

GLL – BARNET TRAINING SCHEME

DIVISION OF RESPONSIBILITIES

GLL manage the Training Scheme. GLL have total responsibility for all of the training sessions that happen within their facilities. GLL rules apply for all training sessions as the swimmers are attending as part of the GLL Training Scheme (GLL Lessons) and not part of Barnet Copthall Swimming Club. All staff are employed by GLL.

Barnet Copthall Swimming Club have responsibility for all Swim Meets, Training Camps and any other activities that occur outside of training sessions. The swimming club are not responsible for any training sessions at Barnet Copthall Leisure Centre. No staff are employed by the Club. For Club Policies and Procedures please see the club website.

AIMS AND OBJECTIVES

1. To provide members of the Barnet Training Scheme with the opportunity to train and compete to the highest level in swimming.
2. To organise and provide training facilities and a competitive programme for the complete range of abilities.
3. To provide the opportunity to learn sportsmanship, responsibility, dedication, self discipline and team participation.

CONDITIONS

1. All members of the Barnet Training Scheme may become members of the Barnet Copthall Swimming Club (BCSC) which will enable competitive participation. Swimmers must adhere to the rules and the code of conduct of both the scheme and the club at all times (copies of the club rules and code of conduct can be found on the club website). By paying the monthly fees you agree to abide by all the rules and conditions of both the Training Scheme and Club. Personal information stored may be shared between the Training Scheme (GLL) and the Club (Barnet Copthall Swimming Club).
2. One parent/guardian of any member under the age of 16 years of age may become an associate member of BCSC.
3. All members must adhere to the payment conditions laid down by Greenwich Leisure Ltd (GLL). Failure to do so may result in forfeiting the place in the scheme.
4. GLL reserve the right to alter the training programme as a result of pool closures or malfunctions, events, holiday periods and lack of attendance.

5. Resignation or withdrawal from the training scheme must be received in writing to the Head Coach at rhys.gormley@gll.org Fees are due until written notification is received.
6. Any change of address, contact details, next of kin or changes in medical conditions must be notified in writing to GLL immediately, changes must be notified to the club separately.
7. GLL run a cashless system at Barnet Copthall Leisure Centre, payments are by direct debit on a date specified by GLL.
8. The payment is based on a yearly fee spread over twelve monthly payments (Based on 46 weeks training/ year). Payments may only be waived due to illness or injury of more than one calendar month on production of a Doctors letter or Medical Certificate.
9. GLL have no provision for part time attendance. All spaces in groups need to be paid for in full. (See condition 8). If a group is not full, guest swimmers may be allowed to swim but will need to pay a daily rate at reception. This will be at the discretion of the Head Coach. Usually only Seniors group and Masters group will have space available to accommodate this.

GENERAL RULES

1. Members of the Training Scheme are expected to represent GLL, The London Borough of Barnet or BCSC when requested to do so.
2. Permission must be sought from the Chief Coach to attend any competition that is not part of the competition programme outlined by the Chief Coach in the yearly plan.
3. Acceptance to the training scheme is based on age and ability relevant to the current standards of the Swimming Training Scheme and the availability of places. All acceptances are at the discretion of the Chief Coach. Athletes with a disability may be incorporated into the scheme within a group which is suitable for their physical needs but not necessarily their age, these athletes must make the minimum attendance for the group.
4. Where deemed necessary by the Chief Coach, members must train solely with the Barnet Training Scheme.
5. Members are expected to meet the minimum attendance requirements and performance standards for their allocated squad, failure to do so may result in moving to a more suitable squad.
6. The coaching staff are responsible for the swimmers within the training scheme from the time they arrive on poolside at the start of their allocated session to the end of the allocated session. It is the parent's responsibility to get the swimmers to and from the poolside safely. Parents of swimmers aged 18 years and younger should remain in the building whilst their child is swimming. Parents are responsible for their children in the changing village.
7. In the event of a child under the age of 18 years of age being unable to complete a training session they will be returned to their parent who should be in the building. If a parent is not present in the building they will be contacted on an emergency contact number, if the parent cannot be contacted it may be necessary for the Local Authority Child Services to be contacted in order to assist with the child.

8. All members of the training scheme must arrive on poolside 10 min early for pre exercise mobility exercises in order to warm up for the training session.
9. All members of the scheme must wear appropriate dress for the activity that they are involved in. Pool work must be conducted in swimming trunks for males and a one-piece swimming costume for females. No shorts or bikinis are allowed. All costumes must be decent. Land work must be conducted in appropriate attire such as shorts, T-shirts and trainers.
10. Health and safety of the members of the scheme is a priority and all members must conduct themselves properly during their time in the building. Failure to conduct themselves properly may mean temporary or permanent exclusion from the scheme for the safety of themselves or others.
11. It may be necessary for members who have made the promotion criteria for the next group to wait until a space is available. In the event of spaces being available in the next group and no swimmers making the published entrance criteria, swimmers may be promoted if they have shown the ability to cope with the sessions and workload in the next group despite not making the performance criteria, the swimmers closest to the promotion criteria will be offered a place first. It is imperative that each swimmer being promoted has shown they are physically and emotionally ready for the increase in sessions and workload prior to being promoted. If numbers in the groups are low and no swimmers are waiting for the place, swimmers may be allowed to remain in a current group if they have not made the performance criteria but they must be making the recommended attendance.
12. Promotions from group to group will be determined by the Chief Coach based on the squad written guidelines. However, in exceptional circumstances the Chief Coach may decide to promote a swimmer who has not yet met the required standard for the next group if the Coach feels that the swimmer has the talent to adapt to the increase in workload and sessions or it is felt that the swimmer has come into the sport late and does not meet the age criteria for promotion but is progressing quickly enough to catch up with his/her peer group.
13. All members including parents must comply with any reasonable request/instruction made by GLL staff.
14. Swimmers should not attend training if they are injured or have an illness. Swimmers becoming injured or ill during a session will be referred to the lifeguard who is the medically trained person on the poolside. The swimmer will not be allowed to return to the pool for that session and should be collected by their parent as soon as possible. It is the parent's decision when the swimmer should return to training. It is assumed that if a parent sends a swimmer to attend training they are fit to engage in the full session.
15. The training scheme coaches are authorised to take video footage and photographs of any swimmer within the training scheme or Club for the purpose of technique analysis and for publicity use for GLL and for Barnet Copthall Swimming Club. If you do not wish any images of your child to be used you must notify GLL and the Swimming Club in writing. From time to time press and television companies may also attend training sessions and are authorised to use the footage/images for publicity for the scheme/club. Filming for GCSE PE may be arranged but this facility is only available at certain times. Please speak to the coaching staff to book a slot for GCSE Filming.

16. Swimmers who are late to training sessions and have missed or partially missed the warm up may not be allowed to train that day for health and safety reasons, this will be at the discretion of the coach.
17. Payments for the training scheme do not include free public swimming.
18. Exceptions to any of the rules and guidelines are solely at the discretion of the Head Coach.
19. All ages are calculated as age as at 31 December in that year. (e.g all swimmers that are born in 2016 will be classed as 10 years of age on 1 Jan 2026)
20. For Barnet Copthall Swimming Club Rules please see the club website.

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