



## TRAINING

1. Swimmers should attend as many training sessions as possible. The Club expects a minimum attendance of 75%. The Welfare Officer should be contacted for any non-attendance due to illness.
2. Swimmers MUST be signed in at reception and be on poolside with hats and goggles in place at least 5 minutes before the start of each training session. Light stretching is encouraged to reduce the risk of injury.
3. All necessary equipment should be brought to each training session. Necessary equipment comprises: hat, goggles, spare goggles, fins, kick board and pull buoy. The correct swimwear should be worn i.e. tight fitting costumes, trunks, jammers.
4. All swimmers are required to wear a hat in training. If a hat is forgotten a spare will be provided, however if this continues to happen, a new hat will need to be purchased.
5. It is important to keep hydrated during the session; a drink of water in a plastic bottle is needed. It is recommended that 500ml per 1hr training session. There is a tap on poolside providing drinking water for swimmers to refill their bottles.
6. Medication should be brought to the attention of the Head Coach & Lane Coach. For specific conditions such as asthma, inhalers should be on poolside at all times.
7. Swimmers should only enter the water when instructed to do so by their lane coach, and in a safe manner.
8. Listen carefully to the coach at all times and observe their instructions, do not distract other swimmers at any point during a training session.
9. Swimmers must respect the property of others and the equipment provided by the Club.
10. Swimmers should ask permission to leave the water. If feeling unwell at any time, inform the coach immediately.
11. Swimmers should do their best in all training sessions and try to participate fully from beginning to end. Those who do not try, disrupt others or behave in a manner that is not considered appropriate will be asked to leave the session.
12. No food or glass bottles are allowed in the changing rooms or on poolside. Drinks may be taken poolside in plastic bottles.
13. Swimmers are reminded that the leisure complex is open to the public for other activities, not just the swimming club. Courtesy should be shown at all times to members of staff and the public.
14. Any form of bullying, verbal or physical, whilst in the pool, changing rooms or any part of the leisure complex, is unacceptable and will not be tolerated. Any swimmer who experiences a bullying incident should contact the Welfare Officer.