



# **CLUB HANDBOOK**

# MILTON MARLINS SWIMMING CLUB

**POOL:** Milton State School  
Bayswater Street Milton QLD 4064

**CLUB CONTACT:** Rory O'Shea  
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## GENERAL INFORMATION

### **Overview:**

For new members, Swim Club is competitive swimming for children in a relaxed social environment at the Milton State School Pool. All levels of swimmers are welcome and we have events ranging from 12.5 yards to 200 yards on any given night. Children can see their times in the Swim Connect App and try to improve on them each week, or, they can simply have fun swimming whilst catching up with their friends!

### **ADMINISTRATION:**

The Milton Marlins Swimming Club is a subcommittee of the Milton State School Parents and Citizens Association. The Club is administered by a Management Committee of parents associated with the school.

The Management Committee welcomes enquiries or feedback about the running of the Club and its swimming meets at any time.

Club members are welcome to join the committee and have the opportunity to be involved in the decision making for the club. If you are interested in joining, please come and let us know.

**MEMBERSHIP:**

Membership is open to all children between the ages of 2 – 17 years and is not restricted to students of Milton State School. Siblings, friends and children from the broader community are all welcome.

We offer several different membership options - casual, term and season.

Visitors to the club are always welcome, and the casual membership allows swimmers to come and try, before committing to a term/season and paying the relevant membership fees. New members are welcome at any time during the season.

**SEASON:**

Milton Marlins Swim club season is run most Fridays during term 1 and term 4. First race starts at 5.30pm, gates open at 5pm.

## **SWIMMING MEET INFORMATION**

### **CLUB NIGHTS**

The Milton Marlins Friday night swimming club is a fun and friendly event where children are encouraged to get in and have a go.

Swimmers compete against their own personal best times, with all strokes offered and race distances starting at 12.5y through to 200yds. Events are designed to gradually introduce swimmers to bigger challenges.

The Milton State School pool is 25 yards in length. For our less confident swimmers buddy swimmers can be used until their confidence grows.

Each week the 25y and 50y distances are offered for the four strokes. On some occasions longer distance or medley races will take place.

Swimmers/Families are required to sign in for each Friday night club meets.

### **EVENT REGISTRATION**

We use the Swim Club Connect app for all our nominations, race starting, time keeping and results.

### **MEET TIMES**

Gates open at 5:00 pm Friday. The meet commences at 5:30pm sharp.

### **PARENT VOLUNTEERS**

Swimming Club is run entirely by parents volunteering their time and effort.

Swim Club can only operate with the assistance of parents each week. To that end, each week we will put out a request for volunteers via email and/or the Swim Connect App and greatly appreciate your support. The volunteer roles are not onerous and mostly consist of timekeeping (using your mobile phone/Swim Connect App), marshalling the kids into heats, BBQ, or selling at the canteen.

**All parents are required to assist with time keeping, BBQ/Canteen duties (cooking and sales), marshalling and/or starting. Swimming will not be able to commence on a club night until all positions have been filled.**

## **MARSHALLING**

Each event is announced immediately before it takes place. Parents need to be vigilant to ensure their child does not miss any event they are registered for. Swimmers then walk to the marshalling area so they can be marshalled into heats. If you decide to leave before the swimmer has participated in all the events they are registered for please tell the marshal. You can follow along on the app to see when your child is swimming.

## **DURING THE MEET**

Once swimmers have arrived they must remain inside the pool enclosure at all times. While attending the swimming club swimmers are subject to the Club's Rules of conduct.

## **SUPERVISION**

Children should not be at swimming club unless they are under the supervision of an adult in attendance.

## **MEET ATTIRE**

All swimmers must wear suitable bathing caps at all times. Club caps are available for purchase from the canteen. Remember: NO CAP – NO SWIM.

## **CANCELLATION OF A SWIMMING MEET**

A decision to cancel a swimming meet will be made by the Management Committee. Such a decision will be made by 4:30pm in the afternoon of the swimming meet. Notification of the cancellation of a swimming meet will be sent as a notification on the Swim Club Connect app.

If a swimming meet has commenced and is suspended due to bad weather, thunderstorm activity or any other reason and is not able to resume within half an hour, the rest of the swimming meet will be cancelled.

## **EMERGENCY EVACUATION**

In the event that the pool needs to be evacuated, there will be 3 short, sharp whistles blown. Swimmers should exit the pool at the nearest side and sit quietly at the side of the pool to await further instruction. In the event that the pool enclosure needs to be evacuated, all swimming club attendees should make their way into Gregory Park and await further instruction.

## **RACE DISTANCE ADVANCEMENT**

The club offers the following events:

- 12.5y freestyle and backstroke
- 25y and 50y freestyle, breaststroke, backstroke and butterfly
- 100y and 200y events where available.

It is recommended that beginning swimmers start by swimming 12.5y or 25y races depending on their age and ability.

Children are to only be nominated in distance per stroke (ie. only swimming in either the 25y or 50y not both).

Advancement to a longer race distance should occur once the correct technique is displayed for each particular stroke.

Swimmers are always encouraged to challenge themselves. A swimmer should be able to swim the distance without becoming unduly fatigued.

The Management Committee reserves the right to return a swimmer to a lower race distance if the correct technique is not being displayed.

## **RULES OF CONDUCT**

Parents/carers are responsible for their children's behaviour at all times during swimming club meets. For the safe and efficient running of club meets, swimmers and non-swimmers are subject to the following rules of conduct:

- Swimmers and non-swimmers are encouraged to support their fellow club members and to participate in a friendly manner.
- Swimmers and non-swimmers must obey instructions from the Management Committee.
- Swimmers must present themselves promptly to the marshalling area when called by the Marshal.
- Only swimmers who have been marshalled for races may stand at the ends of the pool behind the timekeepers.
- Children must refrain from dangerous behaviour in and around the pool at all times. No running around the pool, jumping or bomb diving.
- Sitting on or hanging off the lane ropes is not permitted. The lane ropes are under extreme tension and if extra load is added they may release and whip through the pool causing injury.
- Out of bounds areas include: the chemical room behind the registration desk; behind the timekeeper and in the canteen.
- Children are not permitted to play in the change rooms.
- Children must remain within the pool enclosure at all times once they have arrived at a meet and registered.
- Children are not permitted to be at a swimming meet unless under the supervision of a parent or other nominated adult carer.
- No offensive behaviour.
- The pool area must always be left clean and tidy after swimming meets. Rubbish is to be placed in the bins provided.
- **ALCOHOL, GLASSWEAR OR BOTTLES ARE STRICTLY PROHIBITED FROM BEING BROUGHT INTO THE POOL ENCLOSURE AT ANY TIME.** Alcohol is available for purchase from the canteen.

The Management Committee reserves the right to exclude any person from attendance for continual breaches of the rules of conduct.