

## Laois Marlins SC club rules

As a member/parent/ guardian of Laois Marlins Swim Club, it is my duty to play my part in trying to make my club a place where everyone can feel safe and enjoy swimming.

### **Rules for training sessions:**

- All swimmers must be on deck 5 mins prior to start of session.
- Swimmers must have proper swim gear, kitbags, goggles, hats on, water bottles filled.
- Toilet breaks should be before training starts, after that swimmers must get coaches permission and inform the parent on poolside duty.
- No swimmer is permitted to leave training early without prior notice being given to the coach by parent/guardian.
- Should a swimmer be instructed by coach to get dressed, eg due to feeling unwell etc., parent on duty must be informed and swimmer must return and sit with that parent until the end of session/someone has come to pick them up.
- At all times swimmers must show respect to coaches and follow instruction.
- Swimmers must show respect to parent on duty/staff of facility and each other.

### **Anti-bullying pledge:**

As a member of Laois Marlins SC, I promise to refrain from any type of bullying, this includes cyber bullying, ie text, facebook etc..

I also promise:

- To treat all members of the club with respect.
- To only call fellow swimmers by their preferred name.
- To refrain from telling lies, starting rumours or repeating gossip about others.
- To avoid aggressive/offensive behaviour such as name calling, sneering, foul language, intimidation or isolation towards others.
- Never to retaliate, but to report an incident.
- To report any incident of bullying behaviour that I may experience or witness to an adult, ie coach, parent on duty, club childrens' officer.
- To make new members welcome and be helpful to them.
- To offer encouragement rather than criticise my fellow swimmers.

### **Sanctions:**

Sanctions may be imposed by coach for misconduct. These may include coach speaking to swimmer and parent, time out during session etc.. More serious or repetitive incidents may be referred to disciplinary committee.