



Open Meet Etiquette

1. Swimmers are to meet at Venue Foyer no later than 15 minutes before warm-up commences or meet poolside if not in first session. Responsibility passes from parent to the Club when signed in with the designated Team Manager. This is also the time to provide any vital information regarding your swimmer on the day if necessary.

2. If you are going to be late or are unable to attend the meet you are requested to telephone the designated Team Manager at the earliest opportunity, to ensure any necessary withdrawals can be made. Failure to do this could result in any fines being passed to the swimmer/parents.

3. Swimmers are expected to bring all kit for the day which should consist of:-

Club Kit - Minimum requirement - Yellow Performance Hat, and any of the following if you have them; Green Performance Polo Shirt

Club Tracksuit or Club Hoody (swimmers do get cold on poolside despite it being a hot environment)

Also necessary & quite often left behind!

Racing Goggles & spare - set up exactly the same

2 Towels (or more)

2 swim suits/jammers

Games, books or music (no valuable electronic items)

Water Bottle

Food - Nutritious snacks

4. Swimmers are to remain on poolside throughout the event. Any swimmer under age 16 will not be granted permission to leave without a parent to take over their responsibility, especially if they still have swims to complete. Swimmers may tell their Head Coach/Team Manager should they need to leave poolside for a toilet break, to change costumes or to fill water bottles/purchase drinks. It is not expected that any swimmer be in the spectator area or elsewhere in the venue, when they still have races during a session, except in exceptional circumstances and approved by the Head Coach/Team Manager for reasons of recovery.

Chairman: Wolfgang Gower 56 Hamble Road, Stone Cross, Pevensey, East Sussex BN24 5PU 01323 740326

Secretary/Membership: Jeanette Simpson 80 London Road, Hailsham, East Sussex BN27 3DD 01323 406140

Treasurer: Tracey Shorthouse 14 The Avenue, Hailsham Sussex BN27 3HT 01323449330

Web site. www.hailshamswimmingclub.org email enquiries@hailshamswimmingclub.org





5. Swimmers will be able to meet with their parents during any lunch allocated break, so it is essential that parents provide sufficient snacks & drinks for their child to consume during each session. In a lot of venues logistics do not allow swimmers to 'pop back & forth' to parents. Team Managers will monitor food & drink consumption throughout the day.

6. Team events, i.e. Sussex League, County Relays - It is expected that all swimmers remain with the Team throughout each session to support the team/club if they are not racing. At the end of your session it is acceptable to tell your Team Manager/Head Coach that you are leaving.

7. Individual Event Meets - Once a swimmer has completed all their events they may tell the Head Coach/Team Manager that they are leaving, as soon as the swimmer is dressed responsibility passes back to the parent.

8. Immediately after your race you should report to the Head Coach/Coaching staff for feedback before any swim down.

9. Team Managers will be recording/monitoring activity on poolside throughout an event. Any swimmer that does not comply with the Clubs 'Codes of Conduct' may be mentioned in the Event Report, this gets passed to the Head Coach after each event. The report may also include acts of good deed. Any mention in the report will be fed back to a swimmers log record and will form part of their overall assessment. Bad behaviour or misrepresentation of the club will not be tolerated and could lead to reprimand.

10. We ask that parents support their swimmers and the Club by complying with the Clubs 'Codes of Conduct'.

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