

**RULES FOR AWAY TRIPS (Seniors)**

We want you to enjoy away trips and to be an ambassador for Diamonds, Ulster, Northern Ireland and Ireland. Here are a few rules while you are away representing your club.

* The team manager is responsible for your well-being whilst you are away, you should listen and follow your team manager’s instructions.
* You must stay in the grounds of the pool, you must always let your team manager know where you are.
* The pool staff and tournament organisers should be treated with respect and courtesy at all times, if you have queries or problems in the pool speak with your team manager as soon as possible about this.
* There are recreation areas for you to meet and spend time with other players and you are not allowed into someone else’s tent/room at any time.
* You should report any damage caused in the pool to your team manager.
* Be on time for meals, departures to pool/airport, team meetings and other planned activities.
* Take the opportunity to rest – the tournament is hard work and you will need rest and eat well to perform your best in matches.
* You are responsible for preparing for your matches, be on time, warm up properly and remember all our gear, snacks and drinks.

**DECLARATION**

I have read, understood and agree to abide by this Code of Conduct for Senior Members. I understand that any breach of this code or rules may result in disciplinary action which may involve my removal from Diamonds Waterpolo Club .

I understand that I may be filmed and /or photographed during or as part of Diamonds events/training sessions in accordance with the Swim Ireland photography and filming policy and procedures as specified in Swim Ireland Safeguarding Children Policies and Procedures 2019 and I consent to same

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Signature of Senior Member\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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