



JASI Swim Club Rules

Date created: **May, 2009**

Applies to: **All Swimmers, Parents, Coaches and Supporters**

Framework

These JASI Club Rules are based on the set of values which members of the Club seek to live by, but especially when representing JASI or participating in any activity connected with the JASI Swim Club.

These rules shall apply to all members of the JASI Swim Club community.

These rules are based on accentuating the positive i.e. focusing on the DO's, rather than trying to provide a prescriptive list of DON'Ts.

Club Rules

1. Respect – for ourselves and others

- **Respect for yourself** includes respecting your attire, conduct, application to swimming (wether at training or competition), the way you accept correction and the way you participate in the life of the Club. This requires that:
 - You wear the correct Club attire, be it travelling uniform or swimming costumes, which is neat and tidy, and which is worn correctly and completely
 - Your behaviour and language indicates
 - respect for others and their physical and emotional safety
 - respect for yourself as a person to be trusted and as an ambassador of the Club and makes other people comfortable in your presence
 - You accept correction from Coaches, or other persons in positions of responsibility, with humility and good grace, showing that you take responsibility for the consequences of your actions
 - You take an active and enthusiastic part in the broad range of activity that makes up the experience that is the JASI swimming club
 - You are organised: all your equipment is at hand for any training session or competition, and you are punctual
 - You are prepared: you undertake appropriate preparation, be it physical or psychological, for each activity
 - You try hard: training and competing are undertaken with diligence and effort to improve

- **Respect for others** includes respecting their good name and feelings, their way of doing things, their property and ambitions. This requires that:
 - You address other by the appropriate name and avoid names that demean and/or offend them
 - You actively seek to be friendly to all others and avoid talking about other people in a way which would not be appropriate in their hearing
 - You encourage others in their endeavours and avoid belittling their efforts or achievements
 - You respect the rights of others to their property, caring for it in the same manner as if it were your own, by not touching or moving the property of others without good cause, and returning it to its owner if it is mislaid
 - You allow others to answer questions, to speak their truths and to hear the ideas of others by controlling the timing and frequency of your own speech

2. **Honesty and Truthfulness - in thought, speech and actions**

- **Honesty and truthfulness of thought** includes:
 - accepting that your own ideas and knowledge may be incomplete or incorrect
 - being open to new ideas and opinions
- **Honesty and truthfulness of speech** includes:
 - always telling the truth, even when it may be to your disadvantage
 - speaking up when something is happening which is wrong, even it means standing out from your friends at the time
 - contributing your thoughts, however humble you may feel them to be, to a discussion
- **Honesty and truthfulness of action** includes:
 - respecting the property of others
 - facing up with honesty and openness to the consequences of your actions and speech
 - taking action which is appropriate when something wrong is happening
 - showing appropriate deference to those who have leadership positions or are in authority

3. **Care and Concern for others**

- **Making an honest attempt to ensure that those about you are happy and safe**
 - You show concern by encouraging others not to engage in activities that may cause distress to others
 - You show concern and take action when someone is upset or hurt, or when something wrong is happening,
 - You avoid actions or speech that may injure others or hurt their feelings
 - You apologise immediately and show real contrition if you have accidentally hurt or upset someone
- **Helping others feel valued and part of the JASI community**
 - You offer genuine words of praise when someone tries hard or achieves well, particularly those who are less able than you, and you avoid making comments that are derogatory or belittling
 - You treat all members of the community equally, and avoid any sense of racism, sexism or favouritism

4. Obedience

- **Obedying the rules of the Club**
 - You consciously attempt to follow all the requirements and rules that the Club may impose, both those rules that are written and those that are told to you from time to time
 - You help others to follow the rules by setting a good example and by not joining with any others who are breaking a rule
- **Obedying the reasonable directions of those in authority**
 - You do what those in authority ask you to do where it is reasonable and appropriate with a willing spirit and without argument or resentment

5. Responsibility and a Sense of Duty

- **Taking responsibility for yourself**
 - You take responsibility for your thoughts, actions and words, and for any consequence that they may have by seeking only positive outcomes and by endeavouring to make amends where your thoughts, actions and words may have hurt or offended others
 - You are organised and focussed on the task at hand
 - You are positively assertive
- **Taking responsibility for others**
 - You actively seek to help those you who are part of the JASI club, particularly where they are in need of assistance
 - You seek to set an example in your actions and speech for others to follow
 - You opt to be involved in a positive manner when things are going wrong for others
- **Having a sense of duty to your Club**
 - You recognise and take up opportunities to help your Club, even where this might cause personal inconvenience
 - You take seriously any leadership role or responsibility that you are given and endeavour to exceed its requirements
 - You seek to be a valued member of any team of which you are a member