

Abingdon Swimming Club - Members Information



Course Booking Information

Spring Term - Starts Tuesday 24th / Thursday 26th April 2018

Closing date for registrations – 13th April 2018

- All places are allocated on a first come first served basis
- Many classes were oversubscribed this term so please return your forms quickly to avoid disappointment
- Please refer to the recommended levels list sent out with the booking information to ensure that you book your child onto the correct level, once courses are full it may be difficult to move them to another level.
- Please ensure all forms are sent in before the closing date
- We will not accept swimmers if they turn up on poolside with prior registration.
- For insurance purposes all swimmers are required to be members of Abingdon Swimming Club, a £5 membership fee is included in the fees for each course. A swimmer who attends two (or more) courses may claim a discount of £5 for the second (and subsequent) course.
- You will be contacted by email to confirm your place, if the course you have chosen is full we will try to offer you an alternative.
- A height restriction is in place for all Beginners and Level 1 classes at Our Lady's Abingdon Pool **Please ensure your child is at least 1.2m in height before enrolling** in the class.
- Occasionally it is necessary to cancel a lesson if the teacher is unwell, we will always endeavour to contact you prior to the lesson to notify you of the cancellation, you will be entitled to a credit the following term if this occurs.

Course Payments

Internet banking details:

- Sort code 20 01 09
- A/C No 80112143
- A/C name Abingdon Swimming Club

Please use child's initials and surname as reference.

Alternatively, make cheques payable to - **Abingdon Swimming Club** and send with forms to:
Irene Scullion - 34 St John's Road, Abingdon OX14 2HB

We will no longer accept cash payments, please get in touch if this causes problems.

Data Protection

Any personal details provided to Abingdon Swimming Club will be used solely for club purposes e.g. electronic mailings or contact regarding lessons. If any member objects to this please notify the club via email - abingdonswimmingclub@googlemail.com

Pool Safety Rules

- Parents are responsible for ensuring that all children attending swimming sessions are adequately supervised at all times, **on poolside** and in the **changing rooms**.
- Children on poolside, who are not taking part in swimming lessons **must be supervised** by a responsible adult. They must be kept away from the pool and not permitted to cause distraction or interfere with lessons.
- Spectators must remain at the shallow end area of the swimming pool and use the designated bench seating area.
- Swimmers are reminded not jump on, sit on or tamper with the lane ropes, as this may cause injury.

During swimming lessons whistles are used to communicate with the children, they will be reminded in class by the teachers but please can parents also remind children of the commands below:

- **One Whistle** - Swimmers to listen to the teacher
- **Two Whistles** - Swimmers to swim to the nearest side and listen to instructions from their teacher
- **Three Whistles - Emergency Situation** - All swimmers to swim to the nearest side of the pool, climb out and await further instructions from the teacher or lifeguard.

Photography

- In accordance with the ASC and Our Lady's Abingdon policies on Safe-guarding Children, **no** photographs will be taken on poolside, **without exception**.
- Anyone who is seen taking photographs will be challenged.
- If you are using mobile phones or digital media on poolside please ensure that no photographs are taken and their use does not interfere with the swimming lessons.
- If you should see anyone or think someone is taking photos please tell the teachers on poolside or a committee member.
- Please respect these regulations

Safeguarding

At **Abingdon Swimming Club** for our lessons in the shallow end of the pool our teachers will often teach in the water and may need to manually support your child . They will be using **physical manual support techniques** (flat hand on back of head/hands under shoulders) to help your child. They will be supporting your child in full view of parents and only when required and only as long as they deem necessary and safe. We feel supporting children in the water is the best way to help them develop their confidence and start swimming.

Pool Hygiene

- All swimmers should use the toilet and wash their hands before swimming.
- All swimmers must use the shower before swimming.
- A suitable swimming hat must be worn whilst swimming.
- Children should not swim if they are suffering from a heavy cold.
- Any swimmers with a verucca or fungal infection must wear a suitable verucca sock to prevent the spread of infection.
- Swimmers suffering with stomach upsets, sickness and/or diarrhoea should not swim. It is recommended that people do not swim for up to **14 days** after they have had sickness and/or diarrhoea to prevent the spread of infection to other swimmers.
- **No outdoor shoes are allowed** in the changing area or the poolside, please leave all shoes in the corridor.
- No goggles for beginners and RLSS lessons unless recommended by a doctor or optician, goggles are permitted for the Level 3 classes and above.
- Food & drink must not be taken into sports areas.

General information

- Entry for cars is via the senior school gate off Radley Road. It is clearly marked 100 yards beyond St Edmunds's Church on the Radley Road. **PLEASE DO NOT USE ANY OTHER GATE.**
- Emergency services **MUST** have access to the School at all times, please park considerately.
- The adventure playground, wooden house & all grassed areas are strictly out of bounds. Please ensure you keep your children away from these areas.
- Smoking is not allowed on the premises
- No pets may be brought into school grounds

Many of the rules listed above are part of our hire conditions for the pool at OLA and failure to comply with them could endanger our future bookings so please read them carefully and help to maintain them at all times.

Please feel free to share the course information with friends and family