

WADEBRIDGE ASC ANNUAL MEMBERSHIP FORMS 2010



Please check that you have filled in all the enclosed forms and completed all other requirements; membership cannot be accepted unless all is complete.

1. £25 for your yearly ASA and Club Membership - due January 1st (£15 for Masters)
2. Indicate (on this form) and enclose your choice of payment.
3. Fill in medical form (not Masters)
4. Fill in and sign Code of Conduct & Pool Rules (on reverse) detach and retain for reference.(not Masters)
5. Fill in official Pink or Blue ASA form – WITH BLACK PEN – (only for new members)

Member's Name..... Squad..... DOB.....

Address.....

Tel.no.....

E-mail (PRINT).....

The Club's main source of communication with members is by e-mail and via the Club Notice Board.

Please circle your squad & payment option: Cheques made payable to "Wadebridge Swimming Club"
Put in an envelope clearly marked REGISTRATION and post into Club Letter Box

SQUAD	SESSIONS per Week	1 Cheque Annual	3 x Cheques Termly	Standing Order Monthly
Entry Entry Plus Masters	1	£170	£57	£14
Development Intermediate Junior	2 or 3 2 2	£265	£88	£22
Intermediate Junior Senior	3	£310	£104	£26
Intermediate Junior Senior	4	£350	£117	£30
Vouchers	x10 swim only	£45		

*Trial Sessions – 2 free of charge.

*Costs are based on 46 weeks p/a.

*Three termly post-dated cheques (5 Jan; 5 April & 5 Sept.) paid in advance and held by the Treasurer.

*The standing order option is based on 12 monthly payments.

*Membership fee includes membership & insurance to Wadebridge Swimming Club, Cornwall County ASA, ASA South West Region and the ASA.

Please set up appropriate standing order with your bank

MOST IMPORTANT – USE THE MEMBERS NAME AS REFERENCE

Account Name Wadebridge Swimming Club
Bank - HSBC Sort Code 40-45-10 Account Number 21368060
Payments to be made by the 5th of each month

NB. Cancellation of a standing order or non-payment of fees may result in your membership being lapsed -a £15 rejoining fee will then be charged to recommence your membership.

Wadebridge Swimming Club

Medical Declaration and Consent Form

This form must be completed and returned for each registered Swimmer.

Surname			
First Name		Mr / Miss / Ms / Mrs	
Address			
		Tel. No. :	
Postcode		Mobile :	
Date of Birth		Emergency alternative :	
Email			
Doctor's (GP) Name			
Address			
Postcode		Tel. No. :	

Please list below ALL medical conditions and any medication we should be aware of, if necessary please continue over leaf.

PLEASE DELETE AS APPROPRIATE :

I **DO / DO NOT** give permission for my child to have photographs / video taken of them at swimming events.

For any newspaper reports I would prefer my child's name to be **OMITTED / FIRST NAME ONLY / FULL NAME.**

I **DO / DO NOT** give permission for my child to be given a paracetamol if required.

I **DO / DO NOT** give permission for any emergency intervention if required.

Signature of competitor :	
If under 18 years of age Signature of parent or person in loco parentis:	
Date:	

If you feel there is any other information we should be aware of, please inform us with details overleaf.

Our only objective is for the best welfare of your child. **It is your responsibility to keep us updated of any changes.**

POOL RULES

1. Arrive on time. All Swimmers should be changed and ready to enter the pool at the beginning of the session.
2. When the coach is talking EVERYONE is to look and listen to him and no one else must talk.
3. Pay attention. If you are not sure what you are doing, ask.
4. Always swim the full length of the pool (no cutting corners or stopping short of the wall)
5. Complete the correct turn on every turn
6. If the swimmer behind touches your feet, pull over and let them pass - do not attempt to overtake while the swimmer is still swimming as this causes injuries.
7. Complete each set in full, no stopping half way through.
8. Go to the toilet before you swim. No swimmer should need to leave the pool during the training session. If however you can't wait, make sure you ask the coach and go at the end of a set, not during the set.
9. ALL swimmers will have respect for each other and the Coach.
10. NO PUSHING, or SHOVING or fiddling with pool equipment.
11. Whilst at rest, swimmers should have their feet on the floor and their head above water.
12. Good behaviour should extend to the changing rooms. For example NO towel flicking!
13. Finally, parents are respectfully asked not to ask the coaches questions during the training sessions, but to wait until the end. And not to come pool side unless helping as it causes a distraction for swimmers & coaches.

CODE OF CONDUCT

Objective and Scope

The purpose of this document is to establish a set of guidelines and procedures which outline the responsibilities and behaviour of both staff and swimmers who are members of Wadebridge Swimming Club. Whilst it is specifically aimed at "away" trips where travel and accommodation are required, it is expected that the principles of the Code of Conduct should be followed at all events and training sessions.

Code of Conduct

Behaviour and Personal Conduct must at all times be of a high standard and reflect favourably on the sport and the Club. Language in public or relevant group situations must always be appropriate and socially acceptable.

Consumption of alcohol is totally forbidden for athletes under age as defined by UK Law (or by Laws of Countries visited). It must not be consumed by swimmers or staff members whilst on route, prior to, or following a competition event, training camp or team activities, without specific consent of the Team Manager. During competitions alcohol is strictly forbidden to all swimmers and staff.

Smoking is prohibited by swimmers and staff whilst on route, prior to, during or following a competition event, training session or Team activities.

Personal appearance shall be appropriate to the circumstances and as indicated by the Team Manager. Team kit and equipment shall be worn as directed by the Team Manager when competing and training, when assembling or travelling, at official team functions or on other occasions as notified.

Attendance at all activities is expected unless agreed by the Team Manager. Throughout the duration of the trip swimmers should inform staff of their whereabouts. Punctuality on all occasions is essential and any curfew must be observed.

Illegal and Performance Enhancing Drugs and Substances are strictly forbidden. Swimmers are expected to be aware of the current list of banned substances (on Club Notice Board) and particular care must be exercised if anyone is on medication prior to or during an event.

Illegal Drugs and Substances: The use of these, even though they may not appear on the banned list, is nonetheless prohibited.

Accommodation at hotels or equivalent must be as directed by the Club staff and at no times must anyone extra be accommodated in swimmers' rooms.

Medication: It is important that information on medication currently being taken or allergies should be reported to the Team Manager who will report it to the relevant personnel.

Sanctions: Breaches of the Code of Conduct shall be dealt with, in the first instance, by the Team Manager or Coach and later by the Club Committee who will take any action deemed necessary. In addition it is expected that all members of Wadebridge Swimming Club, wherever they are shall:-

*Comply with the codes, rules and laws within the guidelines of the ASA

*Behave without discrimination on the grounds of race, colour, language, religion, birth or social status.

*Respect the basic human rights, worth and dignity of each member.

*Not encourage anyone to violate the rules of the club or the sport.

*Observe the authority and decisions of all officials.

*Treat other competitors and teams with respect in victory and defeat.

Swimmer's Name (Print):.....

Signed:..... Date.....

Parent/ Guardian:

I confirm that I have explained the implications of this Code of Conduct & Pool Rules (on reverse) to the swimmer.

I understand that I/we will be required to assist the committee with the 'running' commitments of the club.

Signature of Parent/Carer:..... Date.....

WADEBRIDGE SWIMMING CLUB

TRAINING TIMETABLE - 2010

ENTRY SQUAD	THURSDAY	5.00 – 5.45PM
ENTRY PLUS	THURSDAY	5.45 – 6.30PM
DEVELOPMENT	MONDAY	5.00 – 5.30PM
	THURSDAY	5.45 – 6.30PM
	FRIDAY	5.30 – 6.00PM
INTERMEDIATE	MONDAY	5.30 – 6.30PM
	TUESDAY	7.00 – 8.00AM
	WEDNESDAY	<u>NB. New time</u> 5.45 – 7.15PM
	FRIDAY	6.00 – 7.00PM
JUNIOR & SENIOR SQUADS	MONDAY	5.30 – 7.00PM
	TUESDAY	7.00 – 8.00AM
	WEDNESDAY	<u>NB. New time</u> 5.45 - 7.15PM
	FRIDAY	6.00 – 7.30PM
MASTERS	FRIDAY	7.30 – 8.30PM