



Swimmers Training and Competition Etiquette.

Training

- To arrive in good time on poolside before the training session begins to complete a pre-pool warm up as directed by the coach.
- If arriving late please report to the coach on poolside before entering the water.
- In the interest of safety to obey any instructions given by the coach or poolside helper.
- Always swim to the wall as you would in a race and practice turns as instructed.
- Do not stop and stand up in the lane or obstruct others from completing their training.
- Do not pull on the lane ropes as this may injure other members.
- Do not skip lengths or sets as this will impact the overall integrity of the session and to do so means you are only cheating yourself.
- Think about what you are doing during training and if you have any problems or do not understand what has been requested of you, do not hesitate to discuss them with the coach at an appropriate time.

Competitions

- You will be required to attend events and galas that the coaches have entered/selected for you unless otherwise agreed by prior arrangement with your coach.
- You will be required to wear appropriate swimwear, club kit – tracksuits, t-shirts, shorts, hats as per club rules.
- You will report to the coach/team manager on arrival to poolside.
- You will warm up before the event as directed by the coach and ensure you fully prepare for the race.
- You will be part of the team and remain with the team on poolside, should you need to leave poolside for any reason you will obtain the consent of the coach or team manager prior to leaving.
- After the race you should report to the coach for feedback before going to see parents or friends.
- You will support your team mates and be supported by them.
- If there is an opportunity to swim down after the race this should only be done as advised by the coach.
- Behaviour in the swim down facility must be appropriate and respectful to other users at all times.
- Always be respectful to officials and other volunteers.