



# RUNNYMEDE SWIMMING CLUB

## NEW MEMBER WELCOME PACK

AFFILIATED TO EAST REGION ASA AND ESSEX  
COUNTY ASA



### Mission Statement

To strive for excellence in swimming, from learning to swim to the Olympic stage.

To provide the environment that allows every swimmer the opportunity to achieve their potential.

Dear Swimmer and Parent/Carer

Firstly, let us welcome you to Runnymede Swimming Club. We are happy that you have chosen Runnymede to begin or continue your training as a competitive swimmer, and we hope that we can forge a lasting relationship.

The primary purpose of this *Welcome Pack* is purely to provide you with the necessary forms that need to be filled in at your earliest convenience and returned to our membership secretary (or trial coordinator). The best evening for you to return these forms is the Friday immediately following your Tuesday trial session, as this is when most members of the committee are present in the clubroom. Should either the membership secretary or the trial coordinator not be present when you attempt to return your forms, any member of the committee will be happy to pass them along for you.

The secondary purpose of this pack is to ensure that you are aware of our policies. These can be found on our website at [www.runnymedeswimmingclub.com](http://www.runnymedeswimmingclub.com) under the *About The Club* → *Club Mission Statement* menu option (found at the top of the page), and include policies on child welfare, safeguarding procedures and codes of conduct.

We would also like to take this opportunity to suggest that you spend some time browsing our website because all of the information you need as a parent of a swimmer, or indeed if you are a swimmer yourself, can be found on there. If the information you are looking for isn't there, please inform a member of our committee and they will pass this along to the relevant committee member so that we can rectify it.

Runnymede Swimming Club have a page on Facebook that you may wish to 'like' in order to stay up to date with news items, or you may choose to 'follow us' on Twitter @RunnymedeSC.

Lastly, the club offers a modest club shop on a Friday evening in the club room, where you will be able to purchase your kitbag items and other items such as swimwear, goggles and Runnymede clothing.

Thank you for choosing Runnymede Swimming Club, we wish you the best of luck with your training....

The Committee  
Runnymede Swimming Club

### Cost of Club Membership

**Membership:** Part year membership does not include renewals of existing membership. These fees are payable once a year (with the exception of the one-time Joining Fee\*)

Club Membership - Full Year (1 <sup>st</sup> September to 31 <sup>st</sup> August)	£35.00
Concessions (Students 16 years + & OAPs)	£20.00
New Club Membership after 1 <sup>st</sup> September reducing by £2 per month	
ASA Membership - All competitive squad swimmers – payable by January	£31.50
ASA Membership - Non-competing Masters and Social Swimmers	£14.90

### **Monthly Squad Fees - Payable in Advance by Standing Order or Cheque Only**

<b>SwimAbility Squad</b> One session a week	£21.50
Two sessions a week	£26.50
Three Sessions a week	£31.50
<b>Development Squad</b> Gold	£40.50
Silver	£33.50
Unlimited swims in available sessions	
<b>Masters Squad</b> Unlimited swims in available sessions	£26.50
<b>Junior Squad</b> Unlimited swims in available sessions	£50.50
<b>Senior Squad</b> Unlimited swims in available sessions	£60.50
<b>Club Squad</b> Swimming Tuesday and Friday evenings ONLY	£33.50

### **Pay-as-you-go Sessions**

This method of payment is <u>only</u> available to Masters and University Students.	£ 4.60
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**If you experience financial difficulties at any time please speak to Club Treasurer – Malcolm**

**Turner or Club Welfare Officer –who will discuss the matter with you. All cases will be treated**

**with discretion and individually assessed in the strictest of confidence.**

## Squad Training Sessions

### Senior Squad (Steve Winnell)

7 available sessions, 12.25 hours per week

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
a.m.	5.30 – 7.00	5.30 – 7.00		5.30 – 7.00			
p.m.	6.30-7.30*	7.00 – 9.00			8.15 – 10.00	12.00 – 2.00	5.30 – 7.30**

\* Land training, by invite only. \*\* Basildon training, invite only.

### Club Squad (Steve Winnell)

2 available sessions, 2 hours per week

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
a.m.							
pm		8.00-9.00			8.15-10.00		

### Junior Squad (Julia Winnell)

4 available sessions, 6 hours per week

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
a.m.	5:30-7:00						
p.m.			6.00-7.30		7:15-8.15		12.00-2.00

### Gold Development Squad (Julia Winnell)

4 available sessions, 3.25 hours per week

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
a.m.				5.50-6:50			
p.m.		7.15-8.00			6.30-7:15		1:00-2:00

### Silver Development Squad (Julia Winnell/Angie Wood)

3 available sessions. 2.25 hours per week

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
a.m.							
p.m.		6.30-7.15			6.30-7:15		12.00-1.00

### SwimAbility Squad (Naomi Pallier)

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
a.m.		5.30-7.00		5.30-7.00			
p.m.		6.45-7.15 7.15-8.00				1.00-2.00	

### Masters Sessions (Steve Winnell)

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
a.m.		5.30-7.00		5.30-7.00			
p.m.		9:00-10:00			9:00-10:00		

## RSC MEMBERSHIP APPLICATION FORM

**Check List (official use):**

1. Membership Category (Cat 1, Cat 2 or Cat 3). Application checked and fees received.

Signed Treasurer:

Dated:

2. Entries made on ASA and Club Organiser Records. Paper retained. Yes or No

Welfare Officer notified of requirement to complete DBS check. Yes or No

Member contact details emailed to communications officer. Yes or No

Coaches and Club Secretary notified of membership. Yes or No

For SwimAbility members notify SwimAbility Secretary. Yes or No

Signed Membership Secretary:

Dated:

**Members Name (Full name including middle initials):**

**Date of Birth:**

**Indicate category of Membership:**

- Swimmer Non Competative (Cat 1)
- Swimmer Competative (Cat 2)
- Life Guard,(Cat 3)
- Teacher, Coach (Cat 3)
- Volunteer or Official (Cat 3)

**Disabilities and Medical Conditions (see page two of this form).** Yes / No

**Nationality:**

**Voluntary Ethnic Code (please choose code from page two of this form):**

**Members address:**

**Post Code:**

**Members Personal Details:**

Tel (Mobile):

Tele (Alternative):

E-mail:

**Emergency Contact:**

Name:

Address

Post Code:

Relationship:

**Emergency Contacts Personal Details:**

Tel (Mobile):

Tel (Alternative):

Email:

**ASA Approved Ethnic Codes:**

A ~ White - British      B ~ White - Irish      C ~ White - Other      D ~ Asian - Indian      E ~ Asian - Pakistani  
F ~ Asian - Bangladeshi      G ~ Asian - Other      H ~ Chinese      I ~ Mixed - White and Black Caribbean  
J ~ Mixed - White and Asian      K ~ Mixed - Other      L ~ Black - Caribbean      M ~ Black - African      N ~ Black - Other.

**Disability or other Medical Condition:**

**To be signed by all club members, or in the case of a person under 18 years of age by a parent, carer, guardian.**

I give / do not give permission for Runnymede Swimming Club to use photographs and other images of \_\_\_\_\_, in relation to the club's activities in news and sports publications, on the club website, or public relations activities. I understand that the club will not publish names specifically referring to these images on the website or public relations publications, unless specific consent is provided prior to each occurrence. I also understand that it is normal practice to publish names relating to a photograph in news and sports publications, and hereby give consent for this practice. I fully understand that the video equipment may be used during training sessions as a teaching aid, and I will be given prior notice of any such practice, and that I can subsequently view these video images. I also understand that I, or any other person responsible for the member, can withdraw permission for these activities at any time, and that we must provide written confirmation of this to the Club Secretary within 30 days.

Runnymede Swimming Club will endeavour to conform to the ASA guidelines for the use of photographic and video equipment at every opportunity.

I also acknowledge being informed of the Rules and Codes of Conduct of Runnymede Swimming Club, via the club website at [www.runnymedeswimmingclub.com](http://www.runnymedeswimmingclub.com). I confirm my understanding and accept that the Rules and Code of Conduct shall govern my membership of the Club. I further acknowledge and accept the responsibilities upon members as set out in the Rules and in the Code of Conduct.

I hereby give consent for my personal data together with any records of my competitive performances to be kept on computer, by personnel appointed by the club. Runnymede Swimming Club will not use the personal data, or share the data with any third party for marketing or commercial purpose.

***N.B. Completed Membership Forms will only be accepted with the correct Membership Fee .***

**Signed:**

**Date:**