



## Overview of Club Rules

- The annual Club and WASA membership fees are payable for all swimmers.
- Parents/guardians must set up a standing order for payment of fees.
- If fees are not up to date, entry to galas will not be accepted and your child may be asked to stop swimming until fees are paid up. See Club Constitution.
- Swimmers must behave and abide by the Changing Room Policy before and after training and events.
- Mobile phones are not allowed in the changing areas at the leisure centre or at galas. Please see full Mobile Policy. They can be left with any coach.
- There is a dedicated Welfare Officer for child safeguarding. Please see noticeboard for contact details.
- The Club is committed to child welfare and following WASA guidelines, therefore all swimmers parents/carers must complete a photography consent form on joining.
- A copy of the Club insurance will be on displayed on noticeboard.
- If there is an issue/complaint about Swimming Club please approach the Head Coach, Chair or Vice Chair in the first instance and we will do our best to sort it out. If this doesn't work, there is a complaint form on the Swim Wales website which can be completed.
- Please be aware of and refer to the following policies and procedures:  
They can be emailed to you or a paper copy made available on request.  
They will also be attached to the notice board for reference.
  - Child Welfare
  - Changing Room
  - Anti-Bullying
  - Mobile Phone
  - Photography and Photographing
  - Volunteer
  - Mobile Phone and E mail use by coaches and the committee
  - Equality, Diversity & Inclusion
  - Data Protection
  - Late Collection of Children
  - Health & Safety
  - Missing Child
  - Sharing Lanes
  - Transport
  - Disciplinary
- Parents are asked to be supportive of all children and coaches whilst watching training sessions or galas – please abide by the ten Commandments for Swimming – see overleaf.

## Ten Commandments for Parents of Swimmers:

- 1 Thou shall not impose thy ambitions on thy child.**  
Your child should strive to achieve their ambitions and dreams not yours.
- 2 Thou shall be supportive no matter what.**  
Have fun! Every child should enjoy their activity.
- 3 Thou shall not coach thy child.**  
You are paying to bring your child to Newtown Swimming Club so enjoy all the benefits our coaches can provide. They have all undergone extensive training to make your child's time a positive one!
- 4 Thou shall only have positive things to say at a competition.**  
Your child will aim to give 100% whatever you may think. Always applaud and praise their efforts.
- 5 Thou shall acknowledge thy child's fears.**  
Competitions can be scary when entered for the first time. Do not underestimate how this may affect your child. Please be supportive at all times.
- 6 Thou shall not criticize the officials.**  
All of our officials give their time freely. If you do not wish to participate as an official, do not criticise those that are. They have had intensive training to gain the qualifications that they have achieved.
- 7 Thou shall respect thy child's coach.**  
Do not criticise the coach in front of your child. The coach may seem to do things you may not understand but you may not know the coach's Long Term Development Plan for your child. If you have any concern you must arrange to speak to the coach privately.
- 8 Thou shall be loyal and supportive of thy team.**  
Your child is an individual swimmer and a member of a team. Support your child, team and club.
- 9 Thy child shall have goals besides winning.**  
To improve new experiences, make friends, to be part of a team.
- 10 Thou shall not expect thy child to become an Olympian.**  
Every child is a winner. We only have winners not losers.