



# Westhill District ASC

## Club Training Arrangements

Due to increased numbers in the LTS lessons and the club swimmers being on poolside too early, problems are arising on poolside. By implementing these guidelines children from LTS lessons can be clear of the shallow end and showers and pool staff can be allowed to set up for the club sessions.

### Arriving for Training:

1. Do not arrive too early for training. Parents/carers should not drop their swimmer(s) at the pool too early. WDASC will not accept responsibility for swimmers who arrive too early.
2. Access to the changing area will not be available until **5:50am** (for a morning session) and **5.15pm** (for an evening session). If swimmers arrive prior to these times they should wait in the foyer area until they are allowed down to the changing area by the pool staff. Younger swimmers should perhaps arrive for training with their costume/trunks underneath their clothing in order that they can get ready and be on poolside quickly.
3. Club swimmers should use the double row of cubicles at the back of the changing area first. Normally the LTS children will be using the front block of cubicles
4. Club swimmers to change quickly in order that the cubicle can be used by other swimmers.
5. Clothes must be put into lockers at all times. These lockers should be locked for extra security.
6. Club swimmers to be on poolside as quickly as possible to begin their stretching exercises.

### Poolside:

1. Club swimmers should not be on poolside till **5.55am** for a morning session and **5.20pm** for an evening session.
2. Club swimmers to leave their kit bags tidily in an area away from the pool edge to allow the pool staff to set up for the club session.
3. Club swimmers to warm-up at the deep end of the pool.

### Exiting from Training:

1. Club swimmers should use the double row of cubicles at the back of the changing area first.
2. Club swimmers to change quickly in order that the cubicle can be used by other swimmers.
3. Club swimmers to exit the changing area as quickly as possible after each training session.