

monson

Squads Rules

Kit

When attending a training session you should **bring all your training kit with you onto the poolside, at every training session, including a spare hat and goggles.**

Time Keeping

Swimmers should aim to be poolside 5-10 mins before the commencement of the training session. This time can be used effectively to mobilise and put on hat and goggles. If you are not poolside, with hat and goggles on, for the commencement of the warm-up, for any reason, **you will be excluded from the pool warm-up and must complete a land warm-up**, which will be posted on the pool wall. Providing you have completed the land warm-up to the satisfaction of the coach you will be invited to join the session at the start of the next set.

Absence from sessions

As soon as you know that you are unable to attend a training session, **your parents should inform your coach, by text, with a reason for absence.**

Focus on your training and not that of others

Comments regarding the execution/performance of training sets by other swimmers will not be tolerated. **Any swimmer making such comments will be asked to leave the session.**

Showering before coming onto the poolside

You are reminded that this is a requirement of the pools used by us.

Stopping mid set

Toilet Breaks

You must use the toilet prior to coming onto the pool side for a training session. A Toilet break will be scheduled into sessions of more than one hour in duration, somewhere between 40-80 minutes into the session. **Any swimmer exiting the pool to use the toilet other than during a scheduled toilet break will be excluded from the rest of the session.**

Drinking mid set

The consumption of fluid during a training session is essential to good health and a training well. You should time your fluid intake during training sessions to coincide with the natural breaks that occur in training at the end of repetitions or sets. **Any swimmer stopping to drink in the middle of a set that interferes with the execution of that set will be asked to leave the session.**

Goggle adjustment

The 'fiddling' and readjustment of goggles wastes enormous amounts of training time and can be simply overcome by removing the buckles from goggle straps, and tying a reef knot to ensure the maintenance and consistency of the tightness of your goggles. **Any swimmer repeatedly fiddling with goggles in the middle of a set that interferes with the execution of that set will be asked to leave the session.**

Injuries & stretching

The swimmers code of conduct is very clear regarding existing injuries and how they should be approached. If you sustain an injury during the session you should: **cease training, inform your coach, leave the pool immediately, apply the 'ICE' protocol, and seek medical assistance if necessary.** Any swimmer who is 'stiff' and feels the need to stretch should do so before the commencement of the session. **Any swimmer who stops mid set to stretch will be excluded from the session for the remainder of that set and may return at the start of the next set.**