

# Swimmers – Discipline

Here are a few rules, which we expect all swimmers to follow

Arrive on poolside 5 minutes before the start (where the session allows). Find out what the warm-up is and have your hat and goggles on ready to start the session. At this point flexibility exercise can commence.

Swimmers may be refused entry to a session if they are late. This is in the interests of Health & Safety of all swimmers in the pool.

Swimmers are expected to complete a full training session. Swimmers are not permitted to swim for an hour where the session is a two-hour session etc. unless permission has been arranged with the coach. It is important the swimmers complete the full session and finish with a swim down.

Bring **everything** you need onto the poolside. No one should need to get out during a one hour session – for the toilet or any other reason. Go to the toilet before the start. If you get out without a genuine reason, you may not be allowed to continue the session.

All starts should be from the wall, all finishes should be on the wall. Make room for the incoming swimmer to finish. Proper turns should be attempted at all times

Get into your proper order for the swim. Swimmers cannot give maximum effort if they are being held up by another swimmers  
If a swimmer from behind catches you up, let him/her go before you in the next swim. **Do not** pull on swimmers feet, this is dangerous and may drag them under. Only overtake when safe to do so.

## **These are the Club Training Rules**

(If there is a problem – see the Coach before the session)