



Bluefin Swimming Club
Attendance, Punctuality & Behaviour

Policy for Attendance

The attendance required for each swimmer is individual.

To achieve your best you should aim for full attendance, and accept less only when circumstances mean that you have to. Attendance will be continuously monitored, however it will be reviewed before each term starts in the event it affects a squad move for the coming term.

Land training is an integral and important part of the whole training programme. It is also essential for injury prevention. Land training sessions which last 30-45 mins and are strongly encouraged for swimmers in the Competitive Squad and above. Swimmers should arrive on deck at least 10 minutes before the start of the session to stretch.

Policy for Punctuality

Any swimmer arriving more than 10 mins into a pool session that has already started will not swim. Swimmers arriving late for the start of a session, but within the 10 minute rule are expected to loosen and stretch before entering the water. This is vital to reduce a risk of injury.

As a result, a swimmer may be up to 20 mins later than the rest of the squad in getting into the water. Most sessions high intensity work is either being finished in the water or they are starting on a main set by this time (in every squad).

Policy for Behaviour whilst in the water/poolside and when representing Bluefin SC

If a swimmer's behaviour is inappropriate or unsafe, their coach will make them aware of this and remind them of what they should be doing, ie. re-focus them.

The coach will repeat this a second time if the swimmer persists with inappropriate/unsafe behaviour and advise them that if the behaviour persists they will be asked to leave the pool.

The swimmer will be asked to leave the pool if inappropriate/unsafe behaviour persists.
Examples include if a swimmer is:

- (a) disruptive to the rest of the group.
- (b) messing around to the extent that they are endangering themselves or other swimmers
- (c) being disrespectful to the coach, or showing a poor example for other swimmers to follow.

There is a parent in attendance at all times when swimmers are training.

If a coach notices behaviour that is repeatedly inappropriate/unsafe then they should notify the parent in attendance to record this.