



**Wicklow Swimming Club
Rule Book
Season 2016-2017**

1.0 General

- 1.1 The rule book may be updated and amended from time to time by the committee. These amendments will be circulated to the general membership for ratification at the following AGM.
- 1.2 Parents/guardians have the primary responsibility for the health, safety and welfare of their children.
- 1.3 Members shall abide by the rules and regulations of Swim Ireland and by the provisions of the Wicklow Swimming Club Health & Safety Statement.
- 1.4 Membership of Wicklow Swimming Club is governed by the constitution of Wicklow Swimming Club.
- 1.5 Members are required to behave in an appropriate manner during racing events, and other events organised by the committee, social events and at events organised by the club.
- 1.6 The names of the committee shall be circulated to members in the club's first newsletter.
- 1.7 Complaints will be dealt with as outlined in the club's constitution (article 7.1-7.4)
- 1.8 The use of banned substances is prohibited (per the O.C.I directives)
- 1.9 All members of Wicklow Swimming Club must have paid Wicklow swimming Club fees and be registered with Swim Ireland.

2.0 Race Rules

- 2.1 Participation in all events is at the discretion of the Safety Committee. Instructions of the Safety Committee and Race Officials must be followed at all times.
- 2.2 Races are to start as set down in the fixture list, competitors and officials shall not delay the start of any race unnecessarily.
- 2.3 No competitor shall avail of breathing, buoyancy or propulsion aids. Swimmers may wear wetsuits but will be excluded from prizes and league points.
- 2.4 Swimmers must wear their own official numbered swimming hats. In exceptional circumstances a substitute hat may be used with the prior agreement with the race officials and finish recorders. Repeat offenders will be excluded from prizes and league points.
- 2.5 Race registration and payment of fees shall cease at the start of the Race Sequence as set out in item 3.0.
- 2.6 Due courtesy and respect must be shown to all Race Officials at all times.
- 2.7 Swimmers must follow the race course as set out by Race Officials.
- 2.8 Due courtesy and respect must be shown to all swimmers at all times. Physical contact should be avoided. It is the responsibility of the overtaking swimmer to avoid contact with swimmers being overtaken. All swimmers should be aware that there may be other swimmers approaching from behind and therefore should refrain from stopping suddenly especially at buoys.
- 2.9 Swimmers in difficulty must raise one arm in the air to attract the attention of the safety boats. Swimmers may be asked to leave the water by a Race Official for safety reasons and must do so without question or delay.
- 2.10 All Swimmers must swim beyond the two finishing buoys to avoid congestion and allow the finish recorders to keep proper records and **must** report to the nominated finishing official when exiting the race for health and safety reasons.
- 2.11 Intermediate swimmers must have participated and completed two races to qualify for the Mini Harbour and Coello Cup

2.12 Senior swimmers must have participated and completed three races to qualify for the Black Castle, Vartry and Around the Harbour races.

2.13 Competitors for the 100metre dash must be aged sixteen years or over.

2.14 League points will be allocated as per the following table.

Finishing Position	Race Points	Fastest Time Points
1	20	10
2	17	8
3	14	6
4	12	5
5	11	4
6	10	3
7	9	2
8	8	1
9	7	-
10	6	-
Remaining Positions	5	-
Ineligible to take part in any race for safety reasons/Voluntary duties	3	3
Non Finisher	1	
Wearing Wet Suit	-	-
Disqualified	-	-

Note:

The Committee of the Club may impose penalties by way of admonishment, fine, suspension, time penalties to handicaps, expulsion or any lesser penalties after due consideration and as appropriate:

- For any infringement of the rules or regulations of Swim Ireland.
- For any infringement of the rules of the club.
- For any unfair practices in the Sport
- For conduct likely to bring the Sport or the club into disrepute or which may be prejudicial to the interest of the Club.

3.0 Race Sequence

3.1 A noise or clearly audible signal shall be sounded 5 minutes prior to the start of the race. This sound shall indicate the closing of the race book and the start of the race sequence.

3.2 Safety briefing and the course description shall follow directly thereafter.

3.3 Swimmers to follow the instructions of the Race Committee to proceed to the race proper.

4.0 Coaches and Swimming Teachers.

4.1 All coaches and swimming teachers must hold a valid child protection certificate.

4.2 Discipline during training sessions shall be responsibility of the duty coach or teacher.

5.0 Intermediate & Youth Members

5.1 Intermediate and Youth members must wear numbered hats when racing.

5.2 The age limit for swimmers in the Intermediate category is up to a maximum of eighteen years. Once the person is eligible to join the club there is no lower age limit.

5.3 The age limit for swimmers in the Youth category is up to a maximum of eighteen years. Once the person is eligible to join the club the minimum age is that the member must be 12 years of age.

5.4 Youth swimmers may not progress to Senior before the age of 16, this being their age at the 1st June in the year in question.

6.0 Training Sessions

- 6.1 All swimming sessions shall be coached or supervised by either the duty coach or swim teacher who holds a Swim Ireland qualification or equivalent, as recognised by Swim Ireland. Additionally each session must have at least one other responsible adult member present as an observer. "Members on Duty" guidelines are appended and all parents/guardians of members under 18 years of age must make themselves available for such duties. Parents/Guardians of members will be allocated to observe only at those sessions in which their child swims. In exceptional circumstances only, the committee may at its discretion excuse an individual parent/guardian from complying with training session duties.
- 6.2 Parents/Guardians should not leave until they have ensured that the coach and duty parent/guardian has arrived.
- 6.3 If the duty parent fails to turn up the following procedure is operable:-
- (a) A parent volunteers to observe for that session or:-
 - (b) In the event of no volunteer parent being forthcoming an adult swimmer (i.e., over 18 years of age) may fulfil the role of observer but must do so from the bank and must not participate in the session, otherwise the session must be cancelled.
- 6.4 Parents/Guardians shall refrain from unnecessarily disrupting training sessions by engaging the coaches/swimming teacher's attention.

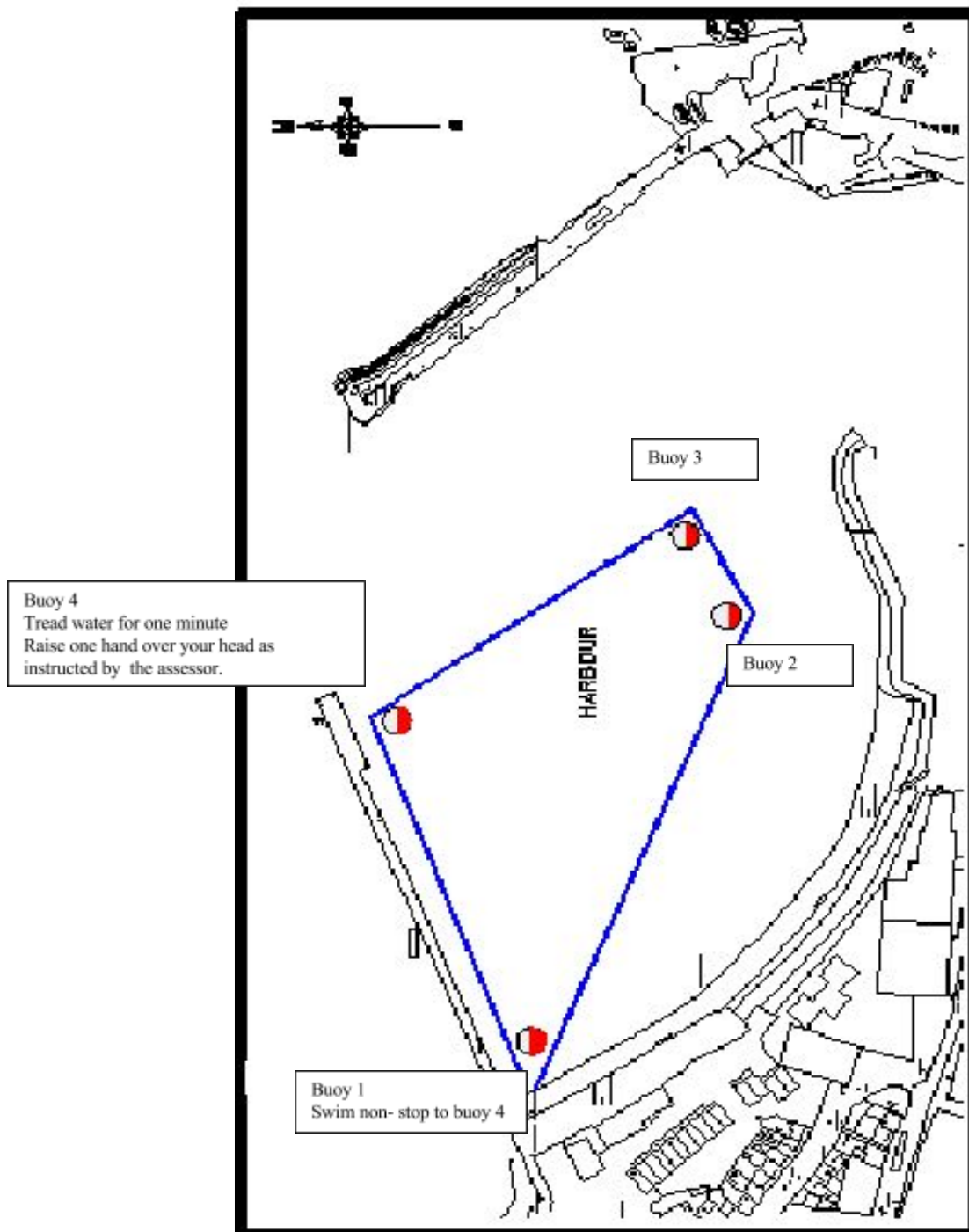
7.0 Moving Up Procedure.

- 7.1 All new swimming members must have competed in and completed three races in order to be eligible to receive first place. In the event that a swimmer finishes in first place in any given season, having not met this criteria, the swimmer will be awarded second place. This rule will also apply to any previous members, returning to the club, whose absence requires them to do a trial. (as set out in trial course diagram attached).
- 7.2 Existing intermediate and youth swimmers may swim the first two events of the season at the next level and if they wish to move up to the next level for the rest of the season they must be assessed and complete a trial in open sea as in 6.1.
- 7.3 New intermediate and/or youth swimmers must be assessed and complete a trial before taking part in any intermediate/Youth event.
- 7.4 Junior and minor swimmers must be assessed before moving up to intermediate level.
- 7.5 Intermediate and youth swimmers who wish to move up to senior must have completed two seasons at either intermediate or youth level or both prior to being eligible to move up to senior.

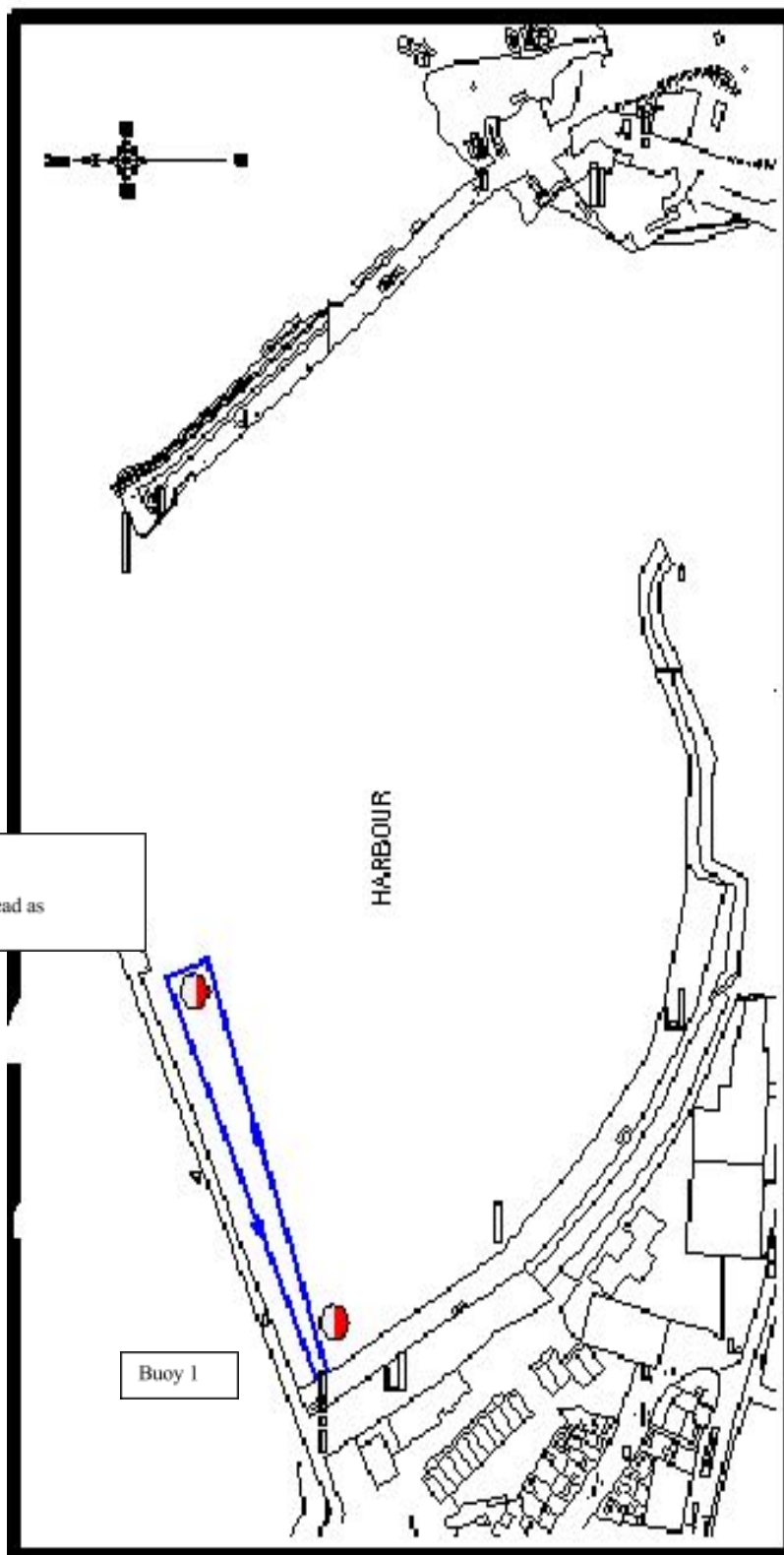
Note: For all new members and those wishing to move up, assessments and trials will be arranged on the Saturday before the first race. Further trials will be arranged from time to time during the season at the discretion and with the agreement of the safety committee and race officials.

NB: Wetsuits may not be worn during the trials.

Senior Trials Course 600M
(Must be completed in under 21minutes)



Intermediate Trials Course 300M



Buoy2
Tread water for one minute
Raise one hand over your head as
instructed by the assessor.

Buoy 1