

INFORMATION FOR PARENTS & CARERS

LOTHIAN RACERS LRSC is a friendly competitive disability swimming club where we aim to provide swimmers with an opportunity to develop their technique and fitness in swimming, as part of a team.

We accept swimmers with physical disability, intellectual disability, or those with a sensory impairment.

We train all our swimmers to the same standard and encourage all swimmers to take part in competitions.

LRSC is affiliated to Scottish Disability Sport and as such is bound by their code of conduct for clubs. All our policies and procedures are available on our app or held in a policy file held by Amanda Allan (secretary to the club)

CHILD/VULNERABLE ADULT PROTECTION The club takes the safety and security of its members very seriously. Any person whose role involves working with children or vulnerable adults is a member of the Protection of Vulnerable Groups (PVG) scheme in line with good practice and the legal requirement. We have a child protection officer (Jacky Yirrell) who has undertaken training in safeguarding and protecting children and vulnerable adults. Please do not hesitate to speak to her if you have any concerns.

EXPECTATIONS Our expectations in terms of behavior and attitude are set out in our Code of Conduct policy. All members of the club are expected to follow these guidelines regardless of position or authority.

NEW SWIMMERS We accept swimmers from the age of 7 years up and we have an upper age limit of 30 years. We will invite swimmers to a trial where they can show us their grasp of different strokes and stamina before accepting them into the club. We would expect any new swimmers to demonstrate reasonable technique in at least 3 strokes over 25M distance the decision for acceptance being entirely that of the coaches. The swimmer and their parent / carer will be informed after the trial if they have been successful. At this point the parent / carer will be contacted to complete our membership registration process and set up a payment method for their monthly fee to the club. This information is held securely following the recent GDPR regulations

POOLSIDE TEAM: 5 senior Coaches, and 3 assistant coaches

CLUB KIT Although it is not compulsory for training, any swimmer representing Lothian Racers at competitions is expected to wear club colours which are red and blue. The poolside T shirts and red swimming caps are provided by the club. Hoodies are also available to be purchased by the swimmer.

COMPETITIONS As a competitive club we have a variety of competitions that swimmers may enter. These include regional and national competitions. The fee for entry as a Lothian Racer swimmer into these competitions is paid by the club.

In order to offer fair competition disability swimming has a classification system. Those swimmers wanting to follow a pathway of development will be classified according to their disability (see separate information on fact sheet on Team App for more information) At a local and regional level all disabilities

are catered for, however at national level the competitions are divided into 2 pathways those for swimmers with a physical disability and sensory impairment, and those with a learning disability.

For more detailed information about competitions and what to expect please see our Team App.

THE COMMITTEE

The Committee is made up of members:

CHAIRMAN Jacky Yirrell

SECRETARY Amanda Allan

TREASURER David Jones

MEMBERS: Sarah Findlay, Becky Davies, Tom Davies, Fiona Shaw, Maddie Kirkman

The Committee's role is to run the club according to its constitution and in the best interests of its members. This usually means organising competitions; managing the coaching staff and volunteers; managing club funds and other appropriate activities.

MEMBERSHIP AND FEES

- A monthly fee for Royal Commonwealth Pool sessions £25 per month
- A monthly fee for Tuesday Beeslack sessions £10 per month

We ask for the fee to be paid by monthly direct debit to our bank account.

Our bank details are as follows:

BANK OF SCOTLAND

BANK ACCOUNT Lothian Racers Swimming Club

ACCOUNT NUMBER: 06001670

SORT CODE 80-09-39

Please use your family name as a reference so we can link the payment to the swimmer.

TRAINING TIMES

Tuesday Beeslack High School 7.30-8.45

Thursday RCP 8:00-9:15