



Rules and Regulations for the Hale Aquatics Swimming Club

Introduction

This document outlines a comprehensive set of expectations and regulations applicable to all community members associated with the Hale Aquatic Club (e.g., swimmers, parents, visiting competitors and staff), including but not limited to what is set out in the sections that follow.

It aims to foster an inclusive, respectful, and safe environment for swimmers aged 11 to 60, including both male and female participants. These rules ensure that each member can enjoy their experience in a manner that prioritises safety, respect, and hygiene.

General Expectations

Mutual Respect:

All members are required to demonstrate respect for the privacy and personal space of others. Inappropriate behaviour, language, or conduct, including but not limited to bullying, harassment, and discrimination, will not be tolerated and may lead to disciplinary action.

Noise Level Management:

To maintain an environment conducive to focus and relaxation, members should keep noise to a minimum. Roughhousing or any form of disruptive behaviour is strictly prohibited. Loud music or other unduly noisy or disruptive pool toys and games are not permitted around the Pool Area

Efficient Use of Change Areas:

Swimmers are expected to change promptly and move efficiently through the changing areas to allow space for others. Timely and considerate behaviour is essential for an enjoyable experience for all members.

Gender-Specific Facilities:

Members must utilise the appropriate change room corresponding to their identified gender identity and age group. Accessing the change room designated for the opposite gender is not permitted, with specific exceptions detailed below.

Prohibited Behaviour

Substance Prohibition:

The use or possession of drugs, vaping, smoking materials, alcohol, or any substances deemed inappropriate is strictly forbidden in the pool area.

Electronic Devices

Competitors and Spectators must not take photographs and videos on their phones while in the pool or changeroom area.

Media Restrictions:

Photography and video recording within change rooms and the pool area are strictly prohibited to protect the privacy of all participants.

Food and Drink

Members are not permitted to eat or drink inside the change rooms or the pool. This rule is in place to maintain hygiene and cleanliness.

Food and soft beverages are allowed in the spectator seating areas only.

Glass water bottles and glass drinking utensils are not allowed in the pool area.

Regulations for Younger Swimmers and Parents

Accompaniment for Minors:

Swimmers under the age of 10 are permitted to be accompanied by a parent or guardian of the same gender in the changing facilities.

Assistance from Opposite Gender:

If a parent or guardian of the opposite gender needs to assist a minor, they must use the designated family or accessible change room to ensure compliance with our privacy policies.

Coach Access to Change Rooms:

Coaches are prohibited from entering the changing facilities unless in the event of an emergency or with express authorisation as outlined in Code of Conduct.

Pre-Training and Post-Training Protocols

Arrival Preparedness:

Swimmers should arrive with appropriate swim attire on or be ready to change into their swim gear promptly upon arrival.

Swimmers are not to enter the facility unless the coach has arrived.

Timely Exiting Protocol:

After training sessions, swimmers are encouraged to change quickly and exit the changing areas within 10 minutes to ensure there is space for others.

Hygiene and Cleanliness

Facility Maintenance:

Members are required to respect the facilities. It is everyone's responsibility to maintain cleanliness and order within the changing areas and pool facilities.

Animals are not permitted in the Pool Area

A person must not enter or use, or attempt to enter or use, the pool facility if the person is;

- (i) suffering from any gastrointestinal disease, skin infection or other disease that is communicable in an aquatic environment; or
- (ii) in an unclean condition; or
- (iii) wearing unclean clothes; or
- (iv) under the apparent influence of alcohol and/or drugs.

Appropriate Clothing and Swim Gear

Swimwear:

All swimmers must wear appropriate swimwear during practices and competitions. This includes one- or two-piece swimsuits, swim trunks, or jammers that are suitable for competitive swimming.

Swim Caps:

Swim caps are required to promote hygiene and streamline performance. Members are encouraged to wear caps that they feel comfortable in, particularly those that do not impede vision or hearing.

Goggles:

Every swimmer is encouraged to have a personal pair of goggles that fit correctly to ensure clear vision underwater and protect the eyes.

Footwear:

Members are expected to wear appropriate footwear, such as flip-flops or water shoes, when moving to and from the pool area to maintain foot hygiene and prevent slips.

Personal Items:

Swimmers should label all personal items, including towels and swim gear, to prevent loss or misplacement.

Swimmers are to accept responsibility for their own equipment/swim bags when they leave them at the facility stored in cages (e.g., accept the risk of the items being stolen)

Reporting

Any issues concerning hygiene, facility safety, or member conduct should be reported to a staff member or coach immediately for prompt resolution. Where there is any doubt as to the breaches of these rules or associated issues and behaviours, then members, coaches, instructors parents and supporters are encouraged to promptly discuss the matter with the Hale Aquatics Protection Officer, a Member of the Management Committee or the Headmaster.

Any serious breaches of the code of conduct specific to any form of Child Abuse must be reported to the Headmaster or his immediate representative.

Conclusion

By adhering to these revised rules and expectations, all members of the Hale Aquatics Club can contribute to a respectful, safe, and enjoyable environment conducive to individual growth and team spirit. It is essential that each member understands these rules and commits to observing them throughout their participation in the club. For further clarification or inquiries, members should approach the coaching staff or designated club representatives.

Please sign in the designated area below, indicating that you have read and agree to adhere to these rules and regulations.

Name in Full _____

Signature _____ Date _____