



# MEMBERSHIP PACK

## APR 2020 – MAR 2021



[www.facebook.com/ruthinrays](http://www.facebook.com/ruthinrays)



@ruthinrays

[membership.ruthinrays@gmail.com](mailto:membership.ruthinrays@gmail.com)

# Welcome

Welcome to Ruthin Rays Swimming Club. Our aim is to assist our swimmers to reach their full potential in a fun, friendly and competitive environment.

Your member pack is here to assist you throughout the swimming season, but if you require any further information then please use our website, noticeboards, twitter and facebook accounts. If there is anything else or you have any concerns then, please speak to our friendly and helpful team of coaches and committee members whose details are at the end of your member pack.

## Coaching Team:

Head Coach	-	Andrea Harvey	headcoach.ruthinrays@gmail.com
Coaches	-	Aime Hannant	
		Lindsay Lloyd	
		David Bailey	
		Anita Mifflin	
		Trish Hilton-Edwards	
		Rhodri Williams	
		Saffie Mehra	
		Simon Jones	

## Committee:

Chair	-	Victoria Webster	chair.ruthinrays@gmail.com
Secretary	-	Kerry Mehra	secretary.ruthinrays@gmail.com
Treasurer	-	Mike Parton	treasurer.ruthinrays@gmail.com
Membership	-	Kerry Mehra	membership.ruthinrays@gmail.com
Gala Secretary	-	Miranda Cookson	galas.ruthinrays@gmail.com
Welfare Officers	-	Anne Bunn	ann_rayfield@hotmail.com
		Neil Jones	

**Address:** Ruthin Leisure Centre, Mold Road, Ruthin. LL15 1EG  
(01824) 712665

**Website:** [www.ruthinrays.com](http://www.ruthinrays.com)

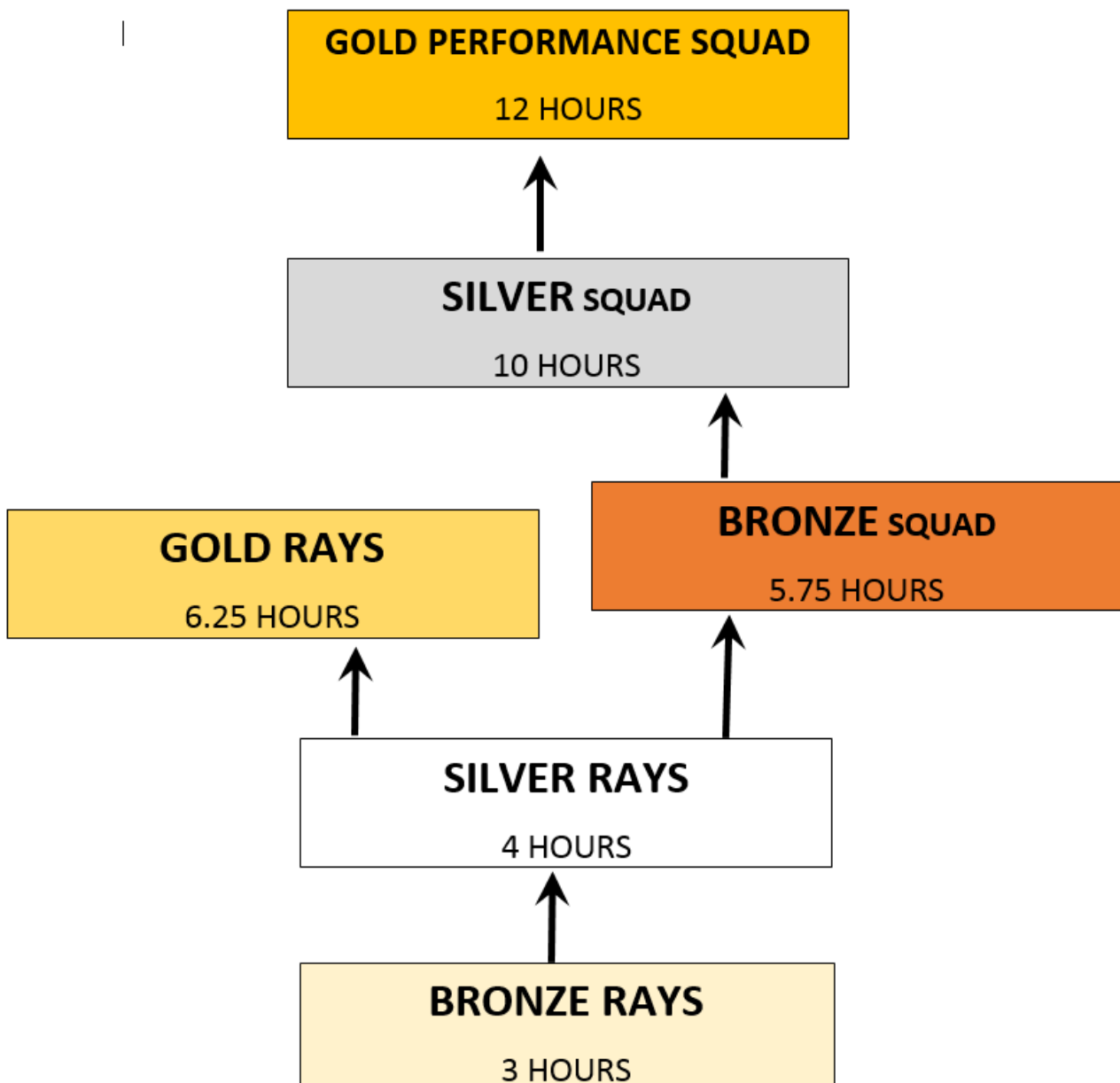
# Training Hours



## CLUB NOFIO RUTHIN SWIMMING CLUB MEMBERS TIMETABLE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours	
<b>SQUAD</b>	<b>Gold Performance</b>	6-7pm	6-7pm LT 5:5:45pm	6:45-8:15am	6:15-8:15pm	5-7pm	11:15-12:15pm LT 10:15-11am	2-4pm	10.5	Swimming 1.5 Land Training
	<b>Silver Performance</b>	6-7pm	6-7pm LT 5:5:45pm	6:45-8:15am	7:15-8:15pm	5-6pm	11:15-12:15pm LT 10:15-11am	2-4pm	8.5	Swimming 1.5 Land Training
	<b>Bronze Performance</b>	6-7pm	6-7pm LT 5:5:45pm		7:15-8:15pm	5-6pm		2-3pm	5	Swimming 0.75 Land Training
<b>DEVELOPMENT</b>	<b>Gold Rays</b>		6-7pm LT 5:5:45pm	6:45-8:15am	7:15-8:15pm	5-6pm		2-3pm	5.5	Swimming 0.75 Land Training
	<b>Silver Rays</b>	6-7pm	5-6pm			4-5pm		3-4pm	4	Swimming Land Training
	<b>Bronze Rays</b>		5-6pm			4-5pm		3-4pm	3	Swimming Land Training
	<b>Masters</b>				7:15-8:15pm			2-3pm 3-4pm	2	Swimming Land Training

LT – Land Training takes place in the studio at the leisure centre



# Essential Training Kit

All members should purchase their own training equipment, which should include at the minimum a kick board, pull buoy and mesh storage bag. This equipment will be the responsibility of the swimmer and will need to be brought to every training session.

Goggles (+ spare)

Swim Cap (+ spare)

1 litre drinks bottle full

Kick board

Pull buoy

Short bladed fins

Finger paddles

Centre line Snorkel



# Club Kit



New members will receive a Ruthin Rays Club Cap and Water bottle on completion of their application form.

Spare caps and bottles can be purchased separately.

Ruthin Rays tops, which can be personalised, can be bought directly via the website.

We encourage any swimmer entering a gala as a Ruthin Ray to have a Ruthin Rays T-shirt poolside.

<http://www.ruthinrays.com/club-kit/>



£18.00 – £21.00



£13.00



£11.00



£15.00



£13.00



£15.00



£15.00



£13.00

# Fees

<b>RUTHIN RAYS MEMBERSHIP FEES (Apr20-Mar21)</b>	
Swim Wales Annual Fee to cover insurance	£35 one off payment to cover the year
Gold Performance Squad	£35/month
Silver Squad	£30/month
Bronze Squad	£25/month
Gold Rays	£22/month
Silver & Bronze Rays	£20/month
<b>Family Discount</b>	<b>Less £2 per sibling</b>
Masters	£20/month

**Two actions are required:**

**Swim Wales Insurance (WASA) is payable in April and covers the next 12 months. This is £35.**

**Please either attach a cheque with your completed membership form or make a one off electronic payment. Bank details are below**

**Please use as a reference <WASA/Name>**

**Also please set up a Standing Order with your bank for the sum of your swimmer's membership as detailed above. Set the starting date as the 5<sup>th</sup> day of the month and monthly recurring thereafter.**

**Our bank details are:**

**Nat West Bank plc**

**Account Number: 22882952**

**Sort Code: 54-41-06**

**Name: Clwb Nofio Ruthin Swimming Club**

**Reference: <swimmer's name>**

# Ruthin Rays Membership Application Form

SWIMMER DETAILS				
FORENAME		ADDRESS		
SURNAME				
TELEPHONE				
DATE OF BIRTH				
EMAIL	POST CODE			
Do you speak Welsh? (please circle)	Fleunt	No	Learner	Second language
PARENT/GUARDIAN DETAILS (NOT MASTERS)				
NAME		ADDRESS (if different)		
RELATION				
HOME TEL				
MOBILE TEL				
E MAIL1	POST CODE			
E Mail 2 (if required)				
Please be clear with your email address. It is our primary method of communication.				
EMERGENCY CONTACT (if different to the above)				
NAME				
RELATION				
HOME TEL		MOBILE TEL		
MEDICAL INFORMATION				
DOCTORS NAME				
SURGERY ADDRESS				
TELEPHONE				
PLEASE STATE ANY MEDICAL CONDITION				
Any medication required must be made available poolside and clearly labelled				
PHOTOGRAPHY & VIDEO				
Please circle whether you agree or disagree for your child to be photographed or videoed during club activities by registered committee members and/or coaches for training analysis, website, social media and press releases. AGREE / DISAGREE				

**RUTHIN RAYS MEMBERSHIP FEES – April 2020 to March 2021**

1	Annual fee to Swim Wales to cover Insurance									£35
2	Monthly Fee to be paid by standing order on the 5 <sup>th</sup> of each month									
	BRONZE RAYS	£20	SILVER RAYS	£20	GOLD RAYS	£22	BRONZE SQUAD	£25	SILVER SQUAD	£30
	GOLD PERFORMANCE SQUAD			£35						
	MASTERS			£20						
	£2 monthly discount for each additional family sibling									

**SIGNATURES**

As a member I agree to the club rules and have read and agree to the swimmers code of conduct, I will behave in a decent and respectful manner to other members, parents, coaches and lifeguards.

SIGNATURE OF MEMBER

DATE

**PARENTS/GUARDIAN SIGNATURE (NOT MASTERS)**

As a parent/guardian I agree to the club rules and have read and agree to the parents code of conduct and the [Swim Wales Privacy policy](#)

SIGNATURE OF PARENT/GUARDIAN

DATE

Email is our primary method of contact, by signing the above form you agree to receive emails about club activities and important club information



# SWIMMERS CODE OF CONDUCT

## General Behaviour

1. I will treat all members of, and persons associated with, Swim Wales with due dignity and respect
2. I will treat everyone equally and never discriminate against another person associated with Swim Wales on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality
3. I understand that the use of inappropriate or abusive language, bullying, harassment or physical violence will not be tolerated and could result in action being taken through disciplinary or child welfare policies
4. I will display a high standard of behaviour at all times
5. I will always report any poor behaviour to others to an appropriate officer or member of staff
6. I will recognise and celebrate the good performance and success of fellow club and team members
7. I will respect the privacy of others, especially in the use of changing facilities

## Training

1. I will treat my coach and fellow members with respect
2. I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad
3. I will arrive on poolside 15 minutes before the training session starts to complete poolside warm up as directed by my coach
4. I understand that if I arrive late, I must report to my coach before entering the pool
5. I will ensure that I have all of my equipment with me, eg water bottle, paddles, kick boards, hat, goggles, etc.
6. If I need to leave the pool for any reason during training I will inform my coach before doing so
7. I will listen to what my coach is telling me at all times and obey any instructions given.
8. I will always swim to the wall as I would do in a race, and I will practise turns as instructed
9. I will not stop and stand in the lane or obstruct others from completing their training
10. I will not pull on the ropes as this may injure others
11. I will not skip lengths or sets – to do so means I would only be cheating myself
12. I will observe the rules of swimming etiquette, including passing or being passed, doing drills at the correct speed, etc.
13. I will think about what I am doing during training and if I have any problems I will discuss them with my coach at an appropriate time
14. If I have any problems with the behaviour of fellow members I will report them to an appropriate adult

## Competitions

1. At competitions, whether they be open meets, national events or club galas, I will always behave in a manner that shows respect to my coach, the officers, my team mates and the members of all competing organisations
2. I understand that I will be required to attend events and galas that the Head Coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official and coach
3. I understand that I must wear appropriate swimwear, tracksuits, T-shirts/shorts and hats as per the rules laid down by the organisation
4. I will report to my coach and/or team manager on arrival on poolside
5. I will warm up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race
6. I will be part of the team. This means I will stay with the team on poolside
7. If I have to leave poolside for any reason, I will inform, and in some cases, get the consent of the team management before doing so
8. After my race, I will report to my coach for feedback
9. I will support my team. Everyone likes to be supported and they will be supporting me in return
10. I will swim down after the race if possible, as advised by my coach
11. My behaviour in the swim down facility must be appropriate and respectful to other users at all times
12. I will never leave an event until either the gala is complete or I have the explicit agreement of the coach or team manager

# PARENTS CODE OF CONDUCT

## Parents Code of Conduct

1. I will complete and return the Medical Information Form as requested by the organisation and provide details of any health conditions/concerns relevant to my child on the consent form. I will report any changes in the state of my child's health to the coach prior to training sessions or events. I will ensure that the organisation has up-to-date contact details for me and for any alternative person(s) as required
2. I will deliver and collect my child punctually to and from training sessions/events. I will inform a member of the committee or coaching staff if there is an unavoidable problem. If the organisation changes my child's lane and/or changing times, I will remember that the change is to provide appropriate levels of training and to enable my child to progress, and I should therefore support and encourage this at all times
3. I will ensure my child is properly and adequately attired for the training session/ events including all mandatory equipment, e.g. hats, goggles, etc
4. I will inform the coach/welfare officer before a session if my child is to be collected early from a training session/event and if so, by whom
5. I will encourage my child to obey the rules and teach them that they can only do their best
6. I will behave responsibly as a spectator during training/events and treat members, coaches, committee members and other parents of members of both my child's organisation and any other organisation with due respect, in accordance with Swim Wales commitment to equality and diversity
7. I will not use inappropriate language within the organisation environment
8. I will show appreciation and support my child and all the team members
9. I will ensure my child's needs are met in terms of nutrition and I will listen to advice given from the coach/nutritionist
10. I will support the coach and committee appropriately and raise any concerns I may have in an appropriate manner to the welfare officer
11. I will not enter poolside unless requested to do so or in an emergency
12. If I wish to have a discussion with the coach, I will check with the welfare officer as to how this can be arranged
13. Most of all, I will help my child to enjoy the sport and to achieve to the best of their ability

### **Ruthin Rays Swimming Club will**

1. Inform you at once if your child becomes ill and will ensure their well being until you are able to collect him/her.
2. Ensure good child safeguarding guidelines are followed at all times to keep your child safe
3. Ensure all activities are properly supervised/ taught/ coached and that consent is obtained for any activity outside of that previously agreed

### **You have a right to:**

1. Make a complaint to the organisation if you feel the organisation or a member of the organisation is not acting appropriately or in accordance with Swim Wales/organisation rules and regulations. Details of how to do this can be obtained from the welfare officer
2. Make a complaint on behalf of your child to the Swim Wales Office of Judicial Administration