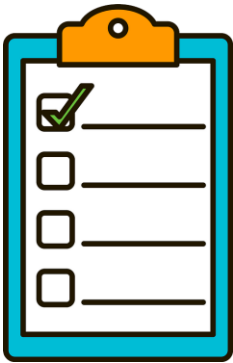




This is the Code of Conduct for all swimmers at the British Championship swimming competition.



It is a list of important things all swimmers must do. This is to keep everyone safe and make sure everyone can enjoy taking part in this competition.



All swimmers should feel safe.

All swimmers are important and will be listened to.

There are lots of rules at competitions that everyone must follow; these are called the Meet Conditions.



The coaches, officials and poolside helpers will help you to understand what you need to do to follow the rules. If you do not, the coaches will talk to you about it.

You may have to leave the pool if you do not follow the rules.



Always treat other swimmers, coaches and officials with respect. Be kind.

The officials make decisions about the races; if you think the decision is wrong, you must talk to your coach.



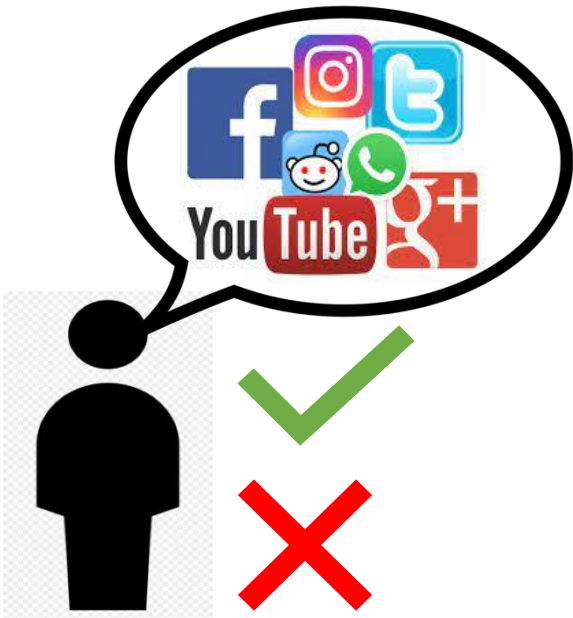
Bullying is not allowed at any DSS-GB competition. If you see bullying, you should tell the coaches.



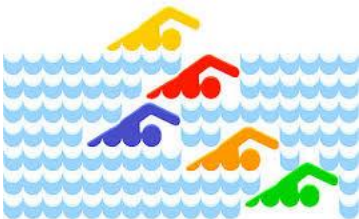
If you want to take pictures of other people, you must ask them first. Everyone must have their clothes on.



Phones cannot be used in the changing rooms. Do not make calls or answer your phone. Do not take photos.



Swimmers will ask everyone in photos if it is okay to put pictures on social media.



This competition is for all swimmers with Down Syndrome; some people will have done lots of competitions, some will not have done competitions before. All swimmers will help each other and support each other.



Some athletes take drugs to make them swim faster - this is called doping. Doping is not allowed at competitions.

Only take medication that has been prescribed by your doctor.