

Training Protocols

1. Arrive at the pool at least 15 minutes before the start of your pool session (or 5 minutes before your dryland session) to ensure you are ready to start in the pool at the scheduled time. This may not always be possible for 3.45pm session starts, but please get ready as quickly as possible when you arrive
2. If you are likely to be late to training as per the requirement in 1. above (other than for the 3.45pm session) then please be courteous and text your coach to let them know
3. If you are late, regardless of the reason, the coaches may require you to do some dry land exercises before you start your pool session – please note that the coaches will not have time to evaluate your reason for being late (even if it is a good reason) and the dry land will be beneficial for you
4. Mobile phones should be put away in your bags when you arrive at the pool or dry land
5. Respect the facilities and their rules at all times. Please note that at both the Epsom Aquatic Centre and Gyms as well as the Olympic Pools and Fitness Centre food cannot be consumed inside the facilities. Please do not linger in the bathrooms.
6. Have your gear bag with the required gear – see [Gear Bag and Gear Room Protocols](#)
7. Prior to the start of your pool session, you should:
 - Do your pre-training stretches and warm-ups
 - Read and understand the training set that the coach has put on whiteboard. If there is anything that you do not understand, this is the time to ask your coach
 - Fill your water bottle and use the toilet
8. At the scheduled start time of your session, you should be standing behind the blocks with your gear bag and be ready to start warm-up in the pool
9. Listen to your coach when they are giving instructions – this means not talking when your coach is talking or “negotiating” changes to the training set
10. Complete all starts, turns and finishes legally and how you would like to do them in a race. What you do in practice is likely to be repeated under the pressure of competition
11. Complete all the main sets on the required times without any unscheduled breaks for filling water bottles, toilet stops or stretching. If you need a toilet break, asked to be excused by the coach before the main set starts

12. If you are injured and consequently may not be able to complete the main sets fully, then please do not come to training as unfortunately we do not have additional lane space available for rehabilitation. Please get the injury properly treated before returning to training
13. If you are feeling unwell, do not come to training. You are likely to make your condition worse and also risk passing your illness onto other swimmers
14. If you are not able to attend training for any reason (including sickness or injury), please advise your coach prior to the session either by email or text