



Lewsey Centre Swimming Club

www.lewseycentreswim.org.uk
lewseycentresc@hotmail.com

2010 Membership

Dear Parents and Swimmers,

We have reviewed the fees for the coming year to ensure the associated costs are covered. The costs include pool hire, lifeguard fees, insurance and association fees to both Bedfordshire ASA and East Region ASA. As ever we aim to keep the fees as low as possible but often these are beyond our control. This may require us to increase the session fees during the year. If this is the case we will provide a minimum of three weeks' notice.

The fees for 2010 will be as follows:

Competitive swimming	£30.00 + £27.50 ASA fee = £57.50
Local galas/County Championships/Chiltern League/open meets	
Non competitive swimming	£30.00 + £9.75 ASA fee = £39.75
Interclub splash gala	
Family Membership (3 + members)	£70.00 + ASA fees as applicable

The annual membership fee is payable at the start of the year to enable us to meet the monthly payments in advance for the use of the facilities.

Payments can be made by cash or cheque (made payable to **Lewsey Centre Swimming Club**).

ASA fees are payable by every swimmer and are included in the annual membership. If however, a Category 1 swimmer qualifies and swims in the Bedfordshire County Championships, an **additional ASA** fee to upgrade to Category 2 will become payable to cover fees and insurance for the event.

We also have a **Seniors/Masters** category. This is for the swimmers over 18, parents and non competitive (pleasure swimmers). ASA fees are payable for these swimmers as insurance must be in place for each and every person who swims with the club during our allocated pool time sessions. For these swimmers, the ASA fee is noted alongside the membership fee also.





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Session times and fees:

Friday (Dolphins) (Spring Term 2010 – 11 weeks)	5.30pm – 6.30pm	£2.00 per session payable termly £22)
Sunday morning	8.00am – 9.00am	£1.80 per session
Sunday afternoon	2.30pm – 4.00pm	£2.75 per session
Tuesday	6.30pm – 7.30pm	£1.80 per session
Thursday (club night)	7.30pm – 8.30pm	£1.80 per session

Session fees are discounted if paid quarterly in advance.

We are continuing to encourage all our members to attend on club night and to attend sessions as detailed in squad letters. Parents who wish to swim for fitness are welcomed at any of the Sunday sessions (Masters annual membership fees and session fees will apply).

We are requesting information on any disabilities/medical conditions and emergency contact numbers, which will remain confidential but is essential to ensure the full safety of swimmers at all times.

In order to control printing costs we will regularly place information about club events on the club's website. Please refer to www.lewseycentreswim.org.uk on a regular basis for information about the club and forthcoming events. This will include entry forms for the Splash galas. Gala results, news reports and the swimmers' personal best times can be viewed.

Items are available to purchase from the Lewsey Club shop and 'Swimshop' are also detailed on the website. A current price list and order form is included with this letter. Please remember anything ordered through the club earns Lewsey Centre Swimming Club 10% commission. Please use the link provided on the website or hand your order form to help us earn the 10%.

In addition we are requesting swimmers to sign up to the club's code of conduct as part of the membership form. This is required as part of Swim 21, the ASA's club development programme.

Our aim is to continue to operate as a friendly club providing opportunities to young people in the local community. If you have any views, comments or want to be more involved please do not hesitate in letting us know.

Kind regards *Lewsey Centre Swimming Club ~ Committee*





2010 Membership Application / Medical Consent Form

Full Name: _____

Address: _____

_____ Post Code: _____

Email: _____ Date of Birth _____

**To be completed by the parent(s) or carer(s)
with parental responsibility for swimmers aged under 18.**

Gender: Male / Female

Parent/Carer (1) Full Name: Mobile No:

Parent/Carer (2) Full Name: Mobile No:

Telephone No. to use in the case of an emergency.....

Family GP: Tel No:

Does your child have any specific medical conditions requiring medical treatment and/or medication?

If so, please give details - including dosage & frequency of any medication:

.....

Does your child suffer from Asthma & if so, take any medication?

If so, please give details:

.....

Does your child have any food, drug or other allergies?

If so, please give details:

.....

Does your child suffer from any Special Needs (e.g. physical, visual or hearing impairments or have any learning / behavioural problems e.g. ADHD) that could affect their swimming training?

If so, please give details:

.....

Does your child have any specific dietary needs?

.....





2010 Membership Declaration Form

Declaration

1. To the best of my knowledge and belief, the information given above is true.
2. I understand that it is my responsibility to inform LCSC of any material changes in relation to the information supplied on this form.
3. It may be necessary at some time for the teachers, coaches or team management staff accompanying your child to have the necessary authority to obtain any urgent treatment that may be required. By signing the declaration below, I am giving consent for any medical or surgical treatment recommended by competent medical authorities, where it would be contrary to my child's interest, in the doctor's medical opinion, for any delay to be incurred by seeking my personal consent.
4. I am aware of the type of activities likely to be undertaken (including organised travel to and from swimming venues) and consent to my child taking part. I acknowledge that the club will be liable in the event of an accident only if they have failed to take reasonable steps in their duty of care for my child. I understand that the staff have a common law duty to act in the capacity of a reasonable prudent parent.
5. I am aware of the club's rules and acknowledge the need for my child to abide by these conditions at all times. Failure to do so may result in sanctions being applied. In the event that such actions involve expense, I accept a responsibility to meet any such costs reasonably incurred.
6. I acknowledge that the information given will be held by Lewsey Centre Swimming Club and be used solely for the purposes of managing my child's membership of the club.

I confirm that I have read and understood the contents and implications of the club's Code of Conduct for Members – see page 7.

Signed (member): _____ **Date:** _____

As the parent/carer of the above named member (if under 18), I hereby confirm that I have explained to them the contents and implications of the Code of Conduct for Members.

I confirm that I have read and understood the contents and implications of the club's Code of Conduct for Parents – see page 8.

Signed (parent/carer): _____ **Date:** _____





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Club Shop Prices as at 1st January 2010 (subject to change)

Club 'T Bag' T shirts	Small, Medium, Large, XL	£15.00
Club Polo Shirts	Small, Medium, Large	£15.00
Club Water Bottles		£ 1.00
Club Swimming Hats (Silicone)		£ 2.00
Club Swimming Costumes		
	Female (28", 30", 32")	£12.99
	Female (34", 36")	£15.30
	Male 'Jammers' (28", 30")	£11.99
	Male 'Jammers' (32", 34")	£14.10
Kickboards	Win Senior Blue	£ 7.99
	Navy/Blue	£ 7.35
Pull Buoys - senior		£
4.09		

Other goggles and equipment available on request or visit the 'Swimshop' catalogue via the link SWIM SHOPPING on our website.

(Prices subject to change)

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Club Shop Order Form Prices as at 1st January 2010 (subject to change)

ITEM	SIZE	QUANTITY	COST PER ITEM	TOTAL
Club 'T Bag' T shirts	Small Medium		£ 15.00	
	Large XL			
Club Polo Shirts	Small Medium		£ 15.00	
	Large XL			
Club Water Bottles			£ 1.00	
Club Swimming Hats (Silicone)			£ 2.00	
Club Swimming Costumes	Female 28"30"32"		£ 12.99	
	Female 34"36"		£ 15.30	
	Male Jammers 28" 30"		£ 11.99	
	Male Jammers 32"34"		£ 14.10	
Kickboards	Win Senior Blue		£ 7.99	
	Navy/Blue		£ 7.35	
Pull Buoys	Senior		£ 4.09	
Other items please list 'Swimshop' page no				
TOTAL ITEM COST				





Lewsey Centre Swimming Club's 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 Lewsey Centre Swimming Club. It is expected that the principles of the Code of Conduct should be followed at all events and training sessions. The code also includes areas relating to any 'away' trips that you may undertake whilst a member of the club.

Code of Conduct for Members

- **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.
- **Comply** with the codes, rules and laws within the guidelines set out by the ASA.
- **Behave without discrimination** on the grounds of race, colour, language, religion, birth or social status as set out in the equal opportunities policy.
- **Respect** the basic human rights, worth and dignity of each member.
- **Not encourage** swimmers, volunteers, officials or parents to violate the rules of the club or the sport.
- **Observe the authority and the decisions** of all officials.
- **Encourage all swimmers to obey the spirit of the rules and laws** both in and out of the pool.
- **Treat other competitors and teams with respect, in victory and defeat.**
- **Consumption of alcohol** is totally forbidden for athletes under age as defined by UK law. It must not be consumed by swimmers or staff members whilst en route, prior to, or following a competition event, training camp or team activities, without specific consent of the Team Manager/Coach. During competition alcohol is strictly forbidden to all swimmers and staff.
- **Smoking** is prohibited by swimmers and staff whilst en route, prior to, during or following a competition event, training session or team activities without specific consent of the Team Manager/Coach.
- **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.
- **Illegal and performance enhancing drugs and substances are strictly forbidden.** Swimmers are expected to be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a meet.





- **Illegal drugs and substances.** The use of these, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.
- **Attendance at all activities on an away trip** 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.
- **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 all medication being currently taken should be reported to the Team Manager who will report it to the relevant personnel. Allergies to any medication must be reported to the Team Manager.
- **Sanctions.** Breaches of the Code of Conduct shall be dealt with in the first instance by the Team Manager or Coach. He/she shall report the incident to the Secretary of the club who shall take such further action as is deemed necessary.

Code of Conduct for Parents

The essence of good ethical conduct and practice is summarised below.

All Parents/Carers:

- To encourage your child to learn the rules and play within them.
- To discourage unfair play and arguing with officials.
- To help your child to recognise good performance, not just results.
- To never force your child to take part in sport.
- To set a good example by recognising fair play and applauding the good performances of all.
- To never punish or belittle a child for losing or making mistakes.
- To publicly accept officials' judgements.
- To support your child's involvement and help them to enjoy their sport.
- To use correct and proper language at all times.

