



Dolphins Swim Club
HANDBOOK

Contents

	PAGE
OUR CLUB.....	3
Introduction	3
Disputes & Grievances	3
General Communication	3
Contact Information	3
CLUB NIGHTS	4
General Information	4
Nominations	4
Club Night Qualifying Times	4
Awarding Swimmers Points	6
Pool Deck Officials and Duties	7
CLUB RULES.....	8
SWIMMERS CODE OF CONDUCT & PARENTS CODE OF BEHAVIOUR	9
General Behavioural Guidelines	9
Competitor Behavioural Guidelines	9
Parents/Guardian Behavioural Guidelines	9
Technical Official Behavioural Guidelines	9
RULES OF THE VARIOUS STROKES.....	10
The Start	10
Freestyle	10
Backstroke	10
Breaststroke	11
Butterfly.....	11
Medley / Medley Relay.....	11
SWIMMER TIME SHEET	12
SWIM CALENDAR.....	13

Our Club

INTRODUCTION

Dolphins Fitness & Aquatic welcomes you and your family to Dolphins Swim Club. We hope you enjoy your time with our Club, and look forward to your involvement throughout the season. Our Club will meet the first Friday of every month during Term 1 and Term 4.

This handbook has been written in the best interest of all swimmers to assist the smooth running of the Club and a means of explaining how the Club functions.

Our emphasis is on providing a safe, supportive and friendly environment for all swimmers of all ages and abilities. The Aim of the Dolphins Swim Club is to see each and every one of our members develop their swimming skills to where they would like them to be, to give those who wish a chance to swim competitively, the encouragement, coaching and motivation to reach their goals and to have fun doing what they love. Dolphins Fitness & Aquatic and Redcliffe Leagues Club have always promoted its ideals as a family Club – Welcome to the family!

DISPUTES & GRIEVANCES

If at any time a Club participant (parent or swimmer) has any concerns they should be communicated to the Learn to Swim Coordinator, to ensure that a suitable solution can be achieved for all parties. Remember, most grievances are a result of poor communication and in some cases, the wrong perception. All decisions will be made with the benefit of all Club participants.

GENERAL COMMUNICATION

The Club will often communicate to all members via email. It is the responsibility of individuals to ensure contact details are up to date.

CONTACT INFORMATION

Dolphins Fitness & Aquatic | Phone: 07 3880 3729

Learn to Swim Coordinator | Email: learntoswim@dolphinsfitnessandaquatic.com.au

Club Nights

GENERAL INFORMATION

Dolphins Fitness & Aquatic conducts Club Nights for its' members on the first Friday of the month during Term 1 and 4. The purpose of these nights is to introduce a swimmer to a competitive environment while enjoying the social aspect with family and friends.

Club Nights commence at 6pm sharp to completion. Swimmers are not required to swim all strokes. Admission will be \$5 per swimmer, this includes a sausage sizzle.

Events are made up of three events of three different stokes for 12.5 metres, 25 metres or 50 metres. A swimmer can only swim one distance in each event. An additional 'distance' event will take place each Club Night also.

NOMINATIONS

Nominations must be made no later than 5pm each Thursday before Club Night. **Please note** – if you do not nominate, you will not be able to swim on Club Night that week.

Nominations are to be made using a nomination form found at reception, or via email to learntoswim@dolphinsfitnessandaquatic.com.au

Please only nominate for the next Club Night. If you need to nominate in advance due to being absent, please make it obvious when nominating.

CLUB NIGHT QUALIFYING TIMES

Swimmers don't have to be experts! Swim distances start from 12.5 metres (half our lap swimming pool) for the very beginner swimmers. These are NOT races like at School Swimming Carnivals or Club Meets, rather heats that are arranged according to a competitor's time regardless of age or gender.

The first time a child swims an event; that time is recorded as their best time. As they swim faster in the following weeks, these times will become their new best times.

Club Nights

CLUB NIGHT QUALIFYING TIMES

We are conscious that swimmers should be placed in an event that best suits their ability. Guidelines are as follows:

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY
12.5 m	16 sec	18 sec	22 sec	19 sec
25 m	25 sec	30 sec	30 sec	27 sec
50 m	45 sec	50 sec	53 sec	46 sec

- 12.5 metre swimmers can move to the 25 metre event when they feel comfortable doing so.
- Swimmers don't have to start with the shorter distances (12.5 m and 25 m), but if they choose to, they will be required to progress to the 50 metre when they reach the above indicated qualifying time.
- Swimmers will automatically graduate to a longer distance once they have achieved the qualifying times. Swimmers will be rewarded with a ribbon.
- When a swimmer moves up to the next distance, or swims a stroke for the first time, they automatically gain 4 bonus points.
- When a swimmer moves from 25 metre to 50 metre, the greater distance must be swum at Club Nights from then on. Once a swimmer has qualified to swim up to a higher distance, they must continue to swim this distance otherwise they will not receive any further points for that swim.
- Once a time has been recorded, this then becomes the swimmers seeded time for the next Club Night.
- The official records of the Club will form the only basis for making Club awards. The swimmers own personal record of times and points will not be considered as a true record to debate towards Club awards.

ONE START RULE applies on Club Night and any swimmer who is disqualified will not receive any points.

Leniencies will be given to swimmers in the 12.5 metre events and to new swimmers in the 25 metre events for disqualifiable offenses, but not always. **Discretion will be up to the Club Night Referee ONLY.**

Club Nights

POINTS

AWARDING SWIMMERS POINTS

Dolphins Swim Club Night awards are given at the end of season. Awards are based on regular attendance and through improving/maintaining your personal best times. This is scored using the following points table:

PROGRESSIVE POINTS AWARD TABLE	
1 Point	More than 2.5 seconds slower than base time
2 Points	Between 1.51 and 2.5 seconds slower than base time
3 Points	Between 0.51 and 1.50 seconds slower than base time
4 Points	Up to 0.50 seconds either side of base time
5 Points	Between 0.51 and 1.50 seconds faster than base time
6 Points	Between 1.51 and 2.5 seconds faster than base time
7 Points	More than 2.5 seconds faster than base time

AWARDING SWIMMERS POINTS

Sprint and Distance events are calculated separately. The award for Sprint Aggregate Points is calculated from events 2, 3 and 4 (12.5 m, 25 m and 50 m events). The distances Aggregate Points award is taken from the Distance Events (200 m). These awards will be presented separately.

Eligibility Criteria:

- Swimmers must have swum a minimum of 7 Club Nights.
- All parents are required to assist the Club in duties on Club Nights including timekeeping, Marshalling or other duties where required. A minimum of 7 Club Nights per family is required for eligibility.

Club Nights

OFFICIALS AND DUTIES

POOL DECK OFFICIALS AND DUTIES

The following positions need to be filled each Club Night to enable the efficient and effective running of all events. You need don't need to be experienced – all that is required is to be willing to assist:

Referee: The Club will appoint a Referee. All swimming shall be under the control of the Referee.

Starter: One starter is required, and starts will be as per QSA rules.

Marshall: One Marshall is required to organise the swimmers into their heats and lanes as per the Club Night program supplied each week.

Check Starter: One Check Starter is required to ensure swimmers line up in correct lanes as per the Club Night program.

Time Keepers: Two time keepers per lane are required (a total of 10 people) to ensure swimmers' times are recorded accurately.

THE CLUB NIGHT CANNOT START UNTIL THESE POSITIONS ARE FILLED.

Club Rules

- The Club does not accept responsibility for the supervision of children attending Club Nights. An adult must accompany the child(ren) to ensure they remain safe and demonstrate acceptable behaviour at all times.
- Swimmers must not walk in front of timekeepers at any stage when an event is in progress.
- The Marshall will not delay any event for a swimmer who does not report when called. Any such swimmer will forfeit his/her swim in the event.
- Silence is required on the referee's whistle at the start of each event. Any swimmer who breaks this rule may be disqualified from his/her next race.
- Please stay out of the Hydro Pool on Club Night races.
- Swimmers must report to the Marshalling Area as soon as their event or stroke is called. The Club accepts no responsibility for a child missing their swim due to a delay in reaching the Marshalling Area.
- On Club Night, swimmers may swim only ONE race of 10 metre, 25 metre or 50 metre for any one stroke. Restrictions on Distance Events (100 m, 200 m) do not apply, but can only be entered on the Learn to Swim Coordinators approval.
- All parents are expected to assist in some way on Club Nights.
- All pool rules are to be followed.
- Nominations for Club Nights close 5pm each Thursday before Club Night.

Conduct

SWIMMERS CODE OF CONDUCT & PARENTS CODE OF BEHAVIOUR

GENERAL BEHAVIOURAL GUIDELINES

Swimming Australia promotes the following behavioural guidelines to all people involved in any way with the sport of swimming. As a person involved in any way with the sport of swimming, the following standard of behaviour is expected:

- Respect the rights, dignity and worth of others.
- Be ethical, considerate, fair and honest in all dealings with other people and organisations.
- Be professional in, and accept responsibility for your actions.
- Make a commitment to providing quality service.
- Be aware of Swimming Australia's standards, rules and policies.
- Operate within the rules and spirit of the sport, including the national and international guidelines that govern Swimming Australia.
- Understand the possible consequences of breaching Swimming Member Welfare and Child Welfare Policies.
- Immediately report any breaches of the Swimming Australia Member Welfare and Child Welfare Policies to the appropriate authority.
- Refrain from any form of abuse, harassment, discrimination and victimisation toward others.
- Refrain from intimate relations with members whom they have a supervisory role or power over.
- Support all efforts to remove verbal and physical abuse from the sporting environment.
- Show appreciation and respect for all people involved in your child's swimming.
- Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.

TECHNICAL OFFICIAL BEHAVIORAL GUIDELINES

Abide by the General Behavioural Guidelines. Encourage all participants to uphold the 'essence of sport'. Be consistent, objective and courteous when making decisions. Address unsporting behaviour and promote respect for all competitors. Emphasise the spirit of fair competition. Promote rule changes that will make participation more enjoyable. Be a good sport yourself. Actions speak louder than words. Keep up-to-date with the latest rules and guidelines for officiating. Place the safety and welfare of the participants above all else. Give participants a 'fair go' regardless of their gender, ability, ethnicity, cultural background or religion.

Stroke Rules

RULES OF THE VARIOUS STROKES

The following are extracts from FINA <http://www.fina.org>

THE START

(Dolphins Fitness & Aquatic does not have platforms; participant shall start at edge of pool as if starting on a platform.)

SW 4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle (SW 2.1.5) from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command «take your marks», they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

SW 4.2 The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle (SW 2.1.5), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (SW 6.1). When all swimmers have assumed their starting positions, the starter shall give the command «take your marks». When all swimmers are stationary, the starter shall give the starting signal.

SW 4.3 In Olympic Games, World Championships and other FINA events the command «Take your marks» shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

SW 4.4 Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per SW 2.1.5.

FREESTYLE

SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of no more than 15 meters after the start and each turn. By that point, the head must have broken the surface.

BACKSTROKE

SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter of bending the toes over the lip of the gutter is prohibited.

SW 6.2 At the signal for starting and after turning the swimmer shall push off and swim upon his/her back throughout the race except when executing a turn as set forth in SW6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from the horizontal. The position of the head is not relevant.

SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15m after the start and each turn. By that point the head must have broken the surface.

SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

SW 6.5 Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

Stroke Rules

RULES OF THE VARIOUS STROKES

BREASTSTROKE

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke followed by a breaststroke kick.

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

BUTTERFLY

SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

SW 8.2 Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to SW 8.5.

SW 8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

MEDLEY/MEDLEY RELAY

SW 9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

SW 9.2 In medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

SW 9.3 Each section must be finished in accordance with the rule which applies to the stroke concerned.