

# CNRSC

## RUTHIN SWIMMING CLUB

### SWIMMERS GUIDELINES

During a club training session.....

1. Please arrive **ON TIME** & do your own pre-swim stretches

*It's bad manners to be late; rushing to catch up without stretching can cause injury. If you can't avoid being late, you should apologise to your coach. Late arrivals may be refused entry to the session for safety reasons.*

2. Always shower before entering the pool.

*This is a centre requirement.*

3. Tick your name on the register provided.

4. Enter the pool carefully when directed....no jumping in!

5. Learn the codes on the board.....this will save you many questions.

*If you don't understand, put your hand up, do not call out!*

6. **THE COACH DOES THE TALKING.....**

**THE SWIMMER SHOULD PAY ATTENTION**

*Paying attention means.....*

*Listen and watch (your coach will often demonstrate what is wanted)*

*Minimise talking together unless your coach allows it*

7. Remember, there is no such thing as 'I can't'.

*Every exercise set IS possible, it might just be hard work!*

8. No playing or horseplay will be allowed, this may be dangerous.

*Fun time will be offered but it needs to be earned!*

9. Leave the pool over the end or side immediately when directed.

10. Do not leave a session early without the prior permission of your coach.

11. 'Thankyou' to your coach at the end of the session is very welcome.

12. Remember, your coaches are all volunteers who give up their time freely for your benefit. Please respect this.

Chris (Coach CNRSC)