



## Guidance for Poolside Assistants

The Club, at the Head Coach's request, seek volunteers to provide poolside assistance at the various training sessions. Thank you for those already providing this assistance, but there are a few vacancies that we would still love to fill.

### The role and responsibilities of poolside helper includes:

- assisting the coach, acting as "a second set of eyes", and helping the coach ensure that swimmers follow the coach's instructions, having listened to and taken instructions/guidance from the coach setting swimmers off at 5 second intervals
- watching swimmers' turns, reporting any major mistakes to the coach and relaying the coach's advice as to how to correct such mistakes to the swimmers
- checking technique on drill sets and reporting any stroke issues to the coach
- timing sets and reporting results to the coach
- providing guidance in accordance with the coach's instructions and positive encouragement to the swimmers at all times
- assisting the coach with dealing with any welfare issues if the same arises during a coaching session
- taking heart rates with the monitor
- acting at all time in accordance with the Club's "Code of Conduct for Parents", in particular parts 7, 9 and 13 (a copy of which can be viewed/printed from the website)

### Benefits for you and the swimmers

- Another pair of eyes poolside to assist with swimmer development
- Work closely with the coach and develop your understanding of the sport of swimming
- Give a little of your time to a community club
- Learn something new!

If you are able to provide assistance please contact the poolside assistant coordinator via [chair@chalfontotters.org.uk](mailto:chair@chalfontotters.org.uk)

For those willing and able to volunteer, a few points in advance of your first session-:

Please get to the pool 10 minutes in advance of the session so you can chat with the coach to determine what you will be doing each session.

It can be very warm poolside so a t shirt and shorts with trainers is the best attire. Remember to bring a water bottle.

If for some reason you will be absent from a session please try to let the coach know in advance either via email or the week before the session.

The coach will introduce each poolside assistant to the squad so the swimmers will know who you are and what your role is.

Some parents have expressed a concern that their child is not so enthusiastic about having their parent poolside; the coaches are aware that this can occur and will make sure that you have a task in another lane, if required.

DBS checks of all volunteers are mandatory in clubs and these will be conducted by Steven Barker, our DBS officer through the ASA. Steven will be in contact with you in due course with these arrangements. There is no cost to you for the check and no previous DBS checks are valid so everyone will need to go through the process. You'll also need to sign up to the Volunteers Code of Conduct.

We understand that all helpers are giving freely of their time and want to do a good job. As a club we want you to feel valued and relevant from the first session. Please discuss any questions re your role with the coach, in the first instance, or with the poolside assistant coordinator via via [chair@chalfontotters.org.uk](mailto:chair@chalfontotters.org.uk).