



# **CARDINAL AQUATICS CLUB**

## **CODES OF CONDUCT**

### **APPENDIX II**

## **Code of Conduct**

### **1. Introduction to the Code of Conduct**

- 1.1 The following code of conduct acts as a guideline and applies to the Athletes, coaches, officials, spectators, parents and guardians associated with Cardinals.
- 1.2 "Athletes" shall mean All Swimmers, Open Water Swimmers, Masters Swimmers, Learn to Swim Students and Scholar Swimmers; In other words, all participants in all Aquatics Disciplines, able bodied and persons living with disabilities.
- 1.3 "Aquatics" or "Aquatics Discipline" shall mean Swimming, Open Water Swimming, Learn to Swim and Masters Swimming.
- 1.4 "Cardinals" or "Club" means Cardinal Aquatics (Pty) Ltd Registration Number 2021/302813/07 a registered swim school and aquatics services provider registered with Swimming South Africa. as defined herein means includes all its coaches, committee members, affiliates, employees and contractors.
- 1.1 "Code" means the Cardinals Aquatics Code of Conduct
- 1.5 "Event" means a Cardinals, EGA, SSA or other sanctioned competition, meeting, camp, clinic or tour.
- 1.2 These guidelines are intended to act as a strict code of conduct and to ensure we create and maintain a balance of sportsmanship, camaraderie and healthy and fair spirit of competition in line with Cardinals' objectives as set out in the Constitution.
- 1.3 These rules will be considered to be binding on any registered Cardinals Athlete during any official function (Club, School, provincial or other event) or Cardinals' training session within this province or at any other venue.
- 1.4 Cardinals expects high standards and behaviour from its members in all aspects of Aquatics.
- 1.5 This code is to ensure that the integrity of sport and the principles of fairness, respect, responsibility and safety are maintained.

### **2. Rules and Regulations of Provincial, National and International Bodies**

All rules and regulations of the bodies specified below will be obeyed:

- FINA (FÉDÉRATION INTERNATIONALE DE NATATION) <https://www.fina.org/rules>
- SSA (Swimming South Africa) <http://swimsa.org/>
- EGA (Eastern Gauteng Aquatics)  
<http://www.easterngautengaquatics.co.za/ega/ega-code-of-conduct>

### **3. General Codes of Conduct**

Below are a general list of rules setting out expected standards of behaviour:

- 3.1 Be aware of SSA's standards, rules and policies.
- 3.2 Respect the rights, dignity and worth of others.

- 3.3 Be professional in, and accept responsibility for, your actions.
- 3.4 Operate within the rules and spirit of the sport, including the provincial, national and international guidelines that govern the Aquatics Disciplines.
- 3.5 Any form of abuse, harassment, or discrimination towards others will not be tolerated.
- 3.6 Provide a safe environment for the conduct of activities in accordance with any relevant Aquatics policy.
- 3.7 Be a positive role model.

#### **4. Athletes Code of Conduct**

Any Athlete participating for Cardinals agrees to abide by the guidelines outlined below:

- 4.1 Adhere to all rules and regulations established by the relevant Provincial and/or National federation
- 4.2 Demonstrate good sportsmanship towards fellow swimmers, coaches, officials, managers, parents and spectators at every competition or training session
- 4.3 Follow all reasonable instructions of the coaching staff with the aim of listening and learning
- 4.4 Treat coaches, other swimmers, officials, parents and spectators with respect due to them at all times, and avoid using vulgar or foul language when speaking to all other participants, coaches and officials
- 4.5 Expect to be treated with respect by other swimmers, coaches, officials, parents and spectators regardless of race, gender, ability, ethnicity, cultural background or religion.
- 4.6 When wearing Cardinals gear, you are considered as an ambassador of this club and are expected to represent yourself according to this Code.
- 4.7 Contribute to providing an environment free from swearing, vaping, smoking and alcohol consumption and banned substances or drugs,
- 4.8 Acquire personal Aquatics equipment and supplies that are safe and technically appropriate to use,
- 4.9 Work hard to improve their skills and abilities, through applying themselves in training and through recovery.
- 4.10 Comply with the requirements, policies and rules of the South African Institute for Drug-Free Aquatics (SAIDS) as well as the World Anti-Doping Agency. The policies and specific information are available on the SAIDS website ([www.drugfreeAquatics.org.za](http://www.drugfreeAquatics.org.za)) and the athlete will familiarise him/herself with the content of these policies and procedures.
- 4.11 Consents to undergo testing should they be required to do so.
- 4.12 Accepts the authority of the SAIDS and your Provincial Aquatics Body and understands that the refusal to co-operate may result in disciplinary action being taken against the athlete.
- 4.13 Accepts that testing positive for the use of banned substances will result in disciplinary action and may result in expulsion from your Provincial Aquatics Body or Cardinals and may include being banned from participating in the particular Aquatics code.
- 4.14 Refrain from any activity that has the potential to bring Cardinals or any provincial body into disrepute.

## **5. Parents/Guardians Code of Conduct**

Parents /Guardians of our Athletes are expected to adhere to the codes of conduct below:

- 5.1 Support their children's desire to be involved of the sport of Aquatics;
- 5.2 Encourage their children to acknowledge the rules and to respect the laws of the sport code;
- 5.3 Demonstrate a positive attitude towards and support for all athlete, coaches, officials
- 5.4 Support programmes for the fun of and the skills development of younger children;
- 5.5 Study and know the rules of Aquatics, and support officials on and off pool-deck
- 5.6 Applaud a good effort in both victory and defeat, and enforce the positive points of the competition;
- 5.7 Work towards removing the physical and verbal abuse in children and youth in Aquatics;
- 5.8 Recognise, support and appreciate the importance of volunteers and coaches in the development of all participants in Aquatics;
- 5.9 Volunteer in the running and managing of the club in which their children participate;
- 5.10 Provide support, care and encouragement to their children participating in Aquatics
- 5.11 Remember that Aquatics is for participants, and not for the parent or adult;
- 5.12 Teach their children to treat others with respect regardless of race, gender, ability, ethnicity, cultural background or religion.
- 5.13 Demonstrate positive support for all swimmers, coaches, and officials at every training session and competition
- 5.14 Place the emotional and physical well-being of my child ahead of my personal desire to win;
- 5.15 Support coaches and officials working with your children in order to encourage a positive and enjoyable experience for all;
- 5.16 Insist on a safe and healthy environment, and developmentally appropriate equipment for children and youth;
- 5.17 Actively play a role in the creation and promotion of a drug, vaping, tobacco and alcohol free Aquatics environment;
- 5.18 Endeavour to help children enjoy their Aquatics experience by being a respectable parent and fan
- 5.19 Assist with officiating when requested to do so;
- 5.20 Refrain from any activity that has the potential to bring Cardinals or any provincial body into disrepute.

## **6. General Behaviour**

- 6.1 Acceptable behaviour has many facets, including your behaviour in the social media world (see further below), all of them important for the ambassadorship of your parents, club, team, province or country.
- 6.2 Good behaviour is expected of you not only in training, at Events or at any other Cardinals capacity but in your use of social media.
- 6.3 You will be required to use official dress when traveling and at official functions etc. The use of official sportswear, leisure wear and competition gear during an event as well as on the podium is compulsory.

- 6.4 You will be neatly dressed at all times.
- 6.5 You will respect all event officials and their instructions.
- 6.6 The use of abusive language and rowdy behaviour will not be tolerated.
- 6.7 You will respect fellow competitors, fellow travellers, persons or any third parties, public places, places of accommodation, hotel staff etc.
- 6.8 No promiscuous behaviour between club members, other competitors or other persons while representing Cardinal Aquatics, specifically but not limited to, swimming pool areas or any public place.
- 6.9 Vandalism of private or public property is not only offensive but may lead to prosecution. This also includes the removal of items from private or public places for souvenirs.
- 6.10 Table manners at official functions must be upheld and respect should be shown for speakers at official functions.
- 6.11 You must be familiar with the general rules of any event.
- 6.12 You will respect the authority of appointed team officials and observe all instructions issued by them.
- 6.13 You may only make comments to the press concerning your own personal performances.
- 6.14 You may not make any comments to the press concerning the team or express opinions that could damage the credibility of a person, team, province or Cardinals.
- 6.15 Any unsportsmanlike behaviour or cheating will not be tolerated.
- 6.16 You are at all times subject to the accepted general code of conduct for Athletes.
- 6.17 No form of advertising is acceptable except that of team and event sponsorship.

## **7 Social Media Code of Conduct**

- 7.1 You are expected to adhere to the Code with all your use of social media and to act responsibly.
- 7.2 Please be kind when using social media.
- 7.3 Social media is very broad and covers any relevant transmission of information (text, images, sound-bites, etc), but not limited to, Facebook, WhatsApp, Twitter, TikTok, YouTube and any number of other internet sites or applications.
- 7.4 The dissemination of information and images on the Club's social media groups and sites is an effective means of communication with all Athletes, coaches, parents/guardians and supporters. These posts may be shared between Cardinals various social media platforms (WhatsApp, email, Facebook, etc) and ensure valuable and fruitful communication.
- 7.5 All posts and comments should be appropriate to our audience. Any inappropriate comments could result in disciplinary action or you being removed from the relevant group.
- 7.6 Do not post material that is negative, offensive, obscene, defamatory, threatening, harassing, bullying, discriminatory, hateful, racist, sexist, infringes copyright, or is otherwise unlawful or likely to bring the Club, its Athletes, or supporters into disrepute.
- 7.7 The Club's social media is not to be used for promotion of any business, other than our paid sponsors, or otherwise endorsed by the Club.
- 7.8 The Club's social media is not to be used for complaints or negative comments. If you have an issue or question, please contact your coach or a Committee Member at Cardinals in person, by telephone or by email.

- 7.9 Uploading of photographs to the club's social media is permitted. If you see a photo of yourself or of your child on the Club's social media which you wish to be removed, please politely request its removal in the post, or contact our club secretary.

## **8 Prohibited Substances**

- 8.1 You will comply with the rules and regulations of your Provincial, National, FINA bodies and the IOC governing the consumption of any substance that can enhance your performance.
- 8.2 The consumption of any substance even if legal, which will create the perception of performance enhancing, is not encouraged and not in a team's interest.
- 8.3 All medications as prescribed by a medical practitioner must be declared by competitors on the official Drug Declaration form prior to competition. The form must be presented to the team management prior to the departure of the team.
- 8.4 The intravenous administration of any substance in public will be considered offensive.
- 8.5 The use of the medical facilities or first aid room for this purpose is compulsory.
- 8.6 You will comply with the rules governing doping tests.
- 8.7 The consumption of alcohol or the indulgence in tobacco or vaping will not be permitted, even if you are of the legal age for the consumption of these substances.

## **9 Violations And Disciplinary Action**

- 9.1 Violation of the rules and this Code will lead to disciplinary action.
- 9.2 In the event of disciplinary action you will appear before a disciplinary committee, which will be represented by the team management and the team captains.
- 9.3 The disciplinary committee will present a written report of the inquiry to the Cardinals Executive.
- 9.4 Violation of the rules and this Code during an Event will lead to immediate return home at your own expense. Any monies paid by you will not be refunded.
- 9.5 If found guilty of a serious violation of this Code you could be suspended as well as sent home immediately at your own expense.

## **10 Liability**

- 10.1 Members are liable for any damage incurred to the swimming facilities at which Cardinals trains.
- 10.2 Cardinals does accept any responsibility for any loss due to fire, theft or negligence.
- 10.3 Right of admission is reserved.

## **11 Indemnity**

You and or your parent/guardian, as applicable:

- 11.1 expressly agree that Cardinals shall not, in any circumstances whatsoever, be liable whatsoever for any loss, damage or injury of whatsoever kind arising directly from any act, neglect or default on the part of Cardinals, or any third party, including, but not limited to, any training, Event or participation in any of the social media groups linked to Cardinals.

- 11.2 irrevocably indemnify, and will at all times hereafter sufficiently indemnify and keep fully indemnified and hold harmless Cardinals from all actions, suits, proceedings, claims, demands, costs and expenses whatsoever, which may be taken or made against Cardinals or incurred or become payable by injury and hereby agree (without obligation upon Cardinals to do so) that Cardinals may act as the agent in incurring such expenses, and/or do whatsoever is reasonably necessary for his/her benefit in connection with or arising out of any such loss, damage or injury.
- 11.3 agree to familiarise yourselves with the contents of this Code. Failure to do so will in no way constitute or cause you to be exempt from the provisions of this Code.
- 11.4 Any breach of any provision of this Code shall be deemed to be a serious offence in terms of the Constitution and, consequently will be subject to sanction as provided by the Constitution.

**Updated 20 July 2023**