

LIFEGUARD CODE OF CONDUCT

A responsible Lifeguard contributes to the development of individuals through:

1. Identifying and meeting the needs of the individuals.
2. Good team working and communications with coaches and athletes.
3. Creating an environment in which athletes feel safe.

Lifeguards should comply with the principle of good ethical practice listed below:

A lifeguard must at all times:-

1. Hold relevant, up-to-date and recognised qualifications, safeguarding training and a valid PVG.
2. Consider the wellbeing and safety of the participants at all times.
3. Consistently display high standards of behaviour and appearance and be an excellent role model.
4. Never ignore, engage in or tolerate any form of bullying.
5. Help ensure that the equipment and facilities meet safety standards and are suitable for training.
6. Abide by Scottish Swimming's acceptable use of mobile phone policy and social media guidelines, or the employers as appropriate.

Emergency action and first aid:

All Lifeguards will work with teachers and coaches and should be prepared with an action plan in the event of an emergency and be aware of First Aid Procedures. This will include:

1. Access to First Aid equipment.
2. Telephone contact if the participant is a minor.
3. Telephone contact to the Emergency Services.

Lifeguards have the right to:

1. Access ongoing training and information on all aspects of the role including safeguarding, wellbeing & child protection
2. Support in the reporting of suspected abuse or poor practice
3. Access to professional support services

4. Fair and equitable treatment by Scottish Swimming/Heart of Midlothian ASC
5. Be protected from abuse by adults/youths, other adult members and parents
6. Not to be left vulnerable when carrying out your role

Breaches of the Lifeguard Code of Conduct will be dealt with in accordance with Heart of Midlothian ASC's/ Scottish Swimming's disciplinary procedures.

I understand that if I do not follow the Lifeguard Code of Conduct, Heart of Midlothian ASC / Scottish Swimming may take any/all of the following actions:

1. Be required to apologise formally
2. Receive a warning; verbal or written
3. Required to meet with the Heart of Midlothian ASC Wellbeing & Protection Officer or designated members of the club committee
4. Monitored by another Heart of Midlothian ASC volunteer/committee member
5. Required to attend an education course
6. Suspended by Heart of Midlothian ASC
7. Required to leave or be removed from post.

I have read and understood the above Code of Conduct and I agree to be bound by it:

Name (print) Signed

Role Date