

Guidelines for Swimmers and Parents

SQUAD ETIQUETTE

- **Be ready** to start your session on time and have all the required equipment. For some squads this includes being ready for pre-training warm-up.
- **Respect** all swimmers in your squad and around the club. Disrespectful behaviour will not be tolerated.
- **Swim on the left hand side** of the lane and respect the interval between swimmers.
- **Give 100%** at training; listen well and follow your coach's instructions.
- **Be courteous and communicate** with your coach for any problems related to your training.

ROLE OF THE PARENT

- Support your child by **arriving on time** and provide them with the **correct equipment**.
- **Leave the coaching to the coaches**. If you need to talk to a coach, please arrange a suitable time to meet with your child's coach before or after the training session, not during. Remember the coach's first commitment is to squad swimmers. Please do not interrupt a coaching session.
- If parents are required to stay at ARC during training, we ask parents not to sit on pool deck, rather find an alternate waiting area such as the ARC café.
- **Be positive and encourage** your child to enjoy their squad training sessions.