

Mullaloo SLSC

Swimming Training Policy

The Mullaloo Surf Life Saving Club provides a swimming program for all club members from U/11 through to Seniors and Masters. The program is provided to improved the swimming skills of the club members. Whist the program is focussed at competitive swimming styles, it is not restricted to competitors only. As with any program, there are some rules required for all participants so that we can maximise the value for all members.

1. Participants are expected to have a minimum swimming capability. They should be able to swim a minimum distance as described by the coaches. This is so all participants are able to complete the activities as set by the coach.
2. The swimming program will not provide "Learn to Swim" activities. The program will however provide swimming training to improve swimming capability
3. Participants are expected to wear appropriate swimming costumes for this type of activity. This includes:
 - A) Junior Male – Speedo type bathers (brief or pant but not jammer)
 - B) Junior Female - One or two piece bather
 - C) Senior Male- Speedo type bathers (brief or pant or jammer)
 - D) Senior Female - One or two piece bather (not bikini)(note: club bathers are not chlorine resistant and should be avoided)
4. Participants are expected to be punctual for the start of the session. Should a participant be late, it will be up to the coach to determine if they can participate in that session.
5. Participants should be ready to commence the training session at the start time. All participants should be ready to enter the water as soon as the session starts. If a participant does not start when requested, it will be up to the coach to determine if they can participate in that session.
6. Participants should attempt to perform the programs set out for the training session to the best of their ability, so as to not disrupt the other swimmers. Should a participant disrupt the training session the coach may request the swimmer to exit the pool and not take any further participation in the session.
7. If a participant continues to disrupt swimming training sessions, the Swimming coordinator may ask that person to not to attend any further sessions.
8. All participants should listen to the coaches and not disrupt their training.
9. Parents should not interrupt training sessions to talk to the coaches. If parents need to talk to the coaches, they should do it before or after the session.

The club provides swimming training as an additional service to it's members to enable them to improve their swimming skills, stay fit and support life saving and competition requirements. Participating members are asked to contribute to the costs of running this service by paying a small fee at each session.

Thanks
Swimming Co-ordinator