



COMPETITION GUIDELINES

Conduct and Behaviour Guidelines for Swimmers

These guidelines have been produced to ensure that all swimmers understand what is expected of them both on and off the poolside when they compete either as a member of the SAS team or for their own club. It is expected that these guidelines apply to *all* swimmers whether travelling and staying with parents *or* with the team.

If any participant or parent has any queries regarding these guidelines, please direct them to your own coach in the first instance.

Before Competition:

1. Swimmers should arrive at the poolside *no later* than 20 minutes before the stated start time for the warm-up period *for each and every session*. Any swimmer not present at this time will be withdrawn from all events that session and withdrawal fees will be borne by the swimmer or parents.
2. Swimmers should sit with the team at all times. Parents naturally wish to watch their child swim, however, it is expected they do so from an area apart from the team to prevent any distractions to the swimmer. Parents anxious about leaving their child with the team should speak to a coach on arrival. It is our experience that swimmers are happier when the added pressure of parental interest is kept at arms length. No matter how careful or relaxed a parent might be, a child is acutely sensitive to expression and body language, not always apparent to the parents themselves.
3. The SAS mobility and warm up routine should be followed prior to every session.
4. All equipment should be taken to poolside ie costumes, cap, goggles and spares of these, relevant kit (tracksuit etc), towels. It is requested that lockers be used for swimming bags and clothing as there is limited space on poolside for large bags.
5. Swimmers must ensure that they have sufficient and relevant food for the duration of the competition (or each particular session). Drinks can usually be refilled on location, however, bottles must be filled on arrival.

South Aberdeenshire Swimming



During Competition:

1. Swimmers should not leave poolside unless permission is asked from the head coach or team manager.
2. Where swimmers are not travelling with the team they should check when they can leave the competition venue by the head coach or team manager.
3. All swimmers should report to the specified coach *first* for feedback after each swim and not go via anyone else.
4. Where a swim down facility is available it is expected that swimmers utilise this with coach supervision and guidance. When this opportunity is abused it may be withdrawn from use.

After Competition:

1. Unless permission is granted to the contrary, it is expected that swimmers will stay until the end of the session they are competing in.
2. All swimmers are requested to stay for finals sessions. We expect to have a good number of finalists at competitions and it is very important that the whole team is there to support them.
3. Parents who are taking their own children to the competition should note that the aim of the child's visit to competitions is to participate at their highest potential level in their chosen sport. If other activities are desired [eg shopping or meals out] then these should take place on other occasions when there are no competitions.
4. Swimmers being catered for by their own parents should be mindful of a competition diet and of having plenty sleep and other rest eg in hotel rooms quietly reading or watching TV [not too late]. Long country walks or other sporting activities are to be discouraged.

Finally, it is our aim that the swimmers perform to the best of their ability and enjoy themselves as a result. Taking a little care to commit to these guidelines will ensure that swimmers get the most from the competition and will help the team management to provide the best for the swimmers.

Contact Details:

Gary Paterson Head Coach
Joyce McPherson Team Manager