



## **DARWEN AMATEUR SWIMMING CLUB**

### **TRAINING REQUIREMENTS**

**Parents - please ensure your children are aware of these requirements**

#### **Before session:-**

**Leave all belongings in a locker - £1 or locker token is needed for these**

**Use the toilet – you may not be able to leave the pool during training**

**Ensure you have all equipment with you and ready to use :-**

1. Caps - girls must wear caps, many boys also choose to wear caps.
2. Goggles - these should be ready for use (too much time is being wasted on making them fit during sessions).  
**It is advisable to carry spare goggles and caps in case of breakage.**
3. Drink - water or diluted juice or squash (no fizzy drinks, bottles or cans allowed)

**Be ready on poolside 5 minutes before the session starts - this means hats and goggles on. You will be asked to shower quickly just before the session starts. Sit quietly on the benches provided until told to enter the water.**

**Anyone arriving late for training must report to the coach on poolside who may instruct swimmer to carry out flexibility exercises to Late arrivals disrupt the session and miss the warm-up which is vital to their wellbeing and training**

#### **During session:-**

**Enter the water safely when told to do so**

**Do not leave the pool without permission**

**Do not approach the spectator area – whilst in the pool your teacher/coach will instruct you**

**Listen to your teacher/coach**

**Complete the work set for you**

#### **After session:-**

**Leave the water when told to do so - taking all belongings from poolside**

**Shower and change as quickly as possible and leave the changing rooms**

**Please note that the Club is not responsible for swimmers once they have left the poolside area**