



HERTSMERE FLYERS SWIMMING CLUB

CODE OF CONDUCT:

Session Conduct

SWIMMERS.

- Swimmers are to arrive poolside 5 minutes before start time of session.
- Club hats to be worn for sessions.
- Upon arrival on poolside, swimmers are to go to the groups designated lane and prepare for warm up.
- If swimmers need to leave the poolside they are to inform either Lane Assistant or Coach, before doing so and upon return.
- All swimmers, unless by prior arrangement with either Lane Assistant or Coach, are to remain poolside until the end of session.

LANE ASSISTANTS/COACH.

- To be available for swimmers, 5 minutes before start time of session.
- Inform swimmers what to do once the session time starts, direction of swimming and warm-up details.
- Inform swimmers of session details and give stroke correction.
- Be aware of any swimmers leaving the poolside, also checking their return.
- Any problems inform the coach as soon as possible.
- All incidents occurring during the session must be logged in the incident diary and signed by the appropriate people.

Gala Conduct

SWIMMERS.

- Swimmers are to arrive 30 minutes before start time of warm-up. Upon arrival they are to inform the designated Team Manager.
- Swimmers to take directions from Team Manager.
- Club costumes and hats to be worn for team events. Alternatively a plain black costume.
- Upon arrival on poolside, swimmers are to go to the clubs designated position and prepare for warm up.
- For warm up details report to the Coach or Assistants.

- For start of gala, all swimmers are to be poolside.
- During events swimmers are to encourage other team members who are swimming.
- No portable radios, walkmans, mp3 players, etc are to be used when on poolside.
- If swimmers need to leave the poolside they are to inform either TM, before doing so and upon return.
- All swimmers, unless by prior arrangement with either TM, are to remain poolside until the last event.
- All swimmers must ensure that they take all their personal belongings with them when they leave and that all their litter is deposited in a litter bin and NOT left poolside

TEAM MANAGERS.

- To be available for swimmers to check – in, 30 minutes before start time of warm-up.
- Inform swimmers what to do once they are checked – in, (changing rooms, poolside position etc).
- Inform swimmers of their event details and send them to start end, at least two events before.
- Be aware of any swimmers leaving the poolside, also checking their return.
- Any problems inform the coach as soon as possible.
- Any incidents occurring during the gala must be logged in the incident diary and signed by the appropriate people.

START/TAKEOVER/FINISH ASSISTANTS.

- Be available poolside for start of the warm up session. For details ask the coach.
- Start/Finish - encourage and remind swimmers of finer points for the relevant events.
- Takeover – remind swimmers about the rules.
- Make any notes of anomalies seen and report them to the coach as soon as possible.
- During the relay events, ensure correct number of swimmers and confirm their strokes.
- Ensure, as far as possible, that the relay order is correct.
- Once swimmers have finished ensure that they either quickly get out or stay in the water.
- On completion of their events swimmers are to return to club area.