



The Club Rules

(20th February 2015)

Information remains the same July 2020

Heanor Swimming and Lifesaving Club is fully committed to safeguarding and promoting the wellbeing of all its members. The Club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of themselves and others. Therefore members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the Executive Committee

As a member of the Club you are expected to abide by the following code of practice.

What the Club expects from members:

- To arrive for Lessons, Rookie or Speed sessions on time.
- To have all the appropriate equipment (Swim caps to be worn, girls swimwear must be a one piece swimsuit).
- To participate for the entirety of their session.
- Not to attend if they have had a stomach upset within 48hrs, have a cold/flu, have an ear or throat infection.
- To inform the coaches of any medical condition recently developed and has any necessary treatments available.
- To use the lockers provided to store personal belongings. The Club takes no responsibility for the loss or damage of personal items.
- To comply with the reasonable instructions made by coaches, poolside helpers, committee members and Leisure Centre staff.
- To be attentive during sessions and not distract other members.
- Not to use mobile phones or other electronic devices during coaching sessions (Except in a case of emergency and in agreement with the coach).
- To behave in a respectful manner at all times.
- To be able to contact their parent / guardian should the session be terminated early for any reason.
- To behave in a safe and responsible manner at all times.
- Bullying of any kind will not be tolerated. Any reported incidents will be investigated and addressed.
- To pay promptly for events, competitions and additional training which is over and above the base scheduled learning / training programme.

As a parent / guardian of a club member you are expected to abide by the following code of practice.

What the Club expects from parents / guardians:

- Encourage your child to learn the rules and play within them
- Discourage unfair play and arguing with coaches/ teachers
- Help your child to recognize good performance , not just results.
- Set a good example by recognizing fair play and applauding good performance of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport
- Use correct and proper language at all times.
- Maintain prompt payment of membership fees and other costs as necessary.
- To adequately supervise the behaviour of children for whom you have parental responsibilities when not under the direct supervision of the Club's coaches on poolside. Note, the Club is not responsible for activities in the changing rooms
- To collect children promptly at the end of the session.
- Update information relating to their child's membership of the Club, particularly in relation to emergency contact details.
- Update the club on any changes to their child's health and new medical conditions.
- Provide a written consent for members aged 16 years and under that intend to participate in events other than the Clubs planned Monday and Friday sessions.
- Provide a written decision about the use of photography that may include their child for publication in club media and local / national publications.
- Use appropriate means to give feedback to coaches and committee members respecting individuals work and family commitments.
- To ensure the child is ready for their session at poolside and not "dropped off" at the leisure centre.

For parents / guardians of members under the age of 12:

- To be present on poolside or nominate a responsible adult to take on parental responsibility in their absence during the Club session.
- To notify the coaching team as to who is the nominated responsible adult.

For parents / guardians of members over the age of 11:

- Ensure their child is able to contact them should the session be terminated unexpectedly or in the case of emergency.

- Be available to collect their child promptly should the session be terminated unexpectedly.

What the Club expects from coaches and poolside helpers:

- Abide by the Club constitution, rules and procedures.
- Communicate clearly and consistently with members and parents with regard to changes to lessons, training sessions and plans for external activities.
- Provide information about team selection processes.
- Apply the Club rules and procedures fairly and consistently.
- Ensure the applicable and appropriate level of competency is held by the coaches and poolside helpers.
- Reassure children in the case of accidents and/or incidents and seek support from the poolside Lifeguard who will provide first aid, request any additional support and follow the Leisure centre procedures. The Coach should contact the parent / guardian at the earliest opportunity.

What the Club expects from Committee Members:

- Abide and act in accordance with the Clubs Constitution, Rules and procedures.
- Respect Confidentiality.
- Respect the opinions of other Club members.
- Ensure that other committee members are party to decisions and actions taken by them.
- Attend Committee meetings on a regular basis and participate to maintain and develop the Club.
- Co-ordinate communication with members and parents / guardians.

The Club and its officials are not responsible for the supervision of the members outside of the pool and poolside area.

The Club and its officials are not responsible for the loss or damage to any valuable or personal items