

Yarra Roughies Safe Sport Commitment

As stated in our club Purpose, the Yarra Roughies strive to create an inclusive social club environment, and to promote friendship and fun in a supportive environment that is rich in diversity. As part of our commitment to these values, we require all club members and other members of the Roughies community to adhere to the following code of conduct:

Welcoming & Supportive

- Support and encourage other Roughies
 - o *Example: Celebrate their successes and lift them up during challenges.*
- Prioritize the physical, emotional and psychological safety of yourself and others
 - o *Example: Check in with other club members and speak up if you or someone else feels unsafe*
- Be mindful of your social media presence and its impact on others
 - o *Example: Do not share harmful or disrespectful content related to the Roughies or other swim clubs.*

Inclusive

- Recognise and respect the rights, identities and dignity of all participants, regardless of age, race, gender, ability, cultural backgrounds, sexuality, religion or other differences.
 - o *Example: Use inclusive language, respect preferred pronouns, and support other members of the Roughies community regardless of their background or skill level.*
- Always use respectful and supportive language when engaging with teammates, coaches, officials or spectators. Do this in both in-person and on-line environments.
 - o *Example: Refrain from using aggressive, offensive, or discriminatory language.*

Fun

- Recognized that participation in community sport is about enjoyment, development and teamwork
 - *Example: Celebrate effort and progress in your swimming.*

Community

- Contribute to a positive and inclusive club culture.
 - *Example: Help new club members feel welcome and include everyone in activities.*
- Follow the Club Rules and respect your coach's guidance. As this Code of Conduct and the Lane Etiquette are intended to support the implementation of our Club Rules, they must also be followed.
 - *Example: Follow the Roughies Lane Etiquette*
- Avoid behaviours that put yourself or others at risk.
 - *Example: Do not engage in reckless play, roughhousing, or physical aggression that may harm yourself or others.*
- Be accountable for your actions
 - *Example: If you make a mistake, take responsibility and learn from it.*
- Follow sport-specific injury management and return-to-training guidelines
 - *Example: Do not hide injuries or swim against medical advice to avoid worsening your condition.*
- Follow the rules and respect decisions of officials and facilities staff, even when you disagree
 - *Example: Leave the pool if requested to do so by a lifeguard.*
- Acknowledge there is a zero-tolerance approach to the use of illicit drugs, performance-enhancing substances, or excessive alcohol consumption.
 - *Example: Do not participate in swimming activities under the influence of drugs or alcohol*

- Respect club equipment, facilities and resources.
 - o *Example: Take care of any equipment that is lent to you during squad.*

As a Masters Swim Club, the Roughies have also adopted Master's Swimming Australia's Member Protection Policy. Members of the Roughies community are also expected to abide by the Codes of Behaviour as well as other standards included in this policy.

If any member of the Roughies community has a concern or complaint, they may contact the Wellbeing Navigator. Information about our complaint process and the role of the Wellbeing Navigator can be found on the Team App under the Member Protection Policy folder in "Newsletters and Documents."