

Laser Swimming Club

Club Rules

March 2012

The Club Rules of Laser Swimming Club should be read in conjunction with the Laser Swimming Club Constitution and the Laser Swimming Club Codes of Ethics.

These rules were ratified at an extraordinary general meeting (EGM) of Laser Swimming Club held on 12 March 2012 and are effective from that date.

Note: By virtue of the affiliation of Laser Swimming Club to Swim Ireland, its members acknowledge that they are subject to the laws, rules, procedures and constitution of Swim Ireland.

1 Swimmer Attendance

- 1.1 All swimmers are expected to attend training/teaching sessions, unless excused by the coach.
- 1.2 Swimmers will be told which sessions they may attend, and the club coaches will decide progression from one group to the next.
- 1.3 All Swimmers must take a shower before entering the pool.
- 1.4 Swimmers should be ready to enter the water at the appointed time i.e. if a session is due to start at 06:00am then a swimmer should be on the pool deck five minutes in advance of the designated starting time with hat, goggles, FULL water bottle and other requirements at this time.
- 1.5 Swimmers must not enter the water until the coach instructs them.
- 1.6 Swimmers are not allowed to leave the class without parent's permission (written or verbal from parent/guardian only)
- 1.7 Any swimmer who in the opinion of the Coach or a Committee member disrupts the lane, ignores instructions or is disrespectful in any way may be required to meet with the Coach and the Committee to address the matter.

- 1.8 Should the coach remove a swimmer from a session that swimmer must dress and represent him/herself to the coach and remain in the spectators' gallery until he/she is collected.
- 1.9 Any swimmer absent from 4 or more consecutive sessions cannot return to the squad sessions without consulting with the Coach of that squad.

2 Pool Procedures

- 2.1 Parents are expected to wait with their children until pool is open and club coach is in attendance.
- 2.2 Swimmers are requested to use the dressing room in an orderly manner, to respect the privacy and right to peace of all other users of the facilities and to report any problems in this area to the management of the complex and the committee.
- 2.3 Swimmers must at all times exercise care when walking on the pool deck; the use of pool shoes is advised. Running and boisterous behaviour are forbidden as is diving in the shallow end of the pool.
- 2.4 Swimmers must obey pool rules and pool staff at all times. Possessions/clothes to be brought out on bank or be locked in lockers.
- 2.5 Parents must not interrupt coach during training, (discussions between parents and coaches should take place either before or after the session).
- 2.6 Parents are expected to take responsibility for their own children at the end of each class and are expected to collect them within ten minutes of the designated finishing time of the class.
- 2.7 There will be at least one parent in attendance at each session.
- 2.8 Children attending teaching classes are to be checked in by their parents and not just be left at the pool.

3 Galas & Away Trips

- 3.1 The coach of each squad will select a programme of events for the competitive season. Swimmers will be expected to attend all of these meets. As much notice of the details of these events will be issued to parents and swimmers as possible.
- 3.2 Swimmers must stay together at galas for the support, encouragement and spirit of the club.
- 3.3 Swimmers are encouraged to wear club hats, tee shirts and tracksuits at galas.
- 3.4 As a representative of Laser Swimming Club, swimmers are required to dress and behave in a fitting manner.
- 3.5 Socially improper language is not acceptable either in the company of team mates or in public.
- 3.6 Parents of the swimmers will be expected to attend for support and to act as team – managers, officials and timekeepers as necessary.
- 3.7 A Team Manager will be appointed for each swim meet. He/She must stay with the squad at all times. The Team Manager is responsible for all matters of team welfare.
- 3.8 All swimmers must report to the Team Manager at the designated meeting point, at the appointed time.
- 3.9 Team members are required to sit with the Laser Swim Team at all times during competition and can only leave the pool area with the prior approval of the Team Manager.
- 3.10 Swimmers should advise the Team Manager when they are leaving the pool/collection point after the meet.

Disciplinary action may be taken against swimmers who infringe the above rules.