

Coaching Protocols at All Swim Meets.

(Incorporating Auckland Swimming Association Child Protection Strategy)

Member Safety:

All Coaches must be aware of and adhere to all facets of the Auckland Child Protection Strategy Document. Coaches, who fail to do so, may be restricted from pool deck at any meet being conducted under the authorisation of Swimming Auckland.

- This document includes how and when to handle / touch swimmer's, various forms of unacceptable and acceptable behaviour.
- How to communicate with swimmers – verbally, electronically or written communication. Be aware that any posting on social media can be viewed by many not just the person it was sent to, be clear and consistent in your posting and ensure they only relates to swimming. It is recommended you communicate a copy to the parents of the swimmer)
- Ensure the safety of swimmers and coaches at all times – be aware that your actions / conversations may be seen or overheard by a 3rd party. How could your actions be perceived by others?
- Ensure safe practices are upheld by only permitting club personal on pool deck, e.g.: working officials and the official club Team Manager/s.
- Never be left in a one on one situation with any swimmer.

**It is essential to understand that any form of abuse will
NOT BE TOLERATED.**

Warm Up Procedures

All swimmers must be monitored by a registered coach for all warm ups. There will be **NO** diving into the pool during the general warm up period. This applies to all lanes across the pool.

Sprint / dive lanes open at the half way point in warm up for all meets.

e.g. 1 ½ hour warm up – the last 45 minutes

1 hour warm up – the last 30 minutes

45 minutes warm up – the last 20 minutes

30 minute warm up – the last 15 minutes

Once the sprint / dive lanes are announced the following changes to the pool use take place:

Open Meets and Level 1 Meets:

- Lane 1 & 8 become dive lanes from start end (dives and 15m sprints).
- Lane 2 & 7 become sprint lanes from start end (diving and swimming a minimum of 25m).
- Swimmers wishing to practice turns can use the turn end in lanes 1 & 8.
- Lanes 3, 4 & 5 become general warm up lanes.
- Lane 6 becomes a pace lanes. This is for swimmer taking a race split time over 50 or 100 meters.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
DIVE STARTS	SPRINT LANE 25 M +	GENERAL WARM UP	GENERAL WARM UP	GENERAL WARM UP	PACE LANE	SPRINT LANE 25M +	DIVE STARTS

At level 2 and 3 Meets:

Lane 1 & 8 (or the 2 outside lanes on both sides of the pool) becomes sprint / dive lanes from start end and the remaining lanes are for general warm up.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SPRINT LANE	GENERA L WARM UP	GENERA L WARM UP	GENERA L WARM UP	GENERA L WARM UP	GENERA L WARM UP	GENERA L WARM UP	SPRINT LANE

- Ensure your swimmer take care of all pool equipment. It is expensive and easily damaged.
- Swimmers should not congregate under the dive block in the middle of the lane, to ensure safe turning by other swimmers in the lane.
- Swimmers must never hang on the touch pads or the wiring relating to these.
- Swimmers must never support themselves by the lane ropes. These can inflict serious damage if one breaks under pressure.
- If a dive well is the established warm down pool, ensure it is used correctly. Never allow swimmers to play in the pool, or does anything other than the intended loosen / wind down.

Include these safe practices as soon as your swimmers start their competitive journey at Level 3. By the time they become a National Level swimmer the above practices will be automatic.