



# Impington Swimming Club

A friendly Masters Swimming Club just north of Cambridge

## ISC Swimmer Code of Conduct – March 2017

The aim of the code is to establish a set of guidelines, which outlines the responsibilities, and behaviour of swimmers involved with the Impington Swimming Club to make swimming with the club both enjoyable and productive.

### CODE FOR SWIMMERS:

Please ensure Training Fees and ASA fees are fully paid and the ASA registration form has been completed prior to attending training sessions. Please note that without all swimmers being ASA registered, the club is in breach of ASA insurance conditions.

- The pool management has requested that all swimmers stay off poolside until the lifeguards have blown the whistle 5 mins before the session starts.
- Arrive to training sessions promptly and assist with lane ropes / help putting out training equipment if possible.
- If you have any illness or injury which may affect your training, please make the coach aware of this prior to starting the session.
- Please make sure a lifeguard is in attendance before entering the pool.
- Maximum numbers of swimmers per lane is 8. If the lane is full, please move down a lane.
- If you arrive late to a training session, please join the programme at the point the rest of the lane is at.
- Please adhere to the set interval times as stated in the programme so that the pace is consistent across the lane, and if you need to swim slightly slower, please adjust your position in the lane so not holding up other lane swimmers.
- At the end of session please leave the pool promptly.
- Please be aware that the club has a waiting list of people wanting to join the club, so if a swimmer is consistently not arriving to training over a period of time, the club reserves the right to discuss this with the swimmer regarding their on-going membership. If a swimmer has an injury or cannot attend for an extended period for other reasons, please inform the club by email – [info@impingtonswimmingclub.org](mailto:info@impingtonswimmingclub.org) or by speaking to another member of the committee or coach.

This code of conduct has been produced to ensure that swimming sessions run smoothly in the limited pool time we have available. The club understands that in certain circumstances people may not be able to attend/arrive on time, etc. but please try to adhere to the above guidelines so that everyone can enjoy their swimming at the club and get the most out of training sessions.

*ISC Committee March 2017*