

SOUTH HOLDERNESS SWIMMING CLUB CHANGING ROOM POLICY

The East Riding of Yorkshire Council for admissions states "Children older than 8 years will need to be able to change themselves in the appropriate changing room."

In accordance with this policy and the ASA Safeguarding Policy, Wavepower, South Holderness Swimming Club would like to make parents aware they should not be in the changing rooms whilst swimmers are changing, unless their child is under 8 or requires additional specific assistance.

If your child does need additional assistance please contact the club Welfare Officer, Paula Robinson on 07739 573993 or email on paularobinson297@gmail.com.

Whilst we recognise that at South Holderness Leisure Centre parents/guardians have to walk through the changing rooms to get to the viewing area, we ask you to move through promptly.

Also we would like to notify everyone that the use of electronic devices eg. Cameras, phones, computers, gaming consoles, tablets etc is prohibited in the changing areas.

GUIDANCE ON SWIMMING ATTIRE AND EQUIPMENT

All female swimmers are required to where a one piece swimming costume for both training and competitions.

Male swimmers are required to wear swimming trunks or jammers, Bermuda or loose fitting shorts are not acceptable.

Should a swimmer arrive poolside in inappropriate swimwear they may not be allowed to swim at that session.

As your child progresses they will also need a kickboard, pullbuoy and fins. These are available on line from the following websites :- Proswimwear, Simply Swim, Mailsports, Wiggle.

If you require any assistance on purchasing the right sort of swimwear and equipment, please ask a member of the coaching team or executive committee.

CONSUMPTION OF ALCOHOL

The consumption of alcohol is totally forbidden for all athletes under the age as defined by UK law. It must not be consumed by any squad or staff member prior to training or competition. Any swimmer presenting under the influence of alcohol will be sent home.

ILLEGAL AND PERFORMANCE ENHANCING DRUGS AND SUBSTANCES

Illegal and performance enhancing drugs and substances are strictly forbidden. Swimmers should be aware that if anyone is taking any medication it should not be on the current list of banned substances, and regular medication should be declared on the appropriate form.

SMOKING

Smoking is prohibited for swimmers as defined by UK law, and before, during or after training or gala, in the presence of other team members.