



Squad Venues: Saxon Pool and Leisure Centre
Flitwick Leisure Centre

Correspondence: Saxon Pool, Saxon Drive, Biggleswade, Beds, SG18 8SU
Website: www.midbedsswimsquad.org
E-mail: midbedsswimsquad@gmail.com



Chair: Ashley Hancock
Secretary: Jane Lowrie

Treasurer: Anita Goodyer
Head Coach: Thomas McManus

SWIM SESSION RULES

1. Swimmers must inform the Head Coach of any lateness or non-attendance within their minimum criteria attendance guidelines. This should be done by text message or by email.
2. Swimmers must be in the water promptly at the start of the session. Lateness may result in swimmers not participating in the session.
3. Swimmers must bring an appropriate amount of drink (as directed by the Head Coach) to each session and must drink throughout the session. Failure to drink enough during the session will result in the swimmer staying on poolside at the end of the session until they have drunk enough (as directed by the lead coach).
4. Swimmers must inform the lead coach at the start of the session, the time that they need to get out, if different from the normal session end time.
5. Swimmers must inform the lead coach of their session of any illness or injury that may affect their training in the session. This must happen before they commence the session.
6. Swimmers must inform the lead coach of their session of any sport completed that day.
7. Swimmers must notify the lead coach for their squad of any incidents that occur in the lane, on poolside or in the changing rooms, on the day that they occur.
8. Swimmers must train to the best of their ability at all times.
9. **Swimmers must overtake following the procedure detailed below:**
 - a. **Tap the foot of the person that you have caught up.**
 - b. **Swimmer whose foot is tapped will move towards the lane rope, and slow their pace slightly to allow themselves to be overtaken.**
 - c. **The swimmer will then overtake.**
 - d. **Do not stop in the middle of the length to allow someone to overtake you as this causes a hazard to other swimmers in the lane and yourself.**
10. Do not stop at the end of the lane and let more than one person go in front unless necessary as this will affect your training ability in the set.
11. Swearing is not permitted.
12. Distracting or preventing others swimmers from training is not permitted.
13. Swimmers must not talk when the lead coach of the session is addressing the squad.
14. Swimmers must remove goggles for swim down.
15. Swimmers must wear team kit at all meets. This includes MBSS hats to be worn during warm up.
16. Toilet breaks are only permitted at the discretion of the lead coach for the session. Make sure that you go to the toilet before getting in. No toilet breaks are permitted in the main set(s).
17. Swimmers must show respect at all times to fellow squad members, coaches, parents, club officials, pool staff and the general public.
18. Bullying of any kind will not be tolerated.

Failure to adhere to any of these rules may result in a disciplinary hearing.



Mid Beds Swim Squad exists to ensure that every one of its swimmers is given the opportunity to develop to their full potential, within a structured and challenging environment, that is hard work but most importantly fun.