



R.A.S.C.A.L.S.
RIPLEY AMATEUR SWIMMING CLUB AND LIFE SAVERS

SwimMark
ESSENTIAL CLUB

General Safety & Security (June 2020)

Strict regulations apply during swimming sessions which Members must adhere to.

1. Members should arrive at training sessions in good time to get changed and be poolside for the start of their session. The warmup is a crucial part of any training session, as it reduces the likelihood of injuries, so it is vital that they arrive in good time to warm up. If they are late to a session, they should report to their coach. If too late, they may not be able to take part.
2. No Running on Poolside at any time.
3. Swimming bags should not be left obstructing any gangways/exit routes from the swimming pools or in the Changing Area and **MUST NOT BE LEFT IN THE CHANGING AREA DURING THE SESSION.** They need to be placed in the lockers provided (£1 coin required).
4. Members should exit the pools at the end of the training sessions and shower and change as quickly as possible. Any misbehaviour between the Members whilst showering or changing will be dealt with by the Welfare Officer and the parents of those concerned will be informed immediately.
5. Mobile phones/iPads or any other electronic devices should not be used at any time whilst in the changing rooms. If a swimmer needs to make a call they must do so in the Leisure Centre Foyer.
6. No swimmer shall leave the Leisure Centre Foyer until their Parent/Guardian is there to collect them. If they finish the session and the person collecting them is not there, the swimmer must wait in the Foyer until the person arrives.
7. If a swimmer asks to leave the session before the end as they feel ill they must get changed straightaway and wait in the Foyer while a Member of the Coaching/Teaching/Committee call the Parent/Guardian to collect the swimmer early.
8. Members must not get changed anywhere else other than in the changing area. The changing areas at Ripley and Alfreton are available for parents to be in there to help their Members with changing if required. Getting changed in the Foyer or by the spectator seating is not acceptable.
9. If Members are at a Gala or Open competition they again must only get changed in the changing area/rooms - **NOT ON POOLSIDE.**