



**Keynsham Amateur Swimming Club  
(KASC)**

**Swimmers Training Code of Conduct  
Incorporating Covid-19 Guidelines**

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## TRAINING

In training, you will be expected to:

- Treat your coach and fellow members with respect.
- Follow all covid guidelines and procedures that you have watched from the videos and read from the written guidance provided to you.
- Maintain social distancing at all times and follow all instructions immediately given from any covid officers during the session.
- Make your coach aware if you have difficulties in attending training sessions as per the rules laid down for your squad.
- Arrive in a positive frame of mind, ready to train at the level your coach requires
- Arrive in good time to allow correct entrance procedures and registration to be followed correctly.
- Report to my coach before entering the pool if you arrive late.
- Ensure that you have all your equipment with you - goggles, pull buoys, kick boards, hand paddles, swim fins and water bottles. Look after them, mark with your name if possible. Do not share any equipment and clean equipment when you return home.
- If I need to leave the pool for any reason during training, I will inform my coach before doing so.
- Concentrate on what your coaches tell you and do as they ask. Coaches are there for your benefit, not their own. They are there to make you a better athlete. With many athletes in the pool, coaches can't always see everything, and so you are trusted to do as they always ask.
- Avoid stopping and standing in the way or obstructing others from completing their training.
- Avoid pulling on the ropes as this may injure other members.
- Respect coaches, poolside helpers, officials and other club members.
- Observe and respect the local rules of the facilities in which we train. The club is very fortunate to have access to these facilities and we would be badly affected if we were not able to use them because of

poor behaviour by our athletes. Please therefore keep the **poolside tidy and inform coaches of any problems.**

- Remain properly hydrated throughout the training session. Diluted still drinks from a water bottle are allowed but fizzy drinks should not be consumed. Do not bring glass bottles to any training activity.
- Pace yourself properly as directed, do all the repetitions your coach asked for, and take the rest your coach requires, no more and no less.
- Avoid distracting other athletes in the pool. Get on with what you are supposed to be doing and let other athletes get on with their training.
- Practice good technique at all times.

If you are swimming in lanes you are expected to:

- Be aware of other athletes swimming **behind and in front of you and do not stop at the end wall unless requested to do so.**
- Finish each set correctly and finish at your starting position.
- **Allow faster swimmers to overtake you. If your toes are tapped, continue swimming then stop at the wall, turning away and allowing the swimmer to pass.**
- Recognise that turns are an essential part of a race. Make sure you practice all turns correctly and efficiently.
- Practice streamlining at all times; it is very important.

When you are participating in club training sessions, please remember:

- End each session having accomplished something.
- Practice makes perfect. The more you put into training sessions, the more you will get out of them. What you have missed in practice, you will find difficult to do when it really matters, in a competition!
- Winning is not necessarily the goal in practice; winning is for competition. There are times in practice when other things such as technique or training correctly at the right intensity are more important.

- There are no shortcuts to success. All athletes will not miss anything from any set, keep to all turnaround times & rest intervals, and execute all training in a legal manner. If you can't finish sets, you shouldn't be there!
- Poor behaviour in the pool will not be tolerated, especially if it affects others. Abuse of equipment - throwing or hiding kick boards, pull buoys, drink bottles, sitting on the lane ropes etc. is unacceptable. Be aware that athletes consistently interfering with another athlete's training will be asked to leave the pool and will risk losing their squad place.
- If any athlete is unable to follow the covid guidelines that have been put into place to keep everyone safe, then the athlete will be asked to sit out of the session until they are ready to accept and follow the rules set out. If any athlete repeatedly breaks the rules and guidelines then they will be asked to leave the session and their parents will be contacted.

I, ....., will ensure that I will abide by the code of conduct as outlined above.

Date:.....

Please return a signed copy(name completed above) and return to [welfare@keynshamswimming.club](mailto:welfare@keynshamswimming.club) before your swimmer commences training.