

North Dorset Turbos Rules for Poolside Conduct

Version 2, January 2009



Rules for Poolside Conduct

- 1) Personal hygiene is of great importance. Swimmers should always be clean and attend the toilet before entering the water.
- 2) Swimming hats should be worn at all times and only Turbos' hats during galas.
- 3) Swimmers should be on time, listen to coaches' instructions during which time there should be no talking.
- 4) Do not argue with your coach / teacher on poolside. If you wish to discuss anything ask to talk to him/her after training.
- 5) Self discipline is important at all times in and out of the pool. Treat others with the respect that you would wish them to give to you.
- 6) Comply with the rules and laws set out in the ASA guidelines.
- 7) Swimmers must comply with the spirit rules in and out of the pool.
- 8) ALL POOLSIDE INFORMATION / SAFETY SIGNS MUST BE ADHERED TO.
- 9) Ducking and pulling and pushing swimmers into the water are forbidden. There should be no physical contact.
- 10) Treat goggles with respect; take care putting them on and taking them off. Adjust them properly and don't play with them
- 11) Jewellery, ear rings, rings watches etc can be a danger to swimmers and are NOT to be worn.
- 12) There will be no diving into the shallow end of the pool without supervision. You may be assessed for your Shallow Water Diving Award when your coach is satisfied that you are a competent diver.
- 13) We want all of our swimmers to enjoy their swimming. You should always do your best, be responsible for your actions and never blame others.
- 14) In competition, show commitment to your team and do what you are asked to do as well as you can at all times. Be confident. Be disciplined. Concentrate on what you are doing. Success is not just about winning but being the best that you can be.