

STROUD MASTERS SWIMMING CLUB



MEMBERS RULES AND CONDUCT

Safety:

Safety is extremely important to us. Each of us has a responsibility for the safety of ourselves and others.

Several swimming members are qualified to the Royal Life Saving's National Rescue Award for Swimming teachers and Coaches award (NRASTC).

At least one NRASTC swimming member will attend the Monday, Wednesday and Friday morning sessions and act as 'lifeguard'. During these sessions, the NRASTC swimming member will also be swimming. We have a risk assessment for these sessions and carry out regular incident scenarios to ensure our swimmers are not put at risk. Should you wish to see the risk assessment please ask.

Our Tuesday evening session is covered by a NRASTC qualified 'lifeguard'.

Our Sunday morning session is covered by a Lifeguards employed by Stratford Park Leisure Centre.

We are insured through our Swim England. Our insurance certificate can be viewed at <http://stroudmasters.org/about-2/documents/>.

In the Event of an Emergency:

Should you hear **1 LONG and 3 SHORT BLASTS** on the whistle you must:

- **STOP swimming immediately**
- **Get out of the pool as quickly as possible.**

You will then receive instructions from your Coach, Lifeguard or NRASTC swimming member. This may include being asked to summon help by making a phone call.

Being Respectful:

Coaches give up a great deal of time each week to prepare and run sessions. Other swimmers have goals and objectives they are trying to meet. We therefore have few simple guidelines that we ask you to follow to ensure the Club remains '*A friendly adult club for all things swimming*'. Please:

- Be respectful of coaches, other swimmers and other facility users.
- Be on time and properly equipped, including bringing any session payment required.
- Tell your coach of any injury or other factor that may affect your swimming or safety
- Listen carefully as coaches explain to you the swim sets; it impacts on both coaches and other swimmers if secondary conversations are taking place while they are trying to do this.
- Swim the set you have been given. If there is a reason why you feel you may need to vary it – for example if you have an injury – discuss it with the Coach.
- Observe lane [etiquette](#).
- Inform your coach if you need to leave the session early for any reason.
- Help with the tidying, getting out and putting away of equipment such as lane-ropes or floats.
- Follow the rules and procedures specific to the different training facilities.

- Familiarise yourself with, and pay attention to, club safety procedures (see [Safety](#) and [In the Event of an Emergency](#)).
- Wear the current club polo shirt when representing the club in competitions (*these are provided free for swimmers who take part in Masters events*).

Avoiding Accidents and Lane Etiquette:

All swimmers are expected to follow safety procedures and to watch for fellow swimmers in the same and adjacent lanes. If you observe another swimmer in distress, please raise the alarm.

If your goggles leak or you have some other problem whilst in the water that requires you to stop, please try to get to the end of the lane before standing. If this isn't possible, pull over to the side of the lane and out of the way of other swimmers. Collisions have occurred. In the past: so please try not to be the cause of one by following these measures.

Different swimmers swim at different speeds. The session coach will advise you as to which lane to swim in if you are a new member or are unsure of which lane you should be in.

Lane etiquette is both for safety and to ensure all swimmers get the most from their session. A simple lane etiquette is as follows:

- Give way to faster swimmers
- The faster swimmer should tap the heels of the swimmer ahead to alert them to his or her presence.
- If your heel is tapped continue swimming to the end of the pool and wait until the faster swimmer has passed.
- If you become aware of a faster swimmer gaining on you, swim to the turn and wait.
- Adjacent lanes will swim in different directions, this is to ensure that swimmers swimming alongside each other are swimming in the same direction and cannot clash. Make sure you check whether your lane is turning clockwise or anti-clockwise. If you notice your lane or the adjacent lane is swimming in the wrong direction, please make the Coach, Lifeguard or NRASTC swimming member aware.
- Ensure that the ends of the lane pool are kept clear before and after sets so that others who may still be swimming can complete their set unhindered and collisions are avoided.
- At the start of a set or interval please leave at least a 5 -second interval between yourself and the swimmer ahead of you.
- If you need or want to move to a faster or slower lane for any reason, please talk to the poolside coach first.
- Please be aware that sometimes during busy sessions swimmers it may be asked to change lanes. If requested to change lanes, please see it as a positive ...it can be a good challenge to:
 - try to chase faster swimmers.
 - lead a slower lane. Remember, if you're leading the lane you are not drafting and are therefore having to work harder than the swimmers who are drafting you.

Equipment:

The minimum you'll need is a costume, goggles and a towel.

A plastic sports drink bottle with water is useful (drinking water is fine for sessions of up to 1 hour).

Sometimes the swim set may require the use of a pull-floats, kick-floats (these can usually be borrowed from the poolside). Fins, paddles and swim specific snorkels are always optional.

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