

## Lower Wharfe Canoe Club

### General Rules for Participation in Pool sessions at Tadcaster Community Swimming Pool

- 1) Unless otherwise stated the first session will usually be a led coaching session, whilst the second session will be a mix of available coaching or free practise.
- 2) The Lead coach will set out the training that will be undertaken that night. Anyone in the second session not undertaking coaching is asked to let the lead coach know. Should a designated area be required for safe coaching the coach will let participant know and anyone not being coached will be asked to keep that area free.
- 3) Any instructions given by the Coach, LWCC staff or TCSP staff must be adhered to. This is to ensure that everyone is safe. Given the importance of safety anyone not following these instructions may be asked to leave the pool and further action may be taken. Please note that Tadcaster Community Swimming Pool have told us that if we do not take relevant action when safety is compromised than they may stop the entire session and clear the pool.
- 4) Please note the following specific points
  - Intentional Capsizes. These should only be done as part of an organised session or with the coaches knowledge and approval.
  - No one should be in the water unless swimming to the side following a capsize, or if performing a rescue. The only exception is in a roped off area where one LWCC staff member can work 1 to 1.
  - A swamped Kayak should be immediately brought to the side and emptied. This is due to their reduced manoeuvrability and the increased chance of a collision.
  - When practising hip flicks, rolling or T rescues members are asked not to stay under the water for any longer than necessary. These should be supervised by a coach. Breath holding exercises are not allowed due to safety implications.
  - Spray decks whilst recommended are optional.
  - To ensure a safe poolside boats should be moved from the pool perimeter at the end of a session. Please note that only LWCC Coaches and staff are allowed into the room where the boats are stored.