



## Exmouth Swimming and Life Saving Society



**Est. 1893**

### **Table of Contents**

1	Welcome and General Information	Page 2 - 3
2	Types of Competitions	Page 4 - 6
3	Memberships and Licensed Meets	Page 6 - 7
4	Codes Of Conduct	Page 8-10
5	Volunteer Roles	Page 11 - 12
6	Nutritional Requirements	Page 12 - 13
7	Useful Information	Page 13 - 15
8	Glossary of Terms	Page 15 - 17



Updated: January 2019

## **Competitive and Development Section WELCOME PACK**

Welcome to the Competitive and Development section of Exmouth Swimming and Life Saving Society; which was founded in 1893. Historically, lessons and Water polo were regularly taught seasonally in Exmouth Docks before the Club moved to the salt-water pool on Exmouth sea front. The Club moved to its current base at Exmouth Sports and Leisure Centre's pool in 1985; when the pool was publicly funded. We currently use the pool to teach children to swim, and to train the Competitive and Development, Masters and Open Water sections several nights a week.

This information pack has been put together to assist swimmers and parents to learn about the Club and the various aspects of swimming; so the transition into the section can be as easy as possible. If you have any further queries, please do not hesitate to ask.

### **THE CLUB**

ES and LSS is run by dedicated volunteers. The Club is run by a main Committee who are drawn from members of the Club; and all of the sections. They meet on the first Thursday of every month (except August) The Committee is elected annually at the December AGM. The date is advised to all Club members who are welcome to attend. The "Learn to Swim", Competitive and Development, Masters and Open Water in turn have their own sub-committees. The list of current Committee members and their roles is displayed on the notice board in the 'café' area of the swimming pool.

### **WHERE DO WE TRAIN?**

Training takes place on a Monday, Wednesday and Friday. During the month of August swimming only takes place on Monday and Wednesday nights 8pm to 9pm; dates will be displayed on the Section's calendar.

### **HOW DOES A SWIMMER PROGRESS THROUGH THE CLUB?**

Swimmers join the section by formal assessment with the Head Coach. Once successful, they begin by swimming on a Monday and/or Wednesday night between 7pm to 8pm; and in some cases Friday 6.30pm to 8.00pm; where the emphasis is on technique. They then progress to sessions on a Monday and/or Wednesday 8pm to 9pm but before this happens; the Head Coach will consult parents/carers. The next step is to attend Monday 8pm to 9.30pm and Friday 6.30pm to 8pm (if not already swimming this session)

### **WHAT KIT DO THE SWIMMERS NEED?**

Swimmers will need a non-transparent one-piece swimming costume/trunks and goggles. They should bring a large full drinks bottle and a swim hat to every session. Fins; a kickboard and a pull buoy are useful, although the Club will provide them on a session-by-session basis. For galas swimmers should also wear an ES and LSS hat and T-shirt. Club shirts, hoodies and hats can be purchased through the Club.

### **HOW MUCH WILL ALL THIS COST?**

You will be charged an Annual Membership Fee to belong to the Club. This is to register and meet some of the insurance requirements. The Committee sets the Membership Fee annually. Each swimmer and helper will be charged the British Swimming membership fee. The Club year runs from December to November. Session fees are payable monthly, either by standing order or BACS.

### **WHAT ARE THE CLUB FEES?**

£12 per month per 1-hour session. Fees must be paid promptly and in full regardless of whether the swimmers attend the sessions or not. Fees, which are overdue, will receive a polite reminder and follow up action. If any member wishes to resign from the section, this should be notified to the section's Chairman.



### **WHAT ARE THE CLUB AND POOL 'RULES'?**

The Club rules and policies can be found on the Club's website under tab 'Club info'. If you don't have access to the Internet please ask and a copy can be provided. In addition Swimmers and Parents will be required to sign a Code Of Conduct which can also found on the website. [www.exmouthswimming.org](http://www.exmouthswimming.org)

### **WHAT CAN YOU EXPECT FROM THE CLUB?**

Instruction by teachers and coaches, relevant to the ability of the swimmer. This includes a planned programme of training for all swimmers to progress through the Club; to achieve their full potential. If they want to, swimmers will; subject to ability, represent the Club in galas through the year that are appropriate to their standard. Where there are no suitable swims available or their age group is over represented, then the swimmers can expect support and encouragement to be selected and attend other events that are appropriate to their standard. When swimming in meets organised through the Club coaching support will be provided; there will be instances however; for example at "open events" where this will not be applicable due to the number of swimmers attending.

### **HEALTH ISSUES**

If your child has any medical conditions, such as asthma or allergies or is taking any medication, please declare it. The Club must be informed of any changes in the general health of a swimmer. In the case of absence due to ill health please advise us. After an initial two-week period a member with a current Doctors Certificate may claim discounted session fees for a period of sickness/injury for a maximum six-month period. The discounted session fee will be 25%.

### **DOES THE CLUB HAVE ANY CHILD PROTECTION POLICIES?**

The Club adheres to the British Swimming Child Welfare in Swimming Policy, details of which can be found on our website, If you have any queries or concerns please speak to the Club Welfare Officer: Marcus Allen ([marcusdallen@hotmail.co.uk](mailto:marcusdallen@hotmail.co.uk))

### **DOES THE CLUB HAVE ANY EQUITY POLICIES?**

Yes, this can be found on the Club's website.

### **HOW DO I FIND OUT WHAT'S GOING ON?**

Most communication is by email and Facebook; in addition there is a notice board at the pool, where information is posted. This includes the calendar, gala and event results. The folder on the registration table has details of forthcoming open events. The Club's website also has a copy of the calendar together with other information and the section has a "closed" Facebook account which swimmers aged 14 and over and parents/carers are welcome to join. [www.facebook.com/groups/ESLSScandD/](http://www.facebook.com/groups/ESLSScandD/)

### **CAN I VOLUNTEER?**

We are always looking for volunteers to join the sub-committee, help with galas and other events or train as an Official. If you are interested please speak to one of the sub-committee members. As a volunteer you will be registered with the British Swimming as a voluntary helper (Cat. 3). This means you will have personal accident and liability insurance

### **HOW OFTEN ARE THE GALAS?**

There are galas happening throughout the year. We try to give everyone a chance to swim, although in some events we do need to take the fastest team. A calendar containing details of galas is pinned on the notice board as well as on the Clubs website and is communicated regularly via email and Facebook. Usually the first few galas the swimmer attends, he/she will compete in relays only to gain experience.



## WHAT TYPES OF COMPETITIONS ARE THERE?

### TIME TRIALS

Although strictly not a competition, the Club holds time trials for section members to gain times or PB's (personal bests). These take place during the swimming sessions; depending on the time of year. Each swimmer is given a "Time trial" card. Swimmers test their times over a variety of strokes, which are determined by the Head Coach. The timekeepers record these times and any PB's; highlighted in blue) and NT (new time highlighted in green) achieved are recorded before the card is returned. Club records are highlighted in red. Please note that it is worth looking at the calendar to check when a time trial is taking place.

Swimmers are encouraged to keep a record of their times; so that when entering events; entry times will be up to date.

### HOME GALAS

Exmouth hosts two galas at our pool each year, normally held in February and September. In addition we attend "away" galas when we are invited to do so by other Clubs.

Swimmers compete in boy/girl age groups over various strokes and distances. The home club usually sets the programme. Swimmers are invited to submit their availability to compete in the galas either at the desk at the pool or via a "doodle poll" survey.

Selection depends on age and times and the team will be announced with as much notice before the competition as possible; either with the team list at the desk or by email. Swimmers don't pay to enter these galas but there is usually a small charge for spectators.

At home galas we like parents to help in whatever capacity they feel comfortable doing. On occasions when we travel to away galas and other events the Club provides a coach to transport the swimmers and supporters, but not for every away gala. There is a charge for supporters.

We also organise three fund-raising galas a year; the Ribbon Gala; the Summer Gala; and the Christmas Cracker.

Age groups for galas can be odd numbers e.g. 11 and under, 13 and under etc or even numbers e.g. 10 and under, 12 and under etc. They may include an Open section, which could be over 15, 16 or above. An "Imps" gala is for the younger swimmers and can be for 12 and under or 13 and under. The age of the swimmer can be "age on day" or 31st December of that year.

### CLUB CHAMPIONSHIPS

Every member of the Competitive and Development (and Masters) sections can compete in the Championships; and we encourage swimmers to do so. Events usually take place in November. Every stroke is swum from 50m, 100m, and 200m, in the case of Individual Medley 100m, 200m and 400m. The freestyle also includes the 400m, 800m and 1500m. Most events have cups that are awarded to the fastest swimmers; except for the 50m events. Swimmers compete in age groups boy/girl; 9u/10; 11/12; 13/14; 15/16; 17/18 and Open; although they swim against others with a similar time.

Medals and ribbons are awarded for up to 6th place (9u/10; 11/12 age group; Masters don't get medals). Additionally points are awarded which go towards awards for each boy/girl age group.

A presentation night is held in January when the cups are awarded. A cup known as the Thompson Trophy is awarded to the swimmer who has achieved the most PB's in the year (date starts day after final night of Club Championships and runs to final night).

### EAST-DEVON MINI-LEAGUE

Together with Paignton, Torquay, Newton Abbot, Exeter City and Dawlish we are members of this league. Three galas are swum each year hosted on a rotation basis by the Clubs. The first gala is for under 16s, (even ages) the second a relay gala and the third a gala for under 15s (odd ages). Swimmers who have come first second or third in any of the Devon County or Western events are not allowed to swim.

### CORNWALL AND DEVON LEAGUE

Galas are held on a Sunday afternoon in Plymouth at the Life Centre; transport is provided; dates can be found in the calendar. We compete against clubs drawn from all over the two counties.



### **DEVON COUNTY CHAMPIONSHIPS\***

Swimmers aged 9 and above who are members of a Devon Club and have qualifying times for the different events compete against other. The “Devons” are held in the early part of the year around February. The age of the swimmer is calculated as being the age on the last day of the year (31st December). The qualifying times change every year and can be found on the Devon Swimming website:

[www.devonswimming.org.uk](http://www.devonswimming.org.uk)

### **SPRINT GALA\***

This event is for swimmers aged 9 and over (age on day). Swimmers have to enter and swim all four strokes; Backstroke; Breaststroke; Butterfly and Freestyle over the 50m distances. Swimmers who have qualifying times for the “Devons” for any of the 50m events have the choice of which event they will swim, but they cannot enter both.

### **DEVON DEVELOPMENTS\***

Held in June or July over two weekends swimmers aged 9 to 14 compete swimming all the strokes at 100m and 200m; and the Individual Medleys. In the case of freestyle it also includes 400m, 800m and 1500m.

### **DEVON SENIORS/MASTERS\***

Held in July for swimmers over the age of 14.

### **OPEN EVENTS\***

An Open Meet is where the swimmer decides what events to enter. You don't need to be invited to enter these Meets by a Coach; so if you would like to try competitive swimming, just keep an eye on forthcoming Meets listed in the calendar; especially the closing date.

Typically the cost is £5 - £7 per event and they are usually held over a weekend. Spectators also have to pay a spectator fee.

Most Open Meets have a qualifying entry time These events tend to be licensed; which means that times achieved at these events will be recorded on the British Swimming website; [www.swimmingresults.org/12months/](http://www.swimmingresults.org/12months/) and times achieved can qualify a swimmer for events such as the Devon County Championships (above). Some Meets require times achieved in a 25m (short course) pool and others in a 50m (long course) pool. If you have a PB achieved in a short course pool and you are entering a long course Meet, you can convert your PB. If you do not have a PB time for that event because it's your first meet, then you can put N/T (“No time”) but this is only when the event conditions allow this to occur.

### **PROCEDURE AT OPEN EVENTS**

Once the swimmer has decided which events to enter, the entry form should be completed and handed in to the registration desk together with the appropriate fees. The forms must be returned by the date specified, no late entries are allowed. This will allow time for the all entries to be checked prior to the collated entries being sent to the club hosting the event. Swimmers pay a small amount extra usually £1; which helps to pay for the poolside passes.

If any of the submitted times are not accepted the swimmer will be rejected and payment will be returned. Swimmers may also be rejected if the galas are over subscribed; this will usually be the slowest swimmers.

Once on poolside, the Coach or Team Manager will advise swimmers of their warm-up lane, and ensure that report times for events are adhered to.

The programme will tell you which heat and lane a swimmer will be in, together with other information. The marshals are responsible for making sure that a swimmer is in the correct heat and lane.

The results of the events are usually posted on the walls around the pool. If a swimmer has been disqualified, a code will give the reason. If the swimmer has won a medal or trophy there will either be a presentation after the event, or there will be a desk at which the swimmer can collect their medal and take it home with them.

To ensure the safety of our swimmers; all those competing need to sign in with the Coach or team manager when they arrive. All swimmers will be required to stay with the team at all times; as this is good for team spirit; but also ensures that no events are missed.

If swimmers need to leave poolside for any reason, they must tell the Coach or team manager where they are going.



Parents should collect their children promptly once swimmers have finished all their events for the day and sign them out with the Coach/team manager.

**BEING PART OF ES and LSS**

Please note as with all the above galas a swimmer may be selected for a Gala as part of a relay team and may not get an individual swim. Being part of the team for competitions is a great achievement but if you are not picked for one competition, please don't be disheartened as you may be picked for another later in the year or as you progress through the club.

For team events, the Coach will allocate races to those selected. Swimmers are not notified in advance what their events are. It is very important that, once swimmers have submitted their availability to being part of the team and especially once the team is announced; that you do not change your mind. If a swimmer is sick or for any other reason cannot swim at an event, The Coach needs to be informed as soon as possible so that a reserve can be found.

**Memberships and Licensed Meets**

**WHAT CATEGORY OF MEMBERSHIP DO YOU NEED?**

When you first join the Competitive and Development section (unless you have joined us from a different club) you will probably find that BRITISH SWIMMING Category 1 is all that is needed. You can swim in home and away galas. However when you start to enter events that have been marked with a \* (See page 'WHAT TYPES OF COMPETITIONS ARE THERE'), you must hold Category 2 BRITISH SWIMMING membership. One parent (or more) of a Competitive and Development swimmer who holds a Category 2 membership must also join the Club. Their membership is Category 3; this also means that parents can help out; which is greatly appreciated! BRITISH SWIMMING membership is important because one element of it is personal accident insurance. (See the BRITISH SWIMMING web site for details).

Category 1 Club Membership

Category 1 membership is for individuals who are part of a club and are learning to swim or are swimming at any level within the club network. Category one members may take part in leagues providing that the league is a local league e.g. within a County or local area and does not finish with a national final.

Main Benefits of Category One Membership	
Compete in Galas of less than 8 clubs	✓
Compete in Level 4 Licensed Meets	✓
Ability to train in a Swim England club	✓

Category 2 Club Membership

Category 2 Membership is for individuals who are part of a club and looking to compete in any discipline in open competitions not exempted under Swim England law, or designated as a Low Level Competition

Main Benefits of Category Two Membership	
Compete in National, Regional and County Championships with a Swim England club	✓
Compete in Level 1, 2, 3 and 4 Licensed Meets	✓
Compete in Galas of less than 8 people	✓
Ability to train in a Swim England club	✓



### Quick Guide to LICENSED MEETS

There are 4 levels of licensed Meet. All meets are subject to BRITISH SWIMMING laws and regulations and BRITISH SWIMMING Technical Rules.

1

**Level 1** Meets are Long Course (50m Pool) only and cover National, Regional and County Championships.

Purpose - to enable athletes to achieve qualifying times for entry into National, Regional and County Championships. Qualifying times required.

2

**Level 2** Meets are Short Course (25m Pool) only and cover National, Regional and County Championships.

Purpose - to enable athletes to achieve qualifying times for entry into National, Regional and County Championships in short course. Qualifying times required.

3

**Level 3** Meets are Long and Short Course events.

Purpose - to enable athletes to achieve times for entry into Regional and County Championships and other Meets at Level 1 or Level 2. Qualifying times required.

4

**Level 4** Meets are entry-level events in pools 25m or possibly greater.

Purpose  
– For inexperienced swimmers seeking to compete outside their club environment, i.e. Club Championships.



## Parent's Code of Conduct

1. I will complete and return the Medical Information Form as requested by the society and provide details of any health conditions/concerns relevant to my child on the consent form. I will report any changes in the state of my child's health to the coach prior to training sessions or events. I will ensure that the society has up-to-date contact details for me and for any alternative person(s) as required.
2. I will deliver and collect my child punctually to and from training sessions/events. I will inform a representative of the society or coaching staff if there is an unavoidable problem. If the society changes my child's lane and/or changing times, I will remember that the change is to provide appropriate levels of training and to enable my child to progress, and I should therefore support and encourage this at all times.
3. I will ensure my child is properly and adequately attired for the training session/events including all mandatory equipment, e.g. hats, goggles, etc.
4. I will inform the representative of the society before a session if my child is to be collected early from a training session/event and if so, by whom.
5. I will encourage my child to obey the rules and teach them that they can only do their best.
6. I will behave responsibly as a spectator during training/events and treat members, coaches, committee members and other parents of members of both my child's society and any other organisation with due respect, in accordance with the BRITISH SWIMMING commitment to equality and diversity.
7. I will not use inappropriate language within the organisation environment.
8. I will show appreciation and support my child and all the team members.
9. I will ensure my child's needs are met in terms of nutrition and I will listen to advice given from the coach/nutritionist.
10. I will support the coach and committee appropriately and raise any concerns I may have in an appropriate manner to the welfare officer.
11. I will not enter poolside unless requested to do so or in an emergency.
12. If I wish to have a discussion with the coach, I will check with a representative of the society as to how this can be arranged.
13. Most of all, I will help my child to enjoy the sport and to achieve to the best of their ability.

### The society will:

1. Inform you at once if your child becomes ill and will ensure their wellbeing until you are able to collect him/her.
2. Ensure good child safeguarding guidelines are followed at all times to keep your child safe.
3. Ensure all activities are properly supervised/taught/coached and that consent is obtained for any activity outside of that previously agreed.

### You have a right to:

1. Make a complaint to the society if you feel the society or a member of the society is not acting appropriately or in accordance with BRITISH SWIMMING/organisation rules and regulations. Details of how to do this can be obtained from the welfare officer.
2. Make a complaint on behalf of your child to the BRITISH SWIMMING Office of Judicial Administration.

Signed:

Date:



## Member's/Swimmer's Code of Conduct

### General behaviour

14. I will treat all members of, and persons associated with, the BRITISH SWIMMING with due dignity and respect.
15. I will treat everyone equally and never discriminate against another person associated with the BRITISH SWIMMING on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
16. I understand that the use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the disciplinary or child welfare policies.
17. I will display a high standard of behaviour at all times.
18. I will always report any poor behaviour by others to an appropriate officer or member of staff.
19. I will recognise and celebrate the good performance and success of fellow club and team members.
20. I will respect the privacy of others, especially in the use of changing facilities.

### Training

1. I will treat my coach and fellow members with respect.
2. I will make my coach aware if I have difficulties in attending training sessions as per the rules laid down for my squad.
3. I will arrive in good time on poolside before

the training session starts to complete poolside warm up as directed by my coach.

4. I understand that if I arrive late, I must report to my coach before entering the pool.
5. I will ensure that I have all of my equipment with me, e.g. paddles, kick boards, hats, goggles, etc.
6. If I need to leave the pool for any reason during training, I will inform my coach before doing so.
7. I will listen to what my coach is telling me at all times and obey any instructions given.
8. I will always swim to the wall as I would do in a race, and I will practice turns as instructed.
9. I will not stop and stand in the lane, or obstruct others from completing their training.
10. I will not pull on the ropes as this may injure other members.
11. I will not skip lengths or sets – to do so means I would only be cheating myself.
12. I will think about what I am doing during training, and if I have any problems, I will discuss them with my coach at an appropriate time.
13. If I have any problems with the behaviour of fellow members, I will report them at the time to an appropriate adult.

### Competitions

1. At competitions, whether they be open meets, national events or club galas, I will always behave in a manner that shows respect to my coach, the officers, my team mates and the members of all competing organisations.



## Member's/Swimmer's Code of Conduct (continued)

Signed:

Date:

2. I understand that I will be required to attend events and galas that the Chief Coach has entered/selected me for, unless agreed otherwise by prior arrangement with the relevant official and coach.
3. I understand that I must wear appropriate swimwear, tracksuits, T-shirts/shorts and hats as per the rules laid down by the organisation.
4. I will report to my coach and/or team manager on arrival on poolside.
5. I will warm up before the event as directed by the coach in charge on that day and ensure I fully prepare myself for the race.
6. I will be part of the team. This means I will stay with the team on poolside.
7. If I have to leave poolside for any reason, I will inform, and in some cases, get the consent of the team manager/coach before doing so.
8. After my race, I will report to my coach for feedback.
9. I will support my team mates. Everyone likes to be supported and they will be supporting me in return.
10. I will swim down after the race if possible, as advised by my coach.
11. My behaviour in the swim down facility must be appropriate and respectful to other users at all times.
12. I will never leave an event until either the gala is complete or I have the explicit agreement of the coach or team manager.



## VOLUNTEER AT COMPETITIONS

### WHAT ROLES ARE THERE?

The below provides some information about the different roles needed to successfully run our galas/fund raising events and Club Championships

Role	Duty	Qualification?	Course Title
Referee	The Referee is in control of the competition and located in a position so that he/she can manage the competition and ensure that the rules are observed. Receives reports from Judges and makes decisions regarding disqualifications.	Referee but can be any qualified Judge if no referee available	Referee must be qualified Judge 1 Judge 2 Judge 2S
Judge 2S (Starter)	The Starter is responsible for taking control of the race after the Referee has "handed it over". They are responsible for starting the race.	Judge2S Trained volunteer only local galas	Judge2S must be qualified Judge 2
Judge 2 Stroke Judge/Finish Judge	This is the second level of qualification. It encompasses the role and duties in relation to all aspects of judging specifically ensuring that the swimmers are complying with the rules in respect of strokes. Makes decision and confers with referee regarding the finish order of a race.	Judge 2 But can be a Judge 1 if no Judge 2 available	Judge 2 must be qualified Judge 1
Judge 1 Timekeeper Starts/Turns/Finish	Timing swimmer for event; ensuring turns and finishes comply with swimming rules; and watching that relay take-overs are correct. 6 required	Judge 1 Club Timekeeper Volunteer	Judge 1 Club Timekeeper
Chief Timekeeper	Monitor the event and stand in for a timekeeper whose timer has failed or is absent.	Judge 1 Club Timekeeper Experienced Volunteer	Judge1 Club Timekeeper
Announcer	The Announcer plays an important role in ensuring competitors, volunteers and spectators have a high quality experience. This is done by providing accurate and effective information about the event in a friendly, motivating and enthusiastic way. Works with Referee to announce events and "calls swimmers up" to their events.	Volunteer	
Recorders desk	Two/Three people needed to receive results from lane runners and allocate positions/times onto result sheets (various formats)	Volunteer	
Medals	Two people to receive result sheets from Recorders and allocate medals/ribbons to swimmers	Volunteer	
Lane Runners	Two people to collect result slips/cards from timekeepers; sort into times – fastest first and take to recorders desk.	Volunteer	
Warm Up Marshall	Regulates and ensures safety of swimmers during W/U.	Volunteer	
Card/Heat Organiser	Completes swimming register for event (s) and sorts swimmers into heats/lanes. 1 person per event	Volunteer (Club Champs)	
Door Marshall	Two people; sell programmes	Volunteer	
Water provider	Provides drinks/bottles to all officials during the event	Volunteer	
Learner Pool Marshall	To ensure no entry into the learner pool during competition in the main pool	Volunteer	



## NUTRITION SHEET

The type of food swimmers eat can influence how they perform in the water. The muscles required for swimming require maximum blood supply however when you eat the blood rushes to the stomach to try to digest the food. Unfortunately, the body cannot do both at the same time, and if you get the timing wrong between eating and swimming then it may result in a poor performance and probably stomach ache. Whether its training or competition try to eat at least 2 hours before exercise, then about 30 minutes before exercise have a snack and then have something immediately afterwards to aid recovery.

### Competition Nutrition Plan

Since swim meets can last all day swimmers need to be aware of what they are eating and drinking before, during and after they race.

Fatty foods take a long time to digest. **AVOID:** Carbohydrates can be digested quickly to convert to glucose for energy. **TRY:**

- Crisps
- Chips
- Doughnuts
- Danish Pastries
- Pasta
- Cereals
- Bagels
- Bread
- Fruit
- Vegetables
- White Rice
- Breakfast Bars
- Baked Potato
- Watermelon

If you do not have sufficient carbohydrates in your diet you will not be able to train as hard or as long and fatigue (tiredness) will set in.

These foods can be out of the stomach in approximately 2 hours therefore; the pre-event meal should be composed of primarily carbohydrates.

### GUIDELINES ON EATING RELATIVE TO TIME TO NEXT EVENT AT COMPETITIONS:

**1 hour or less.** The swimmer should stick to carbohydrate foods and juices. e.g. orange juice, bananas, plain toast or a diluted carbohydrate sports drink. Swimmers should limit the amount of food taken.

**2 to 4 hours.** Swimmers should add more carbohydrate foods and juices. e.g. bagels, cereals and muffins along with some type of pure fruit juice.

**4 hours or more.** Swimmers can add more protein with carbohydrate foods. E.g. a light spread of peanut butter on a muffin or bagel or a chicken sandwich on two slices of bread with pure fruit juice, pasta or beans on toast.



## HYDRATION

It is also vitally important that swimmers should drink fluids, (NOT fizzy drinks), as they can quickly become dehydrated on the hot poolside. During exercise our muscles use energy. However, the muscles only use 25% of the energy the other 75% is released as heat – which is why exercise makes us hot! We need to get rid of the excess heat otherwise we would overheat – so, the main way to keep our bodies cool is sweating. Sweat comes from the water in your blood so you have to replace the lost water otherwise, you will become dehydrated and suffer.

Approximately 1 litre of fluid is lost for each hour of exercise. The easiest method of finding out how much fluid you lose is to weigh yourself before and after exercise. Each kg of body weight lost is equal to 1 litre of fluid loss. Start exercise well hydrated. Try to drink between 300 – 500ml (good-sized glass of water) in the 15 minutes before you start exercising and drink during exercise. It's unlikely that you will drink too much water, but if you are doing excessive amounts of exercise in extreme temperatures you may need to add sodium (salts) to your water so its similar to the concentration of blood, so it's quickly absorbed by the body. Adding a small pinch of salt to the water in your bottle can help absorb the water or adding a sports tab like an electrolyte.

Another way to check if you are drinking enough is to check the colour of your urine – if it's pale and plentiful you're well hydrated, but if it's dark and in short supply you'd better start drinking. Aim to be colours 1-3 on the chart. If you are lighter than 1 then you are either drinking too much water or need to take smaller sips.

## 111% DEHYDRATION = 10% DROP IN PERFORMANCE

A Good Example of a days Menu for an Active Teenager:

Breakfast - Porridge with seeds and fresh fruit, milk and freshly squeezed orange juice OR poached egg on toast.

Snack - Yoghurt and handful of plain nuts with malt loaf.

Lunch - Chicken, cheese and tomato and Spinach wrap and an apple.

Snack - Rice cake / Flapjack / Oatcakes and a plum/grapes.

Dinner - Jacket potato, grilled tuna, cottage cheese, broccoli and carrots + Fruit salad.

Evening Snack – Cereal with milk and banana.

## USEFUL INFORMATION

### WHAT IS SWIMMARK?

SwimMark is the Swim England's club development model - a planning tool, enabling clubs to help swimmers, coaches and administrators achieve their full potential. It is centred on the needs of the swimmers - striving to provide them with the best possible environment and is regarded as the back bone of Swim England's development programme and the more a club puts into the process, the more it will get out of it.

### Is ES and LSS INVOLVED IN SWIMMARK?

Yes, the Club achieved accreditation in 2012; and has re-accredited on three occasions since then. We were also awarded SwimMark Network status in 2016.

Club Website: <http://www.exmouthswimming.org/>

Devon County BRITISH SWIMMING <http://www.devonswimming.org.uk>

Swim England Rankings <https://www.swimmingresults.org/biogs/>

Swim Shop <https://www.swimshop.co.uk>



#### **ARE THERE ANY CLUBS IN THE DIVISIONS OF ARENA CLOSE TO EXMOUTH?**

Exeter City Swimming Club [www.exeterswimming.info](http://www.exeterswimming.info) is in a higher division, they are closest. Winners nationally have been Plymouth Leander [www.plymouthleander.co.uk](http://www.plymouthleander.co.uk) (50 miles away).

#### **WHAT OTHER WATER SPORTS ARE AVAILABLE IN THE AREA?**

##### **WATER POLO**

Newton Abbott Swimming Club  
[www.newtonabbotswimmingclub.co.uk/polo.htm](http://www.newtonabbotswimmingclub.co.uk/polo.htm)

Exeter Polo Club  
[www.exeterwaterpolo.co.uk](http://www.exeterwaterpolo.co.uk)

##### **SYNCHRONISED SWIMMING**

Exeter Synchronised Swimming Club  
[www.independent.co.uk](http://www.independent.co.uk)

##### **DIVING**

Plymouth Diving  
[www.plymouthdiving.com](http://www.plymouthdiving.com)

#### **WHATS THE ADDRESS AND CONTACTS OF WHERE ES and LSS TRAIN?**

Exmouth Leisure Centre, The Royal Avenue, Devon, Exmouth EX8 1EN. 01395 266381

#### **HEAD COACH CONTACTS**

David Hill  
+44 7811 514 756  
[daveswimming@hotmail.com](mailto:daveswimming@hotmail.com)

#### **DATA PROTECTION POLICY STATEMENT**

Exmouth Swimming and Life Saving Society is fully committed to full compliance with the requirements of the General Data Protection Regulation. The Club will therefore follow procedures, which aim to ensure that all (collectively known as data users) who have access to any personal data held by or on behalf of the Club are fully aware of and abide by their duties under the General Data Protection Regulation.

#### **STATEMENT OF POLICY**

ES and LSS needs to collect and use information about it's members in order to operate and carry out its functions. This personal information will be handled and dealt with properly however it is collected, recorded and used and whether it is on paper, in computer records or recorded by other means.

ES and LSS regard the lawful and appropriate treatment of personal information as very important to its successful operations. The Club therefore fully endorses and adheres to the Principles of the General Data Protection Regulation.

#### **HANDLING PERSONAL/SPECIAL CATEGORY DATA**

ES and LSS will, through management and use of appropriate controls, monitoring and review:

- Strive to collect and process only the data or information which is needed
- Use personal data for such purposes as are described at the point of collection, or for purposes which are legally permitted



- Strive to ensure information is accurate
- Not keep information for longer than is necessary
- Securely destroy data which is no longer needed
- Take appropriate technical and organisational security measures to safeguard information (including unauthorised or unlawful processing and accidental loss or damage of data)
- Ensure that information is not transferred without suitable safeguards
- Ensure that the rights of people about whom information is held can be fully exercised under the General Data Protection Regulation

THESE RIGHTS INCLUDE:

- The right to be informed
- The right of access to personal information
- The right to request rectification
- The right to request erasure
- The right to restrict processing in certain circumstances
- The right to data portability
- The right to object to processing

## Glossary

**Aerobic** - Longer distance energy system

**Age for competitors** - Generally age-determined events rely on the age a swimmer will be on 31 December of the year of the competition, but can be age on day.

**Age group** - Swimmer/competition for under 16s.

**Anaerobic** - Sprint energy systems (see Energy).

**BRITISH SWIMMING** - Amateur Swimming Association now known as "British Swimming"

**BRITISH SWIMMING number** - A unique number supplied by the BRITISH SWIMMING. Applies to Category 1; 2 and 3 members.

**Cannon** – A race made up of more than 4 swimmers, generally 6 or 8. Can sometimes be made up of same sex/age but are often 1 boy/girl from each age group. A Cannon can be either a freestyle or medley race.

**Cards** - Entry cards. At some Open and always at our Club Championships and fundraising events a card is produced for each competitor for each event entered. This shows the event number; heat number; lane number; entry time, the start time of the gala and competitor number. These cards must be checked when received, taken to the gala and handed in before the start of the warm-up.

**District** - The level of competition between County and National. ES and LSS is part of the Western Counties District.

**DQ** - Disqualified. For all sorts of reasons - false start, not touching the wall properly, incorrect technique and others. Reasons will either be written on the card or the applicable code displayed on a result sheet.

**Entry time** - The time on the entry form, the best time achieved within a given period.



## **ES and LSS** – Exmouth Swimming and Life Saving Society

**Freestyle** – means in any event so designated the swimmer may swim any stroke, except that in an individual medley or medley relay event freestyle means any stroke other than backstroke, breaststroke and butterfly. Often referred to as “frontcrawl”. If a swimmer chooses to swim anything other than “frontcrawl”; freestyle rules apply.

**Heat declared winner (HDW)** - Only heats are swum, not heats and finals. Several events of the same stroke/distance are swum; Swimmers are graded by entry time and swimmers with similar times swim against each other. The winner is the swimmer in the relevant category; usually age, with the fastest time, not the winner of a particular heat. A nightmare for spectators wanting to know the result because all the swimmers have to be identified in a particular age category and note all their times before you know how well your swimmer has done (barring disqualifications).

**Individual Medley** - A race in which all 4 strokes are combined in the order - Butterfly, Backstroke, Breaststroke, Freestyle. When swum in a relay, the order is Backstroke, Breaststroke, Butterfly, and Freestyle - so as to avoid a takeover to Backstroke.

**Imps gala** - An “Imps” gala is for the younger swimmers and can be for 12 and under or 13 and under.

**Kick board** - The flat float for some legs only drills.

**Lane order** - The lane order for finals is decided from times in the heats or semi-finals. For example; the fastest qualifier will swim in lane 3, second fastest in lane 4, third in lane 2, fourth in lane 5, fifth in lane 1, sixth in lane 6. Theoretically, this creates a spearhead format in the race.

**Licensed Event** - can be Level 1;2;3 or 4. Different conditions apply to each. All licensed event results are entered onto the British Swimming Rankings.

**Long course** - Races in a 50-metre pool.

**Masters** - Swimmers 25 or over.

**Medley relay** - A relay where each swimmer in a team of four swims a different stroke in the order - Backstroke, Breaststroke, Butterfly, Freestyle.

**Notice Board** - The Club Notice Board which is in the “café” area.

**NT** – New Time; usually the time achieved by a swimmer the first time they swim an event.

**NQT** - National Qualifying Time; must be obtained in an BRITISH SWIMMING licensed event.

**One start rule** - If a swimmer starts before the gun/whistle/beeper, he or she is disqualified. Will be listed in the conditions of an event.

**Open event** - A race in which swimmers of any age may enter, there may be applicable qualifying times. This depends on the type of event. An entry fee is payable.

**Over the Top start** - Swimmers from the last race remain in the water until the next race has started.

**PB** - Personal Best, the best time ever swum by that swimmer over that distance for that stroke.

**Pull** - An arms only set.



**Pull-buoy** - The keyhole shaped float that keeps you afloat in an arms only drill.

**Relay gala** – an event where all the races are made up of teams swimming the same stroke.

**Senior** - Swimmer aged 17 years and over (25+ year olds are also Masters).

**Set** - A series of training routines.

**Short course** - Races in a 25-metre pool.

**Spearhead** – see lane order.

**Streamlining** - Reducing the cross sectional area of the body to the minimum to make faster progress through the water as a result of less drag.

**Swim down** - A gentle set to relax the muscles after training or competition to reduce lactate build up.

**Time Trials** – Held by the Club. Swimmers swim over a variety of strokes/distance. The aim is to improve times previously obtained and therefore achieve a PB (see above).

**Warm up** - A gentle set at the beginning of a session or gala to acclimatise the muscles for what is to come.