



Swimming Club Rules

All members and Parents must obey the local rules of the swimming pool.

Adults accompanying children under the age of 8 **must** stay on the pool premises.

Children over the age of 7 are not allowed in the changing room of the opposite sex.

No swimmers will be allowed poolside without Ilminster Swimming Club teaching staff present.

No entry into water by any method, unless under teacher guidance.

Swimmers will be allocated lanes or groups according to ability and must remain in those groups until directed otherwise.

Swimmers must notify the teacher if they wish to leave the pool area.

The club will not be held responsible for any personal property brought to swimming sessions and will not be liable for any property that is damaged.

For swimmers taking part in the Annual Club Gala/Championships, Ilminster must be their first named ASA swimming club and the three months probationary membership must be completed.

Swimmers must wear a swimming hat at all times when in the water.

The Teachers and Committee Members are only responsible for the safety and well-being of the swimmers while they are in the swimming pool. The Parents/Carers are responsible at all other times and this includes the changing rooms, foyer, and transporting the swimmers to and from the pool.

For insurance purposes Parents/Carers must inform the club if the swimmer has any medical or physical condition. Any subsequent change in the condition, however slight, must also be notified. This information will be held in the strictest of confidence.

General Information

Badges & Certificates

Badges and Certificates are worked for throughout the year and should your child/children have obtained any badges and certificates outside Ilminster Swimming Club, please let the swimming instructor know. A notice is placed in the register file detailing all the badges and certificates awarded to your child/children including the cost. You are asked to check on a regular basis and notify the teacher which badges and certificates are required. If you choose not to have any of the badges or certificates, a record is kept of the child/children achievements with the swimming instructor for future reference.

Transportation

Transportation must be arranged between Parents / Guardians, it is not the responsibility of the Instructor, or any club official.

Food and Drink.

Swimmers are reminded not to eat at least 1½ hours before your swimming time. Eating of chocolate can make a child feel sick whilst swimming. Fizzy drinks are not advised as this has a similar effect as chocolate. It is recommended that a still drink is brought with you to your training sessions. No food should be taken poolside.

Jewellery, Watches & Valuables.

No necklaces, rings, bracelets or watches are to be worn whilst swimming. These present a danger to the swimmer and to others. Please respect this request.

Jewellery / Watches should be taken off before swimming, but should not be left in the changing room area, please give items to a parent / guardian or bring onto poolside or place in a secure changing room locker.

Do not leave any valuables in the changing room areas including mobile phones, MP3 players, games consoles etc.



Child Protection.

The use of video and or still photography including camera phones (or any other form of recording devices) are prohibited at any swimming lessons unless prior written consent is granted by Ilminster Swimming Club and the parents of the swimmers at each session.

Health and Safety

Medical / Illness

Registration / Medical Forms are treated as private and confidential information by the Head Coach and appropriate members of the committee.

Only essential information would be passed onto the appropriate assistant or teacher if necessary.

Any medical or educational problems should be reported to the swimming instructor as this is important information required to ensure the safety, well-being and welfare of your child / children when undertaking swimming lessons.

Asthmatic swimmers and asthma Inhalers must be reported to the lead swimming instructor and asthma inhalers must be kept on poolside at all times. It would be at the discretion of the swimming instructor or lifeguard if a child/ children who do not bring their inhaler would be allowed to take part in any lesson.

Illness / Coughs / Nosebleeds / Head injuries, Open cuts and Grazes / Eye or Ear infections / Headaches.

Should your child / children suffer any of the above or similar within 24 hours before swimming, it is advisable not to allow them to participate in swimming. This is under the guidance of the Public Swimming Pools Health & Safety Act. If you are unsure whether your child / children can swim, please contact the swimming instructor in advance for guidance.

Sickness and / or Diarrhoea

PLEASE DO NOT ALLOW YOUR CHILD / CHILDREN TO SWIM
FOR AT LEAST 48 HOURS AFTER SUCH ILLNESS.

If vomit or fluid faeces entered the water, the pool would be shut down for as long as it takes for the pool maintenance department to declare it safe for the public to swim again. Ilminster Swimming Club would be liable for the loss of revenue during that time should it be proved to be our responsibility.

Swimming Clothes & Pool Hygiene

Bathing Costumes and Swimming Trunks

Girls – Full swimming costumes and swimming hat

Boys – Swimming costume or swimming trunks and swimming hat

The wearing of Bikini's, Bermuda shorts, Cycling shorts or long shorts is not permitted.

Please label all swim wear.

A swim hat must be worn during swimming lessons – “No Hat No Swim”

Cloth, Latex, or Silicone swimming hats can be purchased at any good sports shop, or alternatively an Ilminster Swimming Club hat can be purchased from your swimming instructor or committee member.

Swimming Towels & Shower Items

Please ensure all items are marked with your name, these items can be placed in a locker in the changing rooms or alternatively taken along with your clothes onto poolside in a waterproof bag. If left



in the changing room after your lesson they will be collected by the Leisure Centre staff and taken to the lost property, where they will be retained for a period of one month before disposal.

Swimming Pool Hygiene

Swimmers should use the toilet before swimming; young swimmers should be encouraged to do so by their parent before the lessons start. Taking a shower both before and after swimming is recommended, at some pools this is a mandatory requirement.

WAITING & CHANGING ROOM AREAS

PLEASE NOTE

This is quoted from the Terms and Conditions on our Hiring Agreement with Cresta.

"Children/adults not swimming should remain in the reception area and must not enter poolside in the changing rooms unless it is to help a young child"

Children waiting for their lesson to start should remain in the reception or quietly in the changing room ready to start. Children must not enter poolside without the instructor and lifeguard present.

Under NO circumstances must a child enter the pool until instructed to do so by their swimming instructor.

Swimmers Safety

The Club believes that the welfare of the children is everyone's responsibility and that all children have the right to have fun, within the grounds of recognised safety procedures and be protected from harm.

The Club has, in accordance with ASA Law adopted the ASA Child Protection Procedures and its members will comply with the said Child Protection Procedures.

No child / children should be left unattended at anytime. Parents and guardians are responsible for the child / children before and after their child / children's allotted swimming time.

If you leave the building for any reason, please inform another parent who is staying. Please always check that no child / children is left alone in the building or changing room when their lesson is over.

The teacher or lifeguard is not there to look after your child / children once a lesson is finished.

Be vigilant of strangers and report any suspicious circumstances immediately to the swimming instructor, lifeguard or leisure centre staff. If you have any question about this document or anything else contact one of the swimming instructors, the club chairman or any other member of Ilminster Swimming Club committee.

Finally most important of all – Swimming should be fun

Please help us to keep it that way for everyone concerned!

Summary of ASA Changing Room Policy



Duty of care to swimmers in changing facilities

The ASA have been asked by many clubs to clearly state what responsibility the club has for swimmers in changing rooms before, during and after training or competition.

Under the duty of care to safeguard children the club have a responsibility for the wellbeing of children in the changing rooms.

This does not mean the parents have no responsibility but parents are often not in the pool complex at the time when children are swimming and training to exercise their duty of care. For this reason clubs must be clear to parents under what circumstances they require parents to remain at the pool throughout a session. For example, with young children who require assistance in changing or for those children with a disability who may require additional help the club cannot provide.

Responsibility during a club session

The issue of club responsibility during training sessions when a swimmer uses the toilets or changing room has been raised on several occasions. The ASA view is that while a child is training they remain under the responsibility (duty of care) of the person who is teaching / coaching them at that time on behalf of the club. If a swimmer goes out of the pool area, the coach / teacher should be aware of this. If the child fails to return in a reasonable time, or appears upset upon leaving the poolside the coach / teacher should request a suitable club official to check on them. It is best practice for two persons to look for the swimmer (the second person could be a senior swimmer or another parent).

If a complaint is received that an incident has occurred in the changing room between a swimmer and any other person the club has a duty to act upon that concern and investigate appropriately. If the incident involves a person not associated with the club, the pool manager should be made aware and consideration given as to whether the statutory agencies need informing.

Information for parents regarding changing facilities

- Ensure that parents are made aware that changing facilities at venues may be shared by both club members and members of the general public.
- Ensure parents are made aware of the type of changing rooms i.e. separate for male and female or mixed changing villages.
- Ensure behaviour of swimmers in changing rooms is part of the swimmers code of conduct.
- Ensure parents are aware they should not be in the changing room whilst the swimmers are changing, unless their child is of an age where help is required from parents or the swimmer requires additional specific assistance. This is generally at an age that is stipulated by the pool hirer, usually 7 or 8 years of age. In such circumstances the parent must be the same gender as the child, unless the facility has family changing facilities or is a mixed changing village.
- Ensure where running events where other clubs are involved that meet organisers advise parents and competitors (via the meet information) if the facilities are likely to be open to the general public at any time during the meet.

The ASA do not advise that adults supervise changing facilities as that places them and the children at risk of harm and allegation. Clubs may however place a club officer or appointed poolside helper on the outside of the doors in and out the changing rooms. This allows children to call for assistance if this is required. This approach has proved helpful to many clubs when children have reported incidents of bullying or general behaviour issues between swimmers in the changing rooms.

Responsibility after a session is completed

The ASA view is that each affiliated club has a duty of reasonable care to swimmers, which extends to an awareness on the part of the club that their junior members have been collected, in so far as is possible, at the conclusion of a session, i.e. that a swimmer is not left unsupervised if a parent is late.



This has to be age appropriate, i.e. a 17 year old is capable of getting themselves home, but a 12 year old is not.

However, if a club uses changing rooms that are also accessible to non-club members for public swimming lanes it would be extreme to expect a club to search the changing areas in case a junior club member was there. Best practice would be for a club to make all junior members and their parents aware that if children are not collected by a parent, then they should make that known to the club Welfare Officer, coach or whoever a club deem to be appropriate, and for the nominated individual to ensure that the club member is supervised appropriately until a parent arrives or the parent communicates alternative arrangements.

If a parent fails to collect a child the club should follow the procedure outlined in the ASA Policy on Guidance on Late Collection of Children.