



CODE OF PRACTICE FOR ALL SWIMMERS OF PRESTON SWIMMING CLUB.

PRACTICES BEFORE A TRAINING SESSION

- Punctuality to ensure participation in the full session
- Ensure you are ready on poolside 5 minutes before start of session with hats on, goggles & costumes adjusted.
- All training equipment such as Paddles, PullBuoys, Kickboards etc readily available
- Each session should start with a good dive or push off
- Warm up exercises on poolside should be undertaken before the start of each session.

DURING THE SESSION

- Leave on the correct time on all sets
- Know your repeat times for all sets
- Good Streamlining on ALL starts & turns
- Finish all swims hard into the wall
- Swimmers must inform the Coach before leaving poolside during a session
- If swimmers feel they need to stop during a session, they must climb out of the pool at the end of the lane. Frequent stops or swimmers behaving in a disruptive manner will receive a verbal warning and then will be asked to leave the pool if the situation does not improve.

PRACTICES DURING COMPETITION / GALA'S.

- ALL swimmers are responsible for checking notice boards at West View & Fulwood Leisure Centres for swimming events.
- ALL swimmers should arrive 15 minutes prior to the scheduled warm-up time.
- Once changed swimmers must report to the Coach on poolside before warming up
- Warm-up properly & professionally. Check your warm-up protocol for what you are required to do. (it would be a good idea to put a copy of your warm-up protocol in your log book
- Items, which should be taken to all events, include:
 - A} Two race costumes
 - B} One warm-up costume
 - C} Two Preston Swimming hats
 - D} Two pairs of goggles already adjusted
 - E} suitable poolside wear & poolside footwear, preferably club colours