



Poseidon Lifesaving Club

Code of Conduct for Members

Revised January 2024

As an athlete, you have rights and responsibilities. The following code will help identify these for you. If you are not sure, ask your parent or your Club Children's Officer to explain them. This is your Code, whatever your ability or wherever you take part in the clubs activities.

In your sport, you should:

- ✓ Be happy, have fun and enjoy taking part and being involved in your sport
- ✓ Feel safe and secure when you are taking part in your sport
- ✓ Be listened to and have a chance to reply
- ✓ Be treated with dignity, sensitivity and respect
- ✓ Have a voice in the decisions that affects you within Poseidon Lifesaving Club
- ✓ Say **no** to something which makes you feel uncomfortable
- ✓ Train and compete at a level that is suitable for your age, development and ability
- ✓ Know who you can talk to if you are upset or are uncomfortable in any way

Your responsibilities are to:

- ✓ Understand and abide by Poseidon Lifesaving Clubs Ethos, Policies and Procedures. (If you are unaware of these you can ask any committee member to explain them to you or talk to your parent or guardian. They are also available on www.poseidon.ie)
- ✓ Treat leaders, coaches, teachers, team managers, officials and parents with respect
- ✓ Respect other athletes and your opponents
- ✓ Do your best to achieve your goals; be gracious in not reaching your goals
- ✓ Be part of the team and respect and support other team members both when they do well and when things go wrong
- ✓ Never bully or use bullying actions against another person; you should never hurt other team members, athletes or your opponent, this includes never taking/damaging their property, never spreading rumours or telling lies about other young people or adults
- ✓ Take part in your sport without cheating; you are responsible for not cheating and must not allow others to force you to cheat. Promote and adhere to the Spirit of Sport
- ✓ Behave in a manner that is respectful towards Poseidon Lifesaving Club
- ✓ Never use violence or bad language; do not shout or argue with leaders, team mates or opposing participants – talk to someone if you are upset or angry or if someone has caused you to be upset or angry
- ✓ Set at a level for what you want to achieve with your parent and coach. You can then understand the commitment and attendance needed to achieve your goals
- ✓ Do not take, or allow others to make you take, banned substances to improve your performance
- ✓ Keep to rules and guidelines set by Poseidon Lifesaving Club and make sure you understand the rules
- ✓ Always wear appropriate swimwear and Club Kit

As a member of Poseidon Lifesaving Club, you are committing to abide by the above code of conduct. Any breach of this code of conduct will be dealt with appropriately and in accordance with Poseidon Lifesaving Clubs disciplinary process.