



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. If you see something unsafe, please report it to the coach or NRASTC member.

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

At least one NRASTC member will attend the Monday, Wednesday and Friday morning sessions and act as 'lifeguard'. During these sessions, the NRASTC swimming member may 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 member or coach.

Our Sunday morning session is covered by a National Pool Lifeguard Qualification (NPLQ) Lifeguard employed by Stratford Park Leisure Centre.

Insurance

Our insurance is managed by Swim England. At the time of writing this is via Howden's, and the insurer is Hiscox. 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 member. You may be asked to summon help by calling the emergency services (999).

Be Respectful

Our coaches and NRASTC members give up a great deal of time each week e.g. to prepare and run sessions, and/or ensure your safety. Other members have goals and objectives they are trying to achieve. 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 others e.g. our coaches, our NRASTC members, other members, and other users of the facility.
- Arrive on time.
- If training aids are required (and you have them) bring them to the session.

- Tell the coach or NRASTC member of any injury or other factor that may affect your swimming or safety.
- Listen carefully as the coach explains what you need to do; *it impacts on coaches and other swimmers if secondary conversations are taking place while the coach is trying to explain something.*
- 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 up, and the getting out and putting away of equipment such as lane-ropes and floats.
- Follow the rules and procedures specific to the training facility.
- Familiarise yourself with, and pay attention to, club safety procedures (see [Safety](#) and [In the Event of an Emergency](#)).
- Where provided, wear the current kit when representing the club in competitions.
- If you have registered as 1st claim for Stroud, and you choose to take part in a competition, you should represent the club when requested to do so.
- We encourage you to wear your Stroud Masters swim cap with pride. Please remember that when doing so you are representing the club.

Avoiding Accidents

All swimmers are expected to follow safety procedures. If you observe another member 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 stopping. If this isn't possible, pull over and get out of the way of other members.

Members swim at different speeds. If you are a new member, or are unsure of which lane you should be in, the coach will advise you on which lane to swim in.

Lane Etiquette

Lane etiquette is both for safety and to ensure all swimmers get the most from the session.

Following these simple rules will help achieve this:

- Give way to faster swimmers.
- The faster swimmer should gently tap the heels of the swimmer ahead to alert them to their 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 end and wait until they have passed.
- Adjacent lanes will swim in different directions, this is to ensure that swimmers swimming alongside each other are swimming in the same direction and are less likely to cause injury if there is a clash of arms for instance. Make sure you check whether your lane is swimming clockwise or anticlockwise. If you notice your lane or the adjacent lane is swimming in the wrong direction, please make the coach, Lifeguard or NRASTC 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 can be avoided.
- At the start of a set or interval please leave at least a 5 -second interval between you and the swimmer in front of you.
- If you need or want to move to a faster or slower lane for any reason, please talk to the coach first.

- Please be aware that sometimes during busy sessions you 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 often be borrowed from the facility provider if you don't have your own*). Fins, paddles and swim specific snorkels are always optional.

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