## Expectations of Carers

Where a swimmer requires support to access the session safely, carers agree to:

- **Presence:** Remain at the facility for the full duration of the session unless otherwise agreed with the coach, and remain contactable at all times.
- **Information Sharing:** Keep the club informed of any changes to medical needs, triggers, routines, or communication preferences that affect safe participation.
- **Changing Support:** Only enter changing areas where the swimmer has a documented disability or additional need requiring assistance, in line with the club's Changing Rooms, Drop-Off, and Athlete Supervision Policy.
- **Boundaries:** Support your swimmer's independence wherever possible, and avoid entering poolside or interrupting the session unless there is a genuine welfare or safety need.
- **Consent:** Complete all consent, contact, and medical forms and keep them up to date.

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## Expectations of Swimmers

- **Information Sharing:** Keep the club informed of any changes to medical needs, triggers, routines, or communication preferences that affect safe participation.
- **Your Own Pace:** Take part at the level that's right for you and set your own goals — there's no pressure to keep up with anyone else.
- **Support Each Other:** Encourage your fellow swimmers and celebrate their progress, whatever their pace.
- **Safety:** Follow instructions from coaches and lifeguards, particularly around pool entry, exit and hoist use.
- **Speak Up:** Let a coach or lifeguard know if you feel unwell, uncomfortable, or need to leave poolside at any point.
- **Attendance:** Let us know if you can't make a session, so we can plan support and staffing.

## Standards of Behaviour

By taking part in Flamingoes sessions, swimmers and carers agree to:

- **Inclusion:** Respect and celebrate difference. We have zero tolerance for discrimination on the grounds of age, gender, race, sexual orientation, faith, or disability.
- **Zero Tolerance:** Abusive language, bullying, physical violence, or any behaviour causing distress to others will not be tolerated.
- **Changing Room Privacy:** Mobile phones and any device capable of taking images are strictly prohibited in changing areas at all times.
- **Communication:** Let the coach or lifeguard know of any difficulties, discomfort, or the need to leave poolside during the session.
- **Safeguarding:** Report any concerns about welfare, unauthorised photography, or unacceptable behaviour to the Welfare Officer, even if you are only a witness.

## Safety and Access

- Sessions take place across the main pool (1.85m) and shallow pool (1.2m), with full electric hoist accessibility operated by trained K2 lifeguards.
- Coaches and lifeguards will work with each swimmer and carer to understand individual needs, pace, and any reasonable adjustments required.
- Any accident, injury, or incident must be reported to the coach or lifeguard on duty immediately.

## Breaches of the Code

Breaches of this Code of Conduct will be handled fairly and sensitively by the Club Committee, with reasonable adjustments considered throughout, in line with the club's Behaviour and Disciplinary Policy. Any behaviour that may constitute a criminal offence will be reported to the Police and relevant authorities.

## Digital Acknowledgement (via Swim Manager)

By checking this box, I confirm that I have read, understood, and agree to the terms of the Crawley Swimming Club Code of Conduct, and to abide by all Crawley Swimming Club policies, including but not limited to the Parent/Swimmer Guides, Safeguarding & Welfare Policy, Behaviour Policy, and Disputes/Complaints Policy. I understand how breaches of the Codes of Conduct are managed internally by the club.