



(Affiliated to ASA South East Region)

RULES WHILE TRAINING

- 1) Always Shower before and after training
- 2) Lane Safety – Always Swim in the correct direction
 - a. Lanes 1, 3, 5 - Clockwise, Lanes 2, 4, 6 - Anti-clockwise
- 3) Always wait until the swimmer in front has cleared the flags before diving in or pushing off from the poolside.
- 4) Never dive in while a swimmer is coming in for his/her turn.
- 5) If you are catching up with the person in front of you, lightly tap them on the feet to indicate that you would like to go in front of them. If you feel this tap on the feet you must stop at the **end** of the length then let them go in front of you.
- 6) Never pull at swimmers legs to get them to move over.
- 7) Remember in training you are not racing unless the teacher has asked you to.
- 8) NO pushing swimmers in from poolside.
- 9) NO bobbing up and down in the water. Stay on top of the water.
- 10) NO sitting on the lane ropes.
- 11) NO Fizzy drinks or food within the pool area. (Water/Squashes only)
- 12) NO tampering with the light switches outside the changing rooms.
- 13) No entry to opposite (Boys / Girls) changing rooms.
- 14) Return all swimming equipment to the cupboard at the end of the session. (DO NOT JUST THROW INTO CUPBOARD PUT AWAY TIDY)
- 15) Have fun – but be safe

Parents

- 1) Where possible make sure that your child arrives on time and is ready on poolside at least 15 minutes before a session, with the required swimming equipment (goggles, hat and swim wear).
- 2) While training, the coaching, teaching staff and any committee members present (who will have been DBS checked by the ASA) will be responsible for the swimmers. Once the swimmer has left the pool area after a session and enters the changing room it becomes the responsibility of the parent to look after their child. Parents should be available, on poolside at least 15 minutes before the session ends to take over the responsibility.
- 3) Parents should not enter the changing rooms under any circumstances.
- 4) Parents are encouraged to watch their child's swimming session however; they should not communicate with their child during the session without permission from the coach, teaching staff first.