



ACTING COACH GUIDLINES

From time to time Iryna may not be able to attend your child's gala (say if there is more than one gala on). Instead a parent may volunteer to take on this role for some or part of the day. The spectator entrance fee would be waived for that session. In most cases we will let everyone know who is 'acting' coach prior to the day so everyone knows who their point of contact is for any queries. Apart from the willingness to do it the following criteria needs to be met;

- must be CRB checked
- be available for whole session or at least until all children have completed their races (continuity)
- display the ability to do it – e.g. be confident (otherwise children won't be..)
- be prepared to work alone.
- encourage team spirit

TASKS for coach and coach only:

1. picks up coaches pack
2. asks that cards are posted or children have signed in
3. needs to be easily identifiable wears badge/club T shirt and wears appropriate footwear (pool shoes)
4. knows which children are meant to be there for that session
5. sorts out deletions i.e. If someone pulls out of a race on the day you must let the officials know before warm-up begins
6. knows who's warm up it is and supervise if necessary, sometimes lane marshals are provided or Swimmer is well experienced
7. knows order of events
8. checks children's events for that session and instructs what the warm up should be (Iryna can advise on warm-up structure)
9. marshals children to whipping area – this is the area where swimmers are put in their heats prior to their race
10. remind children to take goggles, hats, drinks to whipping area
11. manages illness/nerves, food intake pool side – by manage we mean decide on action needed e.g. get parental help and restrict inappropriate foods such as fizzy drinks and chocolate/sweets.
12. motivates and supports all children as well as own
13. takes note of split/times unless someone else has agreed to do it
14. gives feedback and praise to all children – by which we mean times/placings etc, nothing negative
15. avoid walking length of pool – could be seen as pacing
16. manages and maintains good behaviour of all children even if parents are in the spectators area i.e. be *in loco parentis*
17. children should be free to cheer all swimmers alike
18. agree who to hand over coach's badge to if you need to leave poolside.
19. follow all other codes of practice as laid down by the ASA