



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.