



Wellington (Telford) Swimming Club

Affiliated to the West Midland Region ASA and Shropshire ASA

www.wellingtontelfordasc.co.uk

Summary of Expectations

All club members are expected to comply with the code of conduct guidelines issued when joining the club, which can be found on the Club's website.

However, we wish to highlight separately, what we expect from our swimming members.

Swimming members are expected to:

- Attend all available training session as advised by the coach
- Be on poolside ready to swim at least 5 minutes before the official start time of the session to familiarise themselves with the program and allow for any questions to be asked. Lateness due to exceptional circumstances will be tolerated up to 5 minutes into session time. After this, swimmers cannot be permitted to enter the session.
- Inform the coach of any injuries or ailments BEFORE the start of a session – ideally this should be communicated directly by the parent to the coach.
- Bring all your equipment with you – goggles pull buoys, kick boards, hand paddles, swim fins and water bottles. Look after them and make sure they are named. Ensure you have sufficient fluids for training. Water is ideal and must be brought to all sessions of 1 hour and above.
- Keep swimming throughout the session. Repeated stopping or putting feet down in the shallow end cannot be tolerated and is detrimental to your training and to other swimmers. If you experience any difficulty whilst swimming you must exit the pool fully and inform the main session coach (not another swimmer, helper or assistant!).
- Respect and follow instruction given by coaches, poolside helpers, officials and other club members. Failure to do so may result in the swimmer being removed from the session.
- Be courteous to other swimmers (lane etiquette) – swim the program as instructed, no more – no less. Inappropriate behaviour towards another swimmer may result in removal from the session.
- Parents are requested to remain at the pool during the session in the viewing area. Swimmers of Primary School age should be supervised by their parents/responsible adult during all sessions. This enables coaches to give regular updates of their child's improvement and allows for club information to be reviewed (notice board, website). It is parents and swimmers own responsibility to update themselves on events as publicised.
- Remember to wear club colours, hats, costumes and t-shirts at all competitions or Open meets.
- Unpaid fees could result in the swimmer not being allowed to swim until arrears are fully paid

Please remember that all coaches, teachers and helpers are unpaid volunteers giving up their free time and evenings for the benefit of swimmers.