

Guidelines for Young People

Swim Ireland wishes to provide the best possible environment for all young people involved in the aquatic sports and the promotion of good practice in sport will depend on the cooperation of all involved, including the young members of clubs.

Young people have a great deal to gain from sport in terms of their personal development and enjoyment and they have rights which must be respected and responsibilities which they must accept. To respect the rights of children a sporting environment should be safe, enjoyable and free from harm. Young people should realise their responsibility to treat others with fairness and respect and should conduct themselves in a safe manner. For all levels of participation, from learn to dive to elite athletes the ethos is the same. Young people should engage in an enjoyable, organised and fair approach to their sport appropriate to their level of participation.

Young people are entitled to be:

- Happy, have fun and enjoy their sport
- Treated fairly
- Safe and feel secure in their chosen sport
- Listened to and allowed to respond
- Treated with dignity, sensitivity and respect
- Represented and have a voice in the decisions that affect them within the Club and Swim Ireland
- Able to say no to something which makes them uncomfortable
- Attend training and competition at a level appropriate to their age, development and ability
- Given the same level of confidentiality afforded to adults

Code of Conduct for Young People

You should always:

- Treat Leaders who may be teachers, coaches, club officials or parents/guardians with respect
- Take part fairly at all times, do your best to achieve your goals
- Respect and support other team members both when they do well and when things go wrong
- Respect fellow participants or opponents and be gracious where you do not succeed
- Abide by the rules set down by Swim Ireland, Region and your Club
- Respect decisions made by others and follow the proper procedure if you feel unjustly treated
- Talk with your Coach, Team Captain, Club Children's Officer or other trusted adult Swim Ireland member if you have any problems
- Be aware of your level of commitment and participation, at times sport is demanding and disciplined, talk through any worries or concerns with your parent/guardian and/or your Children's Officer

You should not:

- Cheat
- Use violence or bad language; you should understand physical contact that is allowed within the rules
- Shout or argue with leaders, team mates or opposing participants
- Harm team members, opponents or their property
- Bully or use bullying tactics to isolate another person or to take or gain an advantage
- Take banned substances to improve performance
- Spread rumours or tell lies about other young people or adults
- Behave in a manner that might bring Swim Ireland or your club into disrepute
- Keep secrets about any person who may have caused you harm or has made you feel upset

Talk through this Code of Conduct with your parent/guardian and/or Children's Officer. This Code of Conduct is for you, whatever your level of participation and you should encourage others to abide by this Code.