



Swimmers Responsibility

1. Arrive promptly (at least 15 minutes before training) with appropriate kit, ready to train.
2. At **ALL** times be respectful to coaches / teachers / helpers, squad officials and other swimmers.
3. Encourage and support teammates in **ALL** club related situations.
4. Display a **positive attitude** and show commitment and responsibility for training.
5. Be willing to train hard, with enthusiasm at **ALL** times.
6. Attempt to be the best of your ability and without question, undertake all tasks asked of you by the coach.
7. Endeavour to observe good habits, including eating to observe a healthy lifestyle. Drinking of alcohol under the lawful age is strictly prohibited and discouraged for those over 18 years.
8. Always give your best in every training session and every race, and never underestimate what you can achieve.
9. If selected for team meets/relays, you will be expected to swim whatever event/stroke that you are entered for.
10. Adhere to the Swim Wales/Swim Gwynedd Code of conduct at all times.

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

Signed: _____ Swimmer

Print name: _____

Signed: _____ Swimmer

Signed: _____ Parent / Guardian

Print Name: _____

Signed: _____ On behalf of SG

Print Name: _____

Date: _____