

# Hailsham Swimming Club Rules While Training for Parents and Swimmers



Affiliated to the ASA South East Region

## Bedes Rules

1. Always sign in to the Sports complex before entering the pool area.
2. Parents & siblings of swimmers may sit poolside only and must use the visitor toilets only. You are not permitted to wait in the foyer or any other part of the school complex.
3. No outdoor shoes permitted on poolside, please use the shoe rack provided.
4. On finishing a session, please sign out of the Sports complex and depart immediately.
5. As the facility is also used by other parties, swimmers are requested not to leave swim bags or personal belongings in the changing rooms. These should be left on poolside between the pillars nearest the starting blocks whilst you are land training/swimming.

## Club Rules While Training

1. Performance Squad swimmers must come to their session prepared in their gym kit and swimwear as they are not allowed into the changing rooms except to shower before the session.
2. When waiting to start a session, swimmers must sit on poolside until a coach/teacher calls them to the pool/land training. All swimmers will be escorted by a coach/teacher to squash courts/gym for land training.
3. Always Shower before and after training
4. Do not enter water until instructed to do so by your coach/teacher.
5. Lane Safety – Always Swim in the correct direction and never in the middle of the lane.  
Lanes 1, 3, 5 - Clockwise, Lanes 2, 4, 6 - Anti-clockwise
6. Always wait until the swimmer in front has cleared the flags before diving in or pushing off from the poolside.
7. Never dive in while a swimmer is coming in for his/her turn.
8. No diving is permitted at all from the shallow end of the pool.
9. 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.
10. Never pull at swimmer's legs to get them to move over.
11. Remember in training you are not racing unless the coach/teacher has asked you to.
12. **NO** pushing swimmers in from poolside.
13. **NO** bobbing up and down in the water. Stay on top of the water.
14. **NO** sitting on the lane ropes.
15. **NO** Fizzy drinks or food within the pool area. (Water/Squashes only)
16. **NO** tampering with the light switches outside the changing rooms.
17. **NO** entry to opposite (Boys / Girls) changing rooms.
18. Return all swimming equipment to the cupboard at the end of the session. (DO NOT JUST THROW INTO CUPBOARD PUT AWAY TIDY)
19. Have fun – but be safe.

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## Responsibility of 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 (water, goggles, hat, kitbag and swim wear). Persistent lateness causes disruption to other swimmers and may be recorded on a swimmers log book/record .
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.
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.
5. Parents should not speak to the coach/teacher during a session, meetings can take place after or before a session.
6. 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 therefore be available on poolside at least 15 minutes before the session ends to take over the responsibility.
7. Children are not permitted to wait in the car park, if you are not at the pool they will wait on poolside with a coach/teacher until a parent arrives.

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## In case of Emergency/Evacuation

Evacuation may be required as a result of:

Fire, Serious injury to bather, Escape of poisonous, corrosive or inflammable substances, Power failure, & Structural/Mechanical failure.

**The signal to evacuate will be the activating of the Fire Alarm, or loud blast of the whistle followed by verbal instruction to carry out a controlled evacuation from the Sports Centre Manager, sports centre staff, Swimming Instructor/Teacher/ Lifeguard or Group Leader.**

## Action

1. On hearing the alarm or receiving the instruction to evacuate the pool/changing area, the Responsible Person will take charge and ensure the areas are cleared as quickly as possible. Bathers must evacuate the pool and assemble at the fire exit to await further instruction or follow all other given instructions.
2. The assembly area for bathers is by the fire door at the deep end of the pool, and if needed foil blankets are by this fire door.
3. The Responsible Person must receive all staff/users at the assembly area and ascertain which facility areas are cleared and account for all staff/bathers.
4. Teachers must retain the groups registers and where possible stay with their swimmers and be prepared to contact parents should swimmers need to be collected. All swimmers must be signed out by the teacher/coach if the session has to end early.
5. Re-entry to the building may only be allowed at the discretion of the Senior Fire Officer, Trust Fire Safety Manager or Sports Centre Manager