



AFFILIATED TO S.E.R.A.S.A., K.C.A.S.A., M.A.S.A

Pool Rules

All swimmers are to be guided by the following set of rules during Lessons/ Training Sessions. Should you have any concerns or complaints you can speak to your coach, Ian Simmonds, Coach Liaison Officer or Caroline Wilson, Club Welfare Officer.

1. For your own safety and that of others, please do not walk around on poolside until your session begins. Swimmers should not enter the water until instructed to do so. Only those swimmers whose lesson/ training is in session or those assisting coaches (at the request of the coach) should be on poolside, at all other times swimmers are to wait in the foot bath area of the pool prior to their session.
2. Before entering the pool all swimmers must ensure they have all equipment with them and leave it at the end of the lane, ready to use. All other bags are to be left on the island opposite footbath (not in changing rooms).
3. All jewellery should be removed.
4. All swimmers must be on poolside or in the land training venue promptly prior to the start of each session. It is important that swimmers complete the proper warm-up and can only do this if arriving on time.
5. Swimmers are required to fulfil the session requirement in terms of time. Swimmers will not be allowed to join a session part way through unless they have permission from the lane coach.
6. Toilet breaks are to be taken between sets, not during sets at the discretion of the coach.
7. Show respect for all coaching staff regardless of whether they are your permanent coach or another member of staff who is covering. Many of our teachers and coaches at the club are volunteers who are generously giving their time to support your swimming.
8. The use of foul or abusive language will not be tolerated. Anyone using such language will be asked to leave the session and will be subjected to a two week suspension.
9. If you are asked to leave the session you must leave immediately. Confronting the coach during the session will cause further disruption and will not be tolerated.
10. Please inform your squad coach if you are receiving any medical treatment that may affect your swimming.

11. Gravesend and Northfleet swimming Club have ZERO TOLERANCE policy on bullying. Please show respect for other swimmers and your coaches. You are all part of one team.
12. Show respect for the facilities we use by making sure that you do not leave any mess on the poolside or in the changing rooms.
13. If you need to leave a training session due to illness or injury please let your coach know before doing so and ask them to arrange for your parents/carers to be contacted to collect you. Once changed return to poolside until your lift home arrives.
14. Anyone later than 10 minutes will be refused entry to the session. Exceptions are by prior agreement with your coach at least ½ hour before the commencement of the session or unavoidable circumstances.
15. All periods of lateness will be recorded and monitored and where necessary appropriate action will be taken.