

Waltham Forest Diving Club Code for Club Members

- Arrive for training and competition on time, prepared and with the correct kit as requested by the Coach. Do not enter the water until the coach has instructed you to do so.
- Inform the Coach before the start of training if you have any illness/injury which may affect your training.
- Look at and listen to the Coach when they are speaking and follow the instructions given in training and at competition.
- Behave appropriately in the water. Do not sit or pull on lane ropes or disrupt other divers.
- Respect fellow divers at all times. Bullying in any form (whether that be Emotional (which includes Excluding), Physical, Racist, Sexual, Homophobic and Verbal (including written telephonic and electronic communications (including (without limitation) on Facebook, Twitter or other “Social Media”), but not limited to these), will not be tolerated.
- Behave sensibly in the changing rooms.
- Be proud to wear your club kit.
- If diving for your club, stay with your group on poolside. Inform the coach where you are going if you leave the poolside.
- Do and say nothing that will bring the Club into disrepute.
- Personal conduct must at all times be of a high standard and reflect favourably on the sport and the Club. Bad language in public or relevant group situations is not acceptable.
- Speak to the Coach to get feedback after every dive.
- Enjoy your diving and be a good sport whether you win or lose.
- Performance enhancing drugs and substances are strictly forbidden. Divers are expected to be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a competition.
- Illegal drugs and substances: The use of these, even though they may not appear on the official banned list in respect of performance-enhancing drugs, is nonetheless prohibited.

Code for Away Trips

- This Code is specifically aimed at "away" trips where travel and accommodation are required and is in addition to the general Code for divers set out above.
- Consumption of alcohol is totally forbidden for divers under age as defined by UK law. In other cases, it must not be consumed by divers or staff members whilst en route, prior to or following a competition event, training session or team activities, without the specific consent of the Coach.
- Smoking: is prohibited by divers and staff whilst en route, prior to or during a competition event or training session.
- Personal appearance: should be appropriate for the circumstances and as recommended by the Coach. Team kit shall be worn as directed by the Coach when competing and training when assembling or travelling and at official team functions.
- Attendance at all activities is expected unless agreed by the Coach. Throughout the duration of the trip, divers should inform staff of their whereabouts. Punctuality on all occasions is essential and any curfew must be observed.
- Accommodation at hotels or equivalent must be as directed by the Club staff and at no times must any other person be accommodated in divers' rooms.
- Medication: It is important that information on all medication being currently taken should be reported to the Coach. Allergies to any medication must be reported to the Coach.