

Tring Swimming Club– Pool & Poolside Behavior

A Guide for Swimmers, Coaches and Parents

SWIMMERS:

- Arrive on poolside on time for each session. **Lateness causes a major disruption to the session.** It is vital that a swimmer warms up correctly in order to avoid injury. It is 'bad manners' to arrive late.
- **Do not talk when a coach is talking. Look at the coach.**
- Do not disrupt other swimmers in the water. Behave appropriately, do your turns, starts and finishes at the wall. Do not sit on the lane ropes.
- **Do not stop in the middle of a length. Move over at the end of the lane to allow others to finish.**
- Attend as many sessions as possible. It is critical to swimmer development.
- **Behave appropriately** before and after training sessions and at galas. You are representing the Club. Don't let the Club or yourselves down.
- When selected for a gala turn up in plenty of time with the correct kit.
- Be positive, and enjoy your swimming career!
- Set a good example for younger swimmers.

COACHES:

- Adhere to the ASA Code of Ethics & Code of Conduct.
- Endeavour to increase the performance of all swimmers.
- Ensure that equal opportunity is given to all swimmers.
- Treat every swimmer fairly and sympathetically.
- Listen to and take on board the swimmers views/explanations/problems.
- Be fair and constructive when disciplining swimmers. **First breach - a 5 minute sit out. Second breach - eject from the session. Multiple breaches - possible suspension from the club.**
- Remember that life is not just swimming!
- Be positive about the swimmers efforts.

PARENTS:

- Ensure that their children are on pool side and ready to train on time.
- Encourage their children to be independent with their equipment, e.g. goggles
- Do not disrupt the coaches during the session. If you have any questions please try to speak to them before or after the session. Do not go poolside unless requested.
- Do not distract swimmers during their training session.
- Respect the coaches' professional opinions on swimming matters and ensure the coach is not undermined in front of swimmers as this can affect the Swimmer-Coach relationship.
- Appreciate the effort that is put in by their children, be it at a gala or at training.
- Ensure the swimmer ticks their name on the team sheet, when selected for a gala, and make sure they are there in plenty of time for the warm up.
- Pay squad fees on time.
- Be positive about their child's swimming career.

Detailed Disciplinary Procedure

Step 1: A clear verbal warning

Step 2: First breach - no discussion, swimmer will sit out for 5minutes next to Lifeguard's chair

Step 3: Second breach - no discussion, swimmer will be ejected from the session. Swimmer will get changed and wait by the Lifeguard's chair until the end of the session. Coach/Poolside helper will talk with parents. A written note will be sent to the parents and filed with the Welfare Officer.

Step 4: Multiple breaches – meetings to be held with parents and swimmer to agree course of action and possible suspension from the club.