



Lockdown On-line Training

Expectations for swimmers

During any level 3/4 Lockdown scenarios United would like to continue to provide the best training and education we can. This will involve the use of on-line squad sessions. Sessions will include a dry land type exercise programme, educational talks from coaches and squad discussions. This will be run in conjunction with additional 'homework' training programmes supplied by coaches on a squad and individual basis; one-on-one goal setting and development meetings with your coach and; club-wide educational webinars.

To make sure these on-line sessions work as smoothly as possible and provide the most benefit to all we have developed the following expectations in terms of equipment, attendance, attitude and behaviour. For our more junior squads we ask that parents review these expectations with swimmers before joining the on-line sessions.

Equipment:

- Device with good internet connection, ideally with camera and microphone capability (this can include desktop, laptop, mobile phone and iPad).
- Wear your usual dry land active wear and shoes.
- Drink bottle.
- Open space either indoors or outdoors, enough room around you to stretch and jump.
- Mat or a towel for lying down/sitting exercise.
- Coaches may request other pieces of household items that can be used e.g. a hard backed chair, but we will aim to avoid asking for specific equipment (e.g. stretch bands that not all swimmers have access to). Wherever possible coaches will ensure you are notified in advance of extras that may be required.

Preparation and attendance:

- Sessions will be held every weekday.
- You should consider the need for attendance the same as you would for any pool based training session.
- You will need to prepare a quiet area that is suitable for dryland exercise which is in range of a strong internet connection (check this out before your first session).
- Make sure your drink bottle is full and you have used the bathroom before the start of the session.
- Join the zoom meeting 5 minutes before the start time to allow time to deal with any technological difficulties.
- Some squads may have additional requirements and your coach will tell you about these (e.g. senior squad complete 10 minute warm up before start of session).
- If your coach circulates the session programme in advance please ensure you have read it before the session starts.

During each session:

- Listen to the coach and their instructions throughout the session.
- Participate with discussion and contribute to sessions as requested by the coach (e.g. you may be asked to provide a demonstration of exercise).
- Leave your camera on so that coaches can check in on your exercise technique. Aim to stay in front of your camera and screen during the session, you may have to review the space you use to enable this.
- Leave your mute button on so you do not distract the coach or other speakers.
- Coaches will regularly ask if you have questions or comments, at this time you can unmute yourself to ask any questions and make comments. You can also notify the coach that you would like to speak but using a reaction button (squads will decide how they will use these) or by adding a note to the chat box.
- If you are disinterested and disengaged with the session or misbehaving the coach has the ability to disconnect you from the session. This will be followed-up with a call to your parent/guardian from the coach or a committee member.

After the session:

- Feel free to provide feedback to coaches and committee members on what worked well and what could be done differently to improve the session. We are keen that the whole club contributes to the success of this programme.

Using Zoom

You can download the app from the App store or access the session directly use the link provided.

You will be provided with a single link/meeting ID that will be used for all sessions (one for each squad).

At the bottom of the zoom window there are several function buttons:

- Mute/unmute – you will need to use this each time you want to speak (see above).
- Video on/off – this should be left on.
- Participants – this shows you a list of who else is in the session.
- Screen share – you do not need to use this button, the coaches may share their screen with you to show slides, pictures and videos.
- Chat – you can send messages to the whole group or individuals in the session. Use this if you have a non-urgent question/comment.
- Reactions – emojis – thumbs up, clap, laugh etc. you can use these to show you have understood and provide other feedback, squads can decide how they will use these.

At the top right hand side of the screen you move between gallery view and speaker view.

Gallery view allows you to see everyone in the session in the same size (drag out your window as much as possible).

Speaker view provides small image of everyone and then whoever is speaker will be larger – this will be most helpful when the coaches screen share images (you may still need to drag out this window as much as possible) so you can see the coach as well as the shared screen.