

Bridge of Don ASC- Rules & Regulations

1 Club Colours

- i. Royal Blue and Yellow

2 Club Championships

- i. All swimming club members aged 8 years and over are entitled to swim in the Championships.
- ii. All swimmers in JD1 and JD2 will compete in their own Challenge
 - i. JD1 Challenge, girls and boys
 - ii. JD2 Challenge, girls and boys
- iii. JD Challenge Strokes
25m Backstroke, 25m Breaststroke, 25m Freestyle
- iv. Medals will be awarded to 1st, 2nd & 3rd places. Pennants will be awarded to 4th, 5th & 6th places.
- v. Age Group Champion: all swimmers in squads Bronze Squad upwards
 - i. 8 years on the date of Club Championships, as per SASA rule R4.4.4 (or as of 31st December)
 - ii. 9 & 10 years as of 31st December
 - iii. 11 & 12 years as of 31st December
 - iv. 13 & 14 years as of 31st December
 - v. 15 to 17 years as of 31st December
 - vi. 18 years & over as of 31st December
- vi. Age Group Strokes
 - i. 25m Backstroke, 25m Breaststroke, 25m Freestyle for 8 year olds
 - ii. 25m Butterfly, 50m Backstroke, 50m Breaststroke, 50m Freestyle, 100m Individual Medley for 9 & 10 year olds
 - iii. 50m Butterfly, 100m Backstroke, 100m Breaststroke, 100m Freestyle, 200m Individual Medley for 11 & 12 year olds
 - iv. 100m Butterfly, 100m Backstroke, 100m Breaststroke, 100m Freestyle, 200m Individual Medley for 13 & 14 year olds and 15 to 17 years and 18 years and over
- vii. 200m Freestyle Open boys and girls trophies
- viii. Medals will be awarded to 1st, 2nd & 3rd places. Pennants will be awarded to 4th, 5th & 6th places.
- ix. Age Group Champion will be calculated by a point system:
 - i. 1st 6 points
 - ii. 2nd 5 points
 - iii. 3rd 4 points
 - iv. 4th 3 points
 - v. 5th 2 points
 - vi. 6th 1 point
- x. Phillips Trophy for most improved boy and girl will be decided by the club coaches.
- xi. All trophies must be returned to the club one month prior to the Championships.
- xii. The club will organise and pay for engraving of trophies.

3 Chaperone Policy

- i. Chaperones must report to coach in charge of meet and support said coach.
- ii. Requirement of one male and one female chaperone at meets where possible.

4 Officiating

- i. The club will pay the cost of SASA Timekeeper, Judge, Recorder, Starter & Referee courses for parents willing to undertake said courses.
- ii. Parents must be willing to undertake a fair share of officiating at meets.
- iii. For North District events, parents must be willing to officiate and will be notified of their duties. If unable to do so it is the parents responsibility to organise another official to replace them.
- iv. If there are not the required quota of officials for North District meets - see SASA ND Handbook – swimming regulations then the committee may:
 - i. Selectively withdraw swimmers until the required quota of swimmers meets the number of officials, or
 - ii. Pass on the fine for uncovered sessions to parents of swimmers who have not helped officiate at the meet. SASA ND Handbook – swimming regulations SW6.4, Fees and Fines SASA ND.

5 Behaviour of Swimmers

Swimmers will have signed and agreed to adhere to the swimmers code of conduct.

i. Training Sessions

Swimmers **MUST NOT**:

- i. Go poolside until a coach is present.
- ii. Enter the water until instructed to do so by coach.
- iii. Horseplay in or around the pool or in the changing rooms.
- iv. Dive at the shallow end of the pool.
- v. Vandalise or damage equipment or council property.
- vi. Leave the building until a parent or responsible adult collects them.

Swimmers **MUST**:

- i. Pay attention, listen to the coach and act on instructions given.
- ii. Obey whistle signals: Swimmers must stop and look up.
- iii. Be respectful towards coaches and other swimmers.
- iv. Obey poolside staff.
- v. Take bags to the spectators' area after changing for training.
- vi. Wear squad caps at training.
- vii. Dress quickly and vacate the changing room in an orderly fashion. Swimmers are parent's responsibility once the session is finished.

ii. Meets

Swimmers **MUST**:

- i. Arrive at poolside 15 minutes before the warm-up and report to the coach.
- ii. Speak to coach before and after warm-up and each race to get advice and feedback on their swim.
- iii. Stay with their team poolside.
- iv. Let coaches or chaperones know where they are at all times.
- v. Always listen to the safety announcement and general poolside announcements.
- vi. Wear club cap during races, warm up is at coach's discretion.
- vii. Club approved kit must be worn at medal presentations.

iii. Weekends away

Swimmers **MUST**:

- i. Follow instructions from coaches, committee and parents at all times.
- ii. Wear seatbelts at all times when travelling on bus.
- iii. Not horseplay in or around accommodation.

6 Behaviour of Coaches

- i. Coaches must read and sign 'Coaches Code of Conduct' form.
- ii. Coaches must wear Bridge of Don T-shirt when coaching.

7 Behaviour of Poolside Helpers

- i. Poolside helpers must read and sign 'Officials and Volunteers Code of Conduct'.
- ii. Poolside helpers must wear Bridge of Don T-shirt when helping.
- iii. Poolside helpers must follow instructions of lead coach.

8 Behaviour of Parents

- i. Resist the temptation to provide coaching advice to the swimmer.
- ii. Must not coach from the spectator area.
- iii. Never use physical or emotional punishment with respect to the swimmers performance.
- iv. If concerned about your child's swimming performance, behaviour or other issue, always discuss this with the lead coach/coach in the first instance at the end of the session.
- v. Do not get into public arguments with the coach as this undermines their authority poolside.
- vi. Ensure a coach is present before dropping swimmer at the pool.
- vii. If the swimmer is required to leave a training session early, inform coach personally or via another adult.
- viii. Ensure swimmer is collected promptly at the end of the training session.

9 Grievances /Complaints & Appeals Procedure

i. Grievances/Complaints

- i. If you are dissatisfied with any matter affecting the management of the club, you should in the first instance raise it informally with a committee member.
- ii. If you are dissatisfied with any matter affecting the coaching programme of the club, you should in the first instance raise it informally with the coach concerned or Head Coach.
- iii. In either case, if you are dissatisfied with the response given, you should raise the matter with the management committee by writing to the secretary giving details of your concerns.
- iv. The management committee will normally consider your letter at the first available meeting and will investigate and discuss the matter as required.
- v. The management committee will normally advise you of their decision in writing within 14 days of the meeting.

ii. Appeals

- i. If you are not satisfied with the decision of the management committee, you may raise the matter with the SASA National Enquiry Panel, Section 2 of the SASA rules.
- ii. Regardless of the outcome of the National Enquiry Panel decision, all costs are to be met by the complainant.

10 Discipline

As per infringements detailed in C8.1 of the Club Constitution, the disciplinary procedure will be as follows:

- i. The management committee will give one verbal warning, followed by one written warning if infringement continues. Finally, if infringement still continues then the management committee have the right to suspend or cancel membership, this decision will be given in writing.
- ii. The management committee reserves the right to suspend immediately, pending investigation, when an incident is considered to be of a serious nature.