



EVERTON SWIMMING ASSOCIATION

WELCOME STARTER PACK

Dear **Parent/Guardian**,

EVERTON SWIMMING ASSOCIATION would like to welcome you and your child to our club and provide you with some information about our activities.

The club provides opportunities for young people between the ages of Five and Eighteen to receive coaching and competition in Junior and Senior Cup & League Competition. All teaching and coaching is undertaken by qualified coaches, who have been screened for their suitability for working with young people and hold all the required mandatory qualifications to work with young people.

As a sports club, we are committed to providing high quality standards for all participants in relation to effective management, quality coaching and competition, and safety in sport. Our Welfare team is responsible for ensuring that our safeguarding policy is implemented and can be contacted on [**evertonclubchair@hotmail.com**](mailto:evertonclubchair@hotmail.com) should you have any concerns. All our new members, both parents and children, must adhere to the following agreements. This will ensure your child's safety and wellbeing.

Parent's agreement:

- I will deliver and collect my child punctually to and from training sessions/competitions/events. I will inform their coach, the Head Coach or a club official if there is an unavoidable delay/problem.
- I will inform their coach, the Head Coach or Welfare Officer before a training session/competition/event if my child is to be collected early and if so, by whom.
- I will ensure my child is properly and adequately attired for the training sessions/events/competitions and has all mandatory equipment, i.e. hats, goggles, paddles, kick boards, fins, water bottle etc. I will clearly label all these items with my child's name.
- I will ensure my child's needs are met in terms of nutrition and listen to advice given by the club coaches.
- I understand if my child is taken ill during a training session/competition/event they will be requested to sit poolside or in the land training room and I will be contacted to collect them.
- If the club changes my child's lane and/or training times, I will remember that the change is to provide appropriate levels of training and I shall support and encourage this at all times.
- I will not enter the club changing rooms if my child is aged 8 years and above except in the case of an emergency. Parents/Guardians wishing to supervise their swimmers (aged 8 years and above) in the changing rooms should use the Leisure Centre public changing rooms.
- I will not enter poolside unless requested to do so or in an emergency.

- I will not coach my child whilst they are in a training session.
- I will respond promptly to all emails, correspondence and telephone calls from the club, coaches and officials.
- I will ensure all training fees, Club and Swim England (SE) subscriptions and gala fees are paid in full and promptly as directed.
- I will complete, update and return promptly and fully all forms as and when required by the club and its officials.
- I will provide details of any health concerns, including allergies, relevant to my child on the Annual Membership and Consent Form.
- I will also report any changes in the state of my child's health as and when they occur to the coach prior to the training session and to the club officials.
- I will ensure the club has up to date contact details for me and any alternative emergency contact person.
- I will inform the coaches of any important changes to my child's health, medication or needs and also of any changes to our address or phone numbers given.
- In the event of illness, I give permission for medical treatment to be administered where considered necessary by a nominated first aider, or by suitably qualified medical practitioners. If I cannot be contacted and my child should require emergency hospital treatment, I allow a qualified medical practitioner to provide emergency treatment or medication.
- I agree to abide by EVERTON SWIMMING ASSOCIATION'S Parent's Code of Conduct

Swimmers agreement:

- I will at all times treat all members of the club (including fellow swimmers, coaches and officials, competitors and representatives from competing clubs) and persons associated with Swim England (SE) with due dignity and respect.
- I will treat everyone equally and never discriminate against another person associated with SE on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
- I understand that the use of inappropriate or abusive language, bullying, harassment or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policies.
- I will display a high standard of behaviour at all times..
- I will always report any poor behaviour by others to my coach, the Head Coach or Club Welfare Officer. Details of the Club Welfare Officer can be found on the Club notice board and website.
- I will recognise and celebrate the good performance and success of fellow club and team members.
- I will always behave in a responsible and safe manner whilst in changing rooms.
- I will respect the privacy of others, especially in the use of changing facilities.
- I will treat my coach and fellow members with respect.
- I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
- I will use the toilet before my training session begins.
- I will arrive in good time on poolside before the training session starts to complete warm up and stretching as directed by my coach.

- I understand that if I arrive late, I must report to my coach before entering the pool/land training room.
- I will ensure that I have all of my equipment with me for swimming/land training e.g. trainers, swimming costume, paddles, kick boards, fins, hat, goggles, water bottle etc.
- If I need to leave the land training/pool for any reason during training, I will inform my coach before doing so.
- I will listen to what my coach is telling me at all times and obey any instructions given.
- I will always swim to the wall as I would do in a race, and I will practice turns as instructed.
- I will recognise and celebrate the good performance and success of fellow club and team members.
- I will not stop and stand in the swimming lane, or obstruct others from completing their training.
- I will not pull on the lane ropes as this may injure other members.
- I will not skip lengths or sets – to do so means I would only be cheating myself.
- I will be aware of my strengths and weaknesses when deciding my position in a swimming lane.
- I will think about what I am doing during training to get the most out of it, and if I have any problems, I will discuss them with my coach at an appropriate time.
- If I have problems with the behaviour of fellow members, I will report them to my coach, the Head Coach or the Club Welfare Officer.

Competitions

- At competitions, whether they be open meets, national events or club galas, I will always behave in a manner that shows respect to my coach, the officials, my team mates and the members of all competing organisations.
- I understand that I will be required to attend events and galas that the Head Coach has entered/selected me for unless agreed otherwise by prior arrangement with the relevant club official and coach.
- I understand I must wear club uniform and swimming hat as per the rules laid down by the club/event organiser when representing the club at events/competitions/galas.
- I will report to my coach and/or team manager on arrival on poolside at the event/competition/gala.
- I will warm-up before my event(s)/race(s) as directed by the coach in charge on the day and ensure I fully prepare myself for my race.
- I will be part of the team. This means I will stay with the team on poolside.
- If I have to leave poolside for any reason, I will inform, and in some cases, get the consent of the team manager/coach before doing so.
- I will listen for my race to be announced, go to the marshalling area in good time and report in, and ensure I have my swimming hat and goggles with me.
- After my race I will report to the coach to receive feedback on my race and splits.
- I will support my team mates. Everyone likes to be supported and they will be supporting me in return.
- I will swim down after my race, if possible, as advised by my coach.
- My behaviour in the swim down facility must be appropriate and respectful to other users at all times.
- I will never leave an event/competition/gala until either it is complete or I have the explicit agreement of the coach or team manager.

I agree to abide by **EVERTON SWIMMING ASSOCIATION'S Swimmers of Conduct**