



Club Rules

As swimmers, coaches, volunteers and parents, we all commit to the following:

- We will treat others as we like to be treated.
- We will be kind to each other.
- We will be inclusive.
- We will be welcoming of new members.
- We will proudly support everyone in Garstang Gators ASC.
- Be a great sport: recognise effort and not just achievement.
- Be a great role model.
- Adhere to relevant Code of Conduct.
- Have fun!

As a swimmer I will:

- I will look after the facilities and equipment I use.
- I will listen to my coaches and my parents.
- I will always try my best.
- I will accept the decisions of my officials, coaches, volunteers and my parents.

As a coach I will:

- I will prepare well.
- I will share good practice.
- I will keep learning.
- I will put swimmers' welfare at the core of all that I do.
- I will describe what is good, and swimmers support to do better.
- I will help swimmers to be the best they can be.

As a parent or guardian, I will:

- I will encourage my child.
- I will recognise and respect the commitment, knowledge and decisions of the officials, coaches and volunteers.
- I will let the Club know how best to meet my child's needs.
- I will support all Garstang Gators' swimmers, not just my own.
- I will get my child to training and competitions on time and pick them up prompt afterwards.
- I will volunteer and help too sometimes.