



PIRANHA SWIMMING CLUB



Piranha Swimming Club

Club Rules & Guidelines

February 2019
Rev 3



PIRANHA SWIMMING CLUB



CODES OF CONDUCT

Codes of Conduct are issued to and signed by all swimmers, parents, coaches and committee members annually. This is in accordance with Swim Ireland guidelines.

USE OF MOBILE DEVICES, CAMERAS & CAMERA PHONES

In order to protect your children, Piranha Swim Club have implemented the following:

- Both the Portarlington Leisure Centre and Piranha Swim Club have a strict **NO PHONES** policy which must be adhered to.
- This means that phones are **not** allowed in the dressing room, on deck or in the viewing gallery.
- We discourage children from bringing their phones to training.
- If it is necessary for your child to have his/her phone with them at swim training then it is your responsibility that they understand the phone must be kept in their swim bag at all times in these areas.
- If a swimmer needs to receive or make a call/text from a mobile device with or without a camera we insist that this happens in the lobby or other public area where there is less likelihood for any such use to be misinterpreted.
- *No Exceptions* under any circumstances.

We please ask all members, parents and swimmers to be vigilant regarding this policy.

For more information please refer to the section titled 'General use of Mobile Devices, Cameras and Camera Phones' in our Photography Policy available from Club Secretary

SWIMWEAR

All swimmers must wear appropriate swimwear: beachwear-style shorts, bikinis, old, baggy or see-through togs are **not** permitted. We recommend one piece swimsuit for girls and swimming togs/ jammers for boys.

All swimmers need functional goggles and a spare set in their bag. We recommend that you buy 2 pairs and have a spare with you at all times. The Club recommends Zogs/ Maru/ Speedo/ Arena

All swimmers must wear appropriate swim hats. Cloth hats are **not** allowed. A tight fitting latex or silicone hat is required. PiranhaSC hats are available from Club Secretary.

All swimwear and hats should be rinsed out in cold water after use to get the longest life possible from them.

Piranha club gear is available for purchase, please check our noticeboard for details.

TRAINING

The benefits of training with a swimming club will stay with a swimmer for life:

- Turn up for training on time - every minute counts
- Training starts sharp at: **SENIORS** 5:55PM (Tues) & 7:30AM (Sat); **JUNIORS** 5:55PM (Thurs) & 9:00AM (Sat)
- Toilet Breaks: swimmers are asked to use the toilets before they enter the pool and are discouraged from using the toilets during training sessions. The reason for this is that trips to the toilet break the momentum of the swim sets and are causing disruption to training.
- If a swimmer chooses to attend less than 50% of their training time, their place in that group *may* be lost
- Stay for the full session – don't waste it!
- Turn correctly at the end of the pool and finish all swims to the end of the pool.
- Respect the swimmers in the lane with you.
- Slower swimmers should pull in at the end of the lane to allow faster swimmers to pass.

SAFETY AT THE POOLSIDE

The safety of every member of the Club is of extreme importance. Breaches of these rules, which in the opinion of the coach, could lead to injuries, and could result in suspension of training facilities.

- WALK at all times at the poolside
- DIVING will only be permitted under the supervision of a coach
- NEVER push, pull or strike another swimmer
- NEVER run along the pool bank and jump into the water
- NEVER misbehave in dressing rooms, bathrooms, pool or foyer of the building
- NEVER abuse, bully or tease another swimmer either verbally or physically
- ALWAYS treat other swimmers, coaches and pool staff with respect
- ALWAYS treat pool and club property with respect



PIRANHA SWIMMING CLUB



HEALTH AND HYGIENE

- Always follow the guidelines of Portarlington Leisure Centre with regard to showers, use of lockers, etc.
- Please take your clothes from the cubicle and place them in one of the available lockers.
If clothes are left in cubicles they will be removed & placed in plastic containers for the swimmers to collect at the end of their session.
- Always wear your swim hat and goggles in the pool
- Swimmers are advised to remove all jewellery in order to prevent accidental injury to themselves or others
- Dry yourself properly before leaving the building
- Put all your rubbish in the bins provided
- Never enter the pool if suffering from a contagious illness
- Never enter the pool when suffering from an illness which may affect your health if you enter the water. Notify the coach if you are on any medication
- Inconsiderate behaviour including messing, horseplay or fighting **will not** be tolerated.
This type of behaviour may result in injury. Disciplinary procedures **will be taken** in these situations.

CHANGING ROOMS

The changing rooms consist of a number of individual cubicles and group changing rooms for both males and females. These changing facilities are open to others using the Portarlington Leisure Centre gym and/or sauna & steam rooms. Piranha Swim Club does not supervise the changing rooms. Therefore, it is up to parents to advise their children of this and to check on their children if necessary.

COACHES

Coaches are here to coach – if swimmers have any questions or concerns about their training, they should ask during the session. Parents are requested not to speak to Coaches during training. If you wish to speak to the Coach with regard to your child's training, please let the committee know and an arrangement can be made.

COMPETITIONS/GALAS

- Swimming galas are open to all swimmers – some may require qualifying times.
- Coaches will recommend which galas and which events a swimmer should enter
- Club hats and tee shirts and/or hoodies must be worn when representing the Club at competition
- Always attend the warm up for the competition.
- Speak to your coach before and after a race
- Be part of the team and enjoy your race!

All Gala fees must be paid *prior* to attending the Gala. Swimmers must be accompanied by Parents/ Guardians. Parents have a role to play in play both in supporting their swimmers and in running of the galas themselves. Events run by Leinster or Swim Ireland *require* Clubs to provide time keepers and turn judges. Training will be provided for these roles and any parent with a swimmer entered in the event will be expected to help out on the day.

For more information please see Gala Calendar and Gala Information document regarding competitions on our noticeboard.

TRAINING FEES

Fees are necessary to keep the Club functioning. We will always endeavour to keep the fees as low as possible but are subject to change.

The fees are payable at the start of each term (3 per year); cheques should be made out to Piranha Swim Club. Term fees must be paid by the end of the first month of the term. A family of 2 swimmers or more will receive a 10% discount on the 2nd (or more) term fee only.

Alternatively fees can be paid in instalments 2 per term (6 payments per year); instalment fees must be paid by the end of the first month and the end of the last month of the term. As above a family of 2 swimmers or more will receive a 10% discount on the 2nd (or more) term fee only; cheques should be made out to Piranha Swim Club.

The first terms fees include an annual membership fee of €5 and a Swim Ireland fee of €39.



PIRANHA SWIMMING CLUB



PARENTS/ GUARDIANS

The Club officials are there for you to talk to if you have any enquiries, concerns or complaints. Complaints and Disciplinary Procedures, as recommended by Swim Ireland, are in place to deal with any complaints, quickly and properly. It is a membership requirement that all parents and guardians contribute time and effort towards the daily running of the Club. All training sessions are observed by a parent/ guardian to ensure the safety of both swimmers and coaches. A supervision rota is made out by the Committee and it is *mandatory* that each parent/guardian makes themselves available for supervision duty.

NB: Failure to meet this requirement may result in the session being delayed or ultimately cancelled. An individual on the rota is responsible for their own replacement in the event they cannot fulfil their obligation

If no one shows up within 15 mins of the session starting or no one else volunteers, the session will be cancelled.

ALL SESSIONS MUST BE SUPERVISED OR THE SESSION WILL NOT TAKE PLACE

Swimmers should not be left at the door of the pool, presuming the coaching staff is there or the session is being supervised. Never presume 'somebody' is minding your child – be sure the session is taking place.

Swimmers should be checked in by the supervising parent/guardian when they present at the entrance to the pool side and they will remain the parent/guardians responsibility until then.

Parents/Guardians of swimmers under the age of 9 years are required to remain in the Leisure Centre for the duration of the training sessions or arrange to have a responsible adult deputise for them.

Swimmers must be collected promptly after the training session. Parents/Guardians are responsible for collecting their children on time after the training session. If a swimmer gets out early, they should remain in the building until collected.

For more information on Supervision Duties please see the section titled 'Duties of the Supervisor' in our Supervision Policy available from our Club Secretary.

COMMITTEE

The Committee is in place to manage all aspects of the Club. It consists of a Chairperson, Secretary, Treasurer and 5 other members and these are elected at the AGM annually. Committee members can stand for election for 4 consecutive years only, and then must take a break for a minimum of 2 years. Meetings take place each term.

All communication by the Committee will be done via text and/or email. However, if this method of communication does not suit please notify our Club Secretary. Contact details for our Committee are available on our noticeboard

CLUB CHILDRENS OFFICER (CCO)

The Club Children's Officer is there to help with any situation the swimmer may find themselves in, whether it is a simple question or a serious complaint. The CCO has attended courses to help in any situation. All discussions with the CCO are confidential unless told otherwise.

Information regarding the CCO will be posted on the Club noticeboard.

COMPLAINTS AND DISCIPLINARY PROCEDURE

The Swim Ireland Complaints and Disciplinary Rules and Procedures have been adopted by Piranha Swim Club.

More information on Complaints and Disciplinary Rules & Procedures is available from our Club Secretary.

PHOTOGRAPHY POLICY

All swimmers, on joining the Club, will sign a Photography Consent form. The Club will not photograph or video any swimmer without parental consent.

However, by entering some galas you are accepting that your swimmer may be photographed during the event:

IT IS A CONDITION OF ATTENDING A SWIM IRELAND EVENT THAT SWIMMERS ACCEPT THEY MAY BE PHOTOGRAPHED OR FILMED AS PART OF THE OCCASION, EITHER AS AN INDIVIDUAL OR AS A MEMBER OF A GROUP. SWIMMERS MAY ALSO APPEAR IN A PHOTOGRAPH OR VIDEO INADVERTENTLY. PARENTS AND SWIMMERS MUST ACCEPT THIS. ALL PHOTOGRAPHY AND/OR FILMING WILL BE IN ACCORDANCE WITH SWIM IRELAND GUIDELINES.

Please see Swim Meet rules on <http://www.swimireland.ie>

More information on our Photography Policy is available from our Club Secretary.