



RULES FOR POOLSIDE CONDUCT

- Personal hygiene, swimmers should always be clean and attend the toilet before swimming.
- Long hair should be under a swimming cap or firmly tied up.
- Swimmers should be on time, listen to their coach's instruction, no talking during instruction.
- Do not argue with your teacher / coach on the poolside, if you want to discuss anything ask to talk to him / her after training.
- Self-discipline at all times in and out of the pool, treat others with the respect you wish to be treated with.
- Comply with the rules and laws set out in the guidelines of the ASA.
- Swimmers to comply with the spirit of the rules in and out of the pool.
- ALL POOLSIDE INFORMATION/SAFETY SIGNS MUST BE ADHERED TO.
- No ducking or pulling swimmers in the water, no physical contact.
- Treat goggles with respect, take care when putting them on / taking them off. Adjust them properly and don't play with them.
- Jewellery, ear rings, rings, watches etc. are a danger to swimmers and are NOT to be worn.
- No diving at the shallow end of the pool, unless under supervision. You will be assessed for your shallow water diving test when your coach is satisfied you are a competent diver, not before.
- We want our Swimmers to enjoy their swimming, you should do your best, be responsible for your own actions, never blame others.
- In competition, show commitment to your team, 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 you can be.