



The Code for Young People

As a young athlete, you have both **rights** and **responsibilities**. This Code helps you understand them. If anything is unclear, ask your parent or your Club Children's Officer to explain.

This is *your* Code — no matter your ability or where you take part in aquatics. You're encouraged to follow it and help others do the same.

Your Rights in Our Sport - You have the right to:

Be happy, have fun, and enjoy taking part

Feel safe and secure while participating

Be listened to and have your say

Be treated with dignity, sensitivity, and respect

Have a voice in decisions that affect you within your Club and Swim Ireland

Say no to anything that makes you feel uncomfortable

Train and compete at a level that suits your age, development, and ability

Know who to talk to if you feel upset or uncomfortable

Your Responsibilities - You are expected to:

Treat coaches, leaders, teachers, team managers, officials, and parents with respect

Respect fellow athletes and opponents

Try your best to reach your goals - and be gracious if you don't

Support your teammates, in success and in setbacks

Never bully or harm others - physically, emotionally, or through rumours or lies

Take part fairly and without cheating - and never let others pressure you to cheat

Represent Strule Dolphins, Swim Ulster, and Swim Ireland with pride and respect

Avoid violence or bad language - if you're upset, talk to someone you trust

Set goals with your parent and coach - and understand the commitment needed

Never take banned substances or let others pressure you to do so

Follow the rules and guidelines of Swim Ireland, Swim Ulster, and your club

Abide by all additional Swim Ireland policies and protocols

Agreement & Accountability - By signing the relevant section of your registration form, you agree to follow this Code of Conduct.

If you break the Code, it may lead to a complaint or disciplinary action under the Swim Ireland Complaints and Disciplinary Process.