

# CNRSC

## RUTHIN SWIMMING CLUB

### PARENT'S GUIDELINES

**For a club training session.....**

- 1. Please ensure your child arrives at the session on time.**  
*A swimmer rushing to catch up without stretching and proper warm-up can cause themselves injury.*  
*If you can't avoid being late, you should ask your child to explain to the coach.*  
*Very late arrivals may be refused entry to the session for safety reasons.*
- 2. Please collect your child promptly after the session finishes.**  
*New Child Protection Procedures mean the club is responsible for the children until they are collected by a nominated adult. There have been occasions when children have been left waiting and the coach then has to wait as well.*
- 3. For swimmers under 10, please come into the centre. We prefer not to allow children to walk out to the car park unsupervised.**
- 4. If you need to take your child early please try to arrange this with the coach at the beginning of the session.**
- 5. If you need to talk to a coach who is teaching please wait until the session finishes - unless the matter is urgent.**  
*Alternatively please make an appointment via any committee member.*
- 6. Parents are very welcome on poolside to watch any session.**  
*The centre expects you to ensure your shoes are fit for the poolside with no mud in the tread.*
- 7. No playing or horseplay will be allowed for safety reasons.**  
*Occasional fun time will be offered to the swimmers.*
- 8. 'Thankyou' to the coach at the end of the session is very welcome.**
- 9. Remember, the coaches are all volunteers who give up their time freely for your benefit. Please respect this.**

**Chris (Coach CNRSC)**