



NANAIMO EBBTIDES MASTERS SWIM CLUB CODE OF CONDUCT

As a member of Nanaimo Ebbtides, you are a representative of the Club and, as such, the Club expects members to:

- Treat Club members, coaches, pool employees and meet officials with respect.
- Try to be on time for workouts. Dry Land stretching begins 15 minutes prior to pool time. Swim warm-up begins together. If you are late, start the workout where swimmers are in the set and join in with them.
- Ask the coach which lane you should start in. Leave the wall at least 5 seconds behind the swimmer in front of you.
- Leave in order of speed, depending on the different strokes.
- If you need to pass, indicate this by touching the foot of the swimmer in front of you and they will let you pass at the next turn. Similarly, if your foot is touched, let the swimmer pass you at the next turn. Do not pass mid-lane as there may be an oncoming swimmer.
- For safety reasons follow correct lane pattern of starting on the lane rope and returning down the middle, always be aware of swimmers in both lanes.
- Keep the ends of the lane clear for swimmers to do their turns and finish on the wall.
- When a set is finished, move to the side so all lane mates can access the wall. Get cozy!
- Communicate with your coaches. Do you want stroke correction or are you there for fitness? Fifteen minute individual stroke correction sessions are available by signup.
- "Thank yous" and smiles are always appreciated.
- Get to know your lane mates. Lasting friendships can develop.

The MSABC motto is "Fun, Fitness and Friendship!"

I have read and agree to follow our Club's Code of Conduct.

Member's Signature

Date