

ONE TEAM, ONE GOAL

Please find outlined below the Danish Swimming Federation's ethos and protocols for national teams and squads.

1. Performance:

- At all times, performance will take priority.
- The performance of any individual or team will take priority over any other individual responsibilities.
- Be professional and goal-oriented in relation to our goals.
- Stay 100% honest and doping free.
- Focus on here and now rather than on the future.

2. Unity:

- Support each other genuinely and wholeheartedly at all times both in public and in private.
- Support Denmark!
- Be aware that if you don't give anything to the team you will not get anything back from it.

3. Pride and Respect

- Do your best to become a role model for others to copy.
- Respect the needs and requirements of your teammates.
- Wear the Danish team kit with pride.
- Appreciate our sponsors – they are essential for ensuring activities.
- Keep your accommodation clean and tidy.

4. Responsibilities

- Be a great communicator.
- Be punctual.
- Be disciplined.
- Ask for help if you need it.
- Support your teammates both in words and actions.
- Use social media responsibly and remember to "tag" our sponsors once in a while.
- Switch mobile phones off at sensitive times.
- Don't use bad language in public places.
- Don't abuse others or use violence under any circumstances.

5. Sanctions

In most cases the consequences of breaking the ethos will be a 'friendly' or, in some cases, not-so-friendly warning.

However, in the case of more serious issues, the consequences will be of a serious nature and could involve immediate action such as expelling a swimmer from a competition.

Examples of this are:

- Selfish and irresponsible behaviour that affects the performance of others.
- Unlawful actions and behaviour.
- Bringing the swimming team into disrepute.

Don't forget that you are the role models for the next generation of Danish swim stars.

Please blaze the trail for the future!