



What to do:

- Ensure the coach has a contact number for you if you are not staying for the set and that your child has a mobile or money in order to call you.
- Ensure your child is aware who is collecting them and has the correct contact number (lift-shares in particular).
- Ensure that you arrive before the scheduled end of the session – your child's behaviour and safety in the changing room is your responsibility.
- Be supportive but not intrusive. Trust the coaches and do not try and interfere with the programme.
- Actively participate in helping the club progress by offering assistance and support to the coaches and the Committee.
- Provide love, support and a safe place to return to at the end of the day – leave coaching to the coaches.
- Be patient with progress – understand that the journey to the top can be a long one.

What not to do:

- Do not criticise a coach in the presence of your child – the bond between swimmer and coach is important and should not be undermined.
- Do not under any circumstances come onto poolside during training or competition unless invited to do so by the coach.
- Do not coach your child – this also undermines the coach – it will confuse your child and could damage the progression of their swimming career.
- Do not tolerate foul play, cheating, violence, bad behaviour, bad language or bullying.
- Do not interfere or take your child from the team during a competition without permission from the coach.

Please notify the club of any change to email or telephone number.