



Swimmer behaviour Policy
for
Chase Swimming Club
V.1.0



Swim England
Affiliated Club

SwimMark



Following the
**Swim
England**

Learn to Swim
Programme



Training Sessions: Swimmers should:

1. Arrive in good time to get changed and be ready for the warm-up at the start time. If you are unavoidably late for a session, please contact your coach. The coach of that session has discretion to let you swim or not.
2. Pay attention to pre-training instructions and explanations at the beginning of each session.
3. Go to the toilet before training begins and always inform the coach if you need to leave the pool.
4. Keep hydrated – have at least 1 filled water bottle ready for consumption during training.

Lane Etiquette during training: Swimmers must:

1. Having been allocated to a lane by the Coach, train accordingly to the programme this lane has been given.
2. Always swim to the wall as you do in a race, and practice turns as instructed.
3. Do not stop and stand in the lane, you may get injured.
4. Do not pull and/or sit on the ropes as this may injure other swimmers.
5. Remain conscious of where your teammates are in the lane.
6. When coming in to turn you must not cut across the lane before making your turn and push off straight – do not turn and then push off at an angle as this is dangerous for the swimmer behind you.
7. Do not try to overtake someone on the outside between the flags and the wall or within the flags and the lane end - you risk turning on top of each other.
8. Be considerate to allow a faster swimmer to pass safely by slowing down, avoid stopping where possible, and do not submerge to let the swimmer pass.
9. Pulling on other swimmers is forbidden as it is dangerous.



10. Always leave a 5 second/5m gap to allow for space in the lane when swimming with your teammates.
11. Do not swim in the middle of the lane – this is the area to be used for passing and is also the extra space needed for the extra inches of the arms and legs of Breaststroke and Butterfly.
12. Remember to allow other swimmers behind you to turn or finish correctly and safely.

Competitions: Swimmers must:

1. Swim events and galas that the Coach has entered/selected you for.
2. Only enter meets at an open meet that has been agreed by your coach.
3. Show respect and compliance to the Coach and/or Team Manager when poolside.
4. Behave in a manner that supports and reflects the reputation of Chase Swimming Club.
5. Always wear the Chase kit (Swim hats / t-shirts) at Leagues and Open Meets. Chase SC kit club kit must be worn for the presentation of medals/awards.
6. At Open Meets, ensure you comply with arrangements and timings for the meet. Warm-up before the event. Prepare yourself for your races.
7. Warm up properly by swimming, not playing or stopping in the lane. Always follow the instructions of the warm-up Marshals.
8. Be part of the team. Stay with the team on poolside. If you leave poolside for any reason, you must tell the Coach and/or Team Manager where you are going.
9. Listen for your race to be announced. Report to the Marshalling Area /Clerk of the Course/Competitors Stewards in good time for your race(s). Take your hat and goggles with you!
10. Support your teammates.
11. (If the facility exists) Swim down after each race. Do not use this time to play.
12. After your race report to the coach to receive feedback on your race.



13. Let the coach be the judge of your performance, it may not be as bad as you think!
14. Accept all the judgments of officials. If you do disagree with the decision speak to your coach and they will speak to the officials if needed.
15. Most of all – HAVE FUN!!