

Club Training Policy – West Coast Swimming Club

Our commitment

Our club is committed to providing the best practice coaching services to all members. Part of this is ensuring that members understand the minimum standards for training.

What we will do

- Make sure parents/guardians and children know the time and location of training and competitions relevant to their squad or age.
- Ensure any changes to this policy or associated training/competition activities are communicated in a timely manner.
- Request coaches and other support personnel to arrive before scheduled training or game times.
- Enforce this policy and squad selection policies in relation to acceptance or continuance as a member of the club for the safety of all members.
- Appoint a Coaches Advocate to liaise with the committee, members, and coaches.

What we ask you to do

- Commit to training with the club to the minimum standards required of the squad your swimmer is selected in.
- Arrive at the session on time in the mornings (when the pool opens) and a minimum 15 minutes before the session starts in the afternoon.
- Participate in dry land stretching prior to session commencing.
- Bring a water bottle, spare goggles and bathers to every session.
- Notify the coach if unable to attend a scheduled training session prior to the session.
- Notify the coach/coaches advocate of any illness or injury that prevents swimmer attending required training. Arrange a meeting to discuss the health and safety of the swimmer moving forward from the initial illness or injury.
- Discuss with the coach/coaches advocate any known clashes/inability to attend a specific training session. It is up to the coach's discretion based on the swimmer's level and squad size if a substitute can be offered. This is not guaranteed.
- If you are unable to attend a session, please do not assume that attending another session as a replacement is possible. A request needs to be made to the coach/coaches advocate to accommodate where possible, but this cannot be guaranteed.
- Not undertake any external swimming training with another coach without prior approval from the committee/coach/coaches advocate.
- Any external swimming cannot be done as a substitute for a scheduled session.
- Understand the club is not liable for any external training a member undertakes.

Frequently asked questions

- Why does the club have this policy?
To ensure that all training of swimmers is undertaken in a safe manner by qualified coaches.
To build a cohesive culture amongst the club.
To ensure all policies can be implemented by the club in their environment.
To ensure that the club does not breach any insurance policies with regards to lack of clarity around any independent coaching.
- How do I know the minimum training standards?
Minimum training standards will be dependent upon the squad the swimmer is placed into.
Squad allocations are reviewed on a term-by-term basis and are the result of ranking all registered members in the club.
Swimmers are ranked based upon the cumulative time of their four 50m personal bests (regardless of them being achieved in a short or long course pool).

Squad placement is based on the swimmers ranking, commitment to the program and performance in your respected events.

There will be times when the coaches will exercise discretion based on injury, illness, study, and mental well-being which will be addressed with the individual on a case-by-case basis.

- What if I can't commit?

Whilst the club accepts all members, just like any other sport or activity there are certain non-negotiable requirements. This is to ensure your swimmer gets the most benefit from the training program, resulting in a positive experience for all parties.

Whilst your membership is important to us, If you are unable to commit to the minimum standards, please consider if swimming is the sport for you.

Non-compliance

The Committee has the discretion to make decisions on Non-Compliance based on the best interest of the club culture, respect for the coaching team and the other swimmers in their squad.

Members may face disciplinary action including membership suspension or termination for their inability to maintain minimum training compliance.

Approved By	Date	Review Date
	28/04/2024	28/04/2026