

Tadcaster Swim Squad Competition Policy and Guidelines

Tadcaster Swim Squad (TSS) is an accredited Swim21 swimming club which works with Tadcaster Swimming Pool Trust (TSPT), through a Joint Working Agreement, to provide a pathway from the TSPT lesson programme into training for competitive swimming.

Following guidance from the Amateur Swimming Association (ASA), this document sets out policy and guidelines on how TSS will operate to support swimmers taking part in competitive swimming. Additional information can also be found on the TSS website www.tadcasterswimsquad.org

Each year the TSS coaching team devise a comprehensive gala calendar. This can be found on the TSS website and on the notice board and details the planned meets (galas) selected by the coaches. The choice of competition is made to best support the annual training cycle, devised by the coaching team, to develop swimmers in line with their age and experience, and adhere to the principles of Long Term Athlete Development (LTAD). By allowing for extended periods of training, within the cycle, it is anticipated that swimmers will be able to maximise their performance at each meet attended.

It is important that TSS athletes do not enter competitions under TADE that are not on the annual calendar. The reasons for this are:

- All competition entries must be undertaken by the club gala secretary and cannot be done on an individual basis. This ensures that the club provides one point of contact, the correct data for each swimmer and communicates with other clubs in a co-ordinated and professional manner.
- The TSS calendar is agreed, in advance, with the coaching team and supports the planned training cycles.
- The number and range of meets on the calendar takes account of the age and experience of TSS swimmers.

How to enter a gala with TSS

When a gala is available to enter an email will be sent out to all eligible swimmers. Attached will be details of the gala and a TSS entry form. Guidance will be given on entry criteria. The form will ask the swimmer to list their current PB for the races they wish to enter. For some meets times may be converted Long Course to Short Course or vice-versa. Times **MUST NOT** be made up or altered to circumvent qualifying times or to gain a faster heat within an event. Swimmers should seek guidance from their coach on race selection.

Once the form is returned with payment and within the TSS closing date the swimmer will be entered.

Before the meet takes place swimmers will be sent further details and a reminder of what to bring and arrangements.

At Galas

TSS will arrange for a coach and/or trained Team Manager to be poolside with swimmers for the duration of all meets.

Parents are asked to ensure swimmers are poolside in good time, at least 15 minutes before the opening warm-up start time. Once a swimmer is poolside they should report to the Coach/Team Manager. If a swimmer needs to leave poolside for any reason they must inform the Coach/Team Manager before doing so. Swimmers are required to sit with the team on the poolside area.

Swimmers should ensure they listen to their Coach who will advise them when/how to warm up and when to go to marshalling for their races. Immediately after swimming their race the swimmer should speak to their Coach for feedback and then swim down. Parental advice should be supportive and encouraging NOT technical.

TSS encourages a strong supportive ethos amongst its swimmers at galas and swimmers are expected to support their team mates until the last TSS competitor has swum. If there are extenuating circumstances and a swimmer needs to leave a gala early they are asked to discuss this with their coach and get consent prior to the gala.

Swimmers and parents should adhere to the TSS Code of Conducts for swimmers and parents at all times.

Safeguarding at competitions

Whilst a swimmer is poolside the Coach and Team Manager will ensure that ASA safeguarding guidelines are adhered to. For this purpose poolside is defined as the area immediately surrounding the pool. Parents/carers are asked to make sure they are happy with the safeguarding of their child in the changing facilities and other areas of the pool building. Any swimmer under the age of 16 will need a parent/carer in the building at all times.

All adults poolside must have a poolside pass to indicate they are allowed poolside and have the necessary training and DBS checks. Parents/ carers are therefore not allowed on poolside. If, in exceptional situations, the Coach/Team Manager feels it is in the best interest of a swimmer that a parent is needed, they will arrange to get a message to the parent and meet them with the swimmer in an agreed area.

TSS sees all swimmers attending open meets as ambassadors of the club, who will take part in the spirit of fair competition and promote a positive image of the club at all times.

Good Luck in all your competitions.