

## COLSC SWIMMERS CHARTER

### Swimmer's Responsibility:

- Arrive promptly (15 minute before training) with the appropriate kit and ready to train.
- At **ALL** times be respectful to coaches, officials and other swimmers.
- Encourage and support team mates in **ALL** club related situations.
- Wear COLSC branded kit whilst competing/representing COLSC
- Display a **positive attitude**, show commitment and responsibility for training.
- Be willing to train hard and with enthusiasm at **All** times
- Give the best of your ability, and without question, undertake **ALL** tasks asked of you by the coach.
- Maintain a positive attitude to personal health and welfare, including diet and lifestyle.
- The consumption of alcohol under the lawful age is strictly prohibited and discouraged for those over 18 years.
- Always give your best in every training session, every race and never underestimate what you can achieve.
- Adhere to the COLSC Constitution.
- Adhere to the COLSC Code of Conduct at **ALL** times.
- Adhere to the COLSC Anti-Bulling Policy.

I have read and understood the above swimmers charter and I agree to uphold its terms and conditions.

Signed .....

Print .....

Date .....