



## Competition Policy

1. Arrive on poolside at least 30 minutes before the warm up. This ensures:
  - i. The team gain quality space and seating
  - ii. Plenty of time to complete dry-side mobility exercises
  - iii. The warm-up is started on time

**If the coach or team manager has not been advised of any late arrivals then the coach has the ability to withdraw any swimmer from their events.**

2. Every swimmer must arrive at the venue wearing a form of Amersham SC kit e.g. a t-shirt/hoody/tracksuit top
3. Every swimmer must wear the designated poolside t-shirt at all times.
4. Adhere to the warm up and swim down protocol whenever possible.
5. Every swimmer must see their coach before and after every race for advice and feedback. *(Parental advice should be motivational and encouraging NOT technical)*
6. Every swimmer must sit with the team on poolside, unless agreed with the coach
7. Food and drink is vital to a successful performance. Every swimmer should have enough food and drink with them to ensure a high energy level throughout a meet. *(Please refer to the nutrition section on the website for advice)*