

Child Protection Policy

1. Mildenhall & District Swimming Club adheres to the ASA Child Protection Policy and will continue to strive to ensure that all parents and carers view swimming as a sport where children and vulnerable adults are free from harm and where child protection is an integral part of the culture.
2. We will also ensure that all our teaching staff and official are carefully selected, trained and supervised.
3. We will ensure that all staff is CRB checked.
4. Mildenhall & District Swimming Club has a Child Welfare Officer who is always available should any swimmer need any help.
5. Mildenhall & District Swimming Club will ensure that all in their care are **SAFE**.

Useful Numbers

Swimline (Free ASA Helpline)	0808 100 4001
NSPCC Child Protection Helpline	0808 800 5000
NSPCC Text	88858
Mildenhall Shark's Welfare Officer – John Browne	

Equity Code

1. Mildenhall & District Swimming Club adheres to the ASA Equity Policy and is committed to treat everyone equally with the context of their activity, regardless of sex, ethnic origin, religion, disability, age, sexual orientation or political persuasion.
2. Mildenhall & District Swimming Club will ensure that equity as stated in the club rules is incorporated in all aspects of its activities and also recognises and adopts the Sports England definition of Sports Equity.
3. Mildenhall & District Swimming Club is committed to everyone having the right to enjoy their sport in an environment free from threat of discrimination, intimidation, harassment and abuse.
4. All Club members have a responsibility to challenge discriminatory behaviour and promote equality of opportunity.
5. Mildenhall & District Swimming Club will deal with any incidence of discriminatory behaviour seriously, according to the club disciplinary procedures.

DOPING POLICY

1. This policy applies equally to all swimmers, coaches, teachers, officials and poolside helpers, and is based on the ASA Drugs, Sport and Doping Control Policy.
2. The use of performance enhancing drugs in sport is cheating. They are associated with serious medical complications, and their use is illegal.
3. The analytical procedures used to detect drug abuse are very sensitive, and can detect minute traces, which may have been taken several weeks previously.
4. Punishment for drug abuse may lead to a lengthy ban from training and from competition.
5. It is the individual swimmer's responsibility to check that any medicine being used is legal. It is possible that illegal drugs may be taken accidentally. Typical examples are pseudoephedrine and phenylephrine, which are oral decongestants, and are present in many cough/cold remedies. Drugs such as salbutamol (Ventolin) are only legal if taken by inhaler; they are **ILLEGAL** if taken by mouth or injection.
6. The individual swimmer should check with their GP or the dispensing pharmacist to see if their prescribed medication is on the Prohibited List.
7. For further information, refer to: <http://www.britishswimming.org> <http://www.wada-ama.org>