



# Orion Swimming Club

## Guide for Junior 1 Swimmers



Bring all equipment to every session – this includes float, fins, flippers, hat, goggles, pullbuoy - all named or marked to indicate who it belongs to.

Bring a drink in a plastic bottle – no glass poolside or detachable lids (They end up in the water)

Arrive with enthusiasm and eagerness ready to swim. Smile!

Do not enter the water until you are told to do so.

Be aware that the changing room area at the Girls pool and Tiverton Road are mixed. Show respect and use the cubicles provided.

Listen to your coach/teacher – ask questions when they have finished talking and be polite

Swimmers with long hair must wear a hat – this is for health and safety reasons and applies to both girls and boys

No jewellery can be worn in the water including waterproof watches, you may scratch or injury another swimmer. Stud earrings can be worn at your own risk

If you are injured or ill do not swim

Do not wear outside shoes poolside.

If you are under the age of 8 you must have somebody at the pool who is responsible for you – you cannot be left on your own.

If you arrive late do not just get into water, always make sure that the coach/teacher is aware that you have arrived. The register may have already been taken.

Do not use bad language, be rude or behave inappropriately, otherwise you will be asked to leave.

Bring your swimfit papers so you can track the distance you have swum at each session

Use the toilet before getting into the water.

Do not use mobile phones in the changing rooms  
You are not allowed to take any photographs anywhere at the pool – this includes poolside and in the changing rooms. This applies to everyone at the pool including spectators.

Enjoy yourself!

## During the session

Be respectful towards the other swimmers in your lane.



Allow yourself to be overtaken – do not block the lane or hinder the swimmer who is overtaking

Always swim the correct way round in the lane. This will be explained at every session.

Streamline off the wall at every push off, leave enough gap so you don't bump into the person in front – at least 5 seconds.

Always finish on the wall – don't stop swimming until you have touched the wall

When you have finished swimming move over in the lane to allow other swimmers to finish on the wall

Behave and conduct yourself in an appropriate manner at all times.