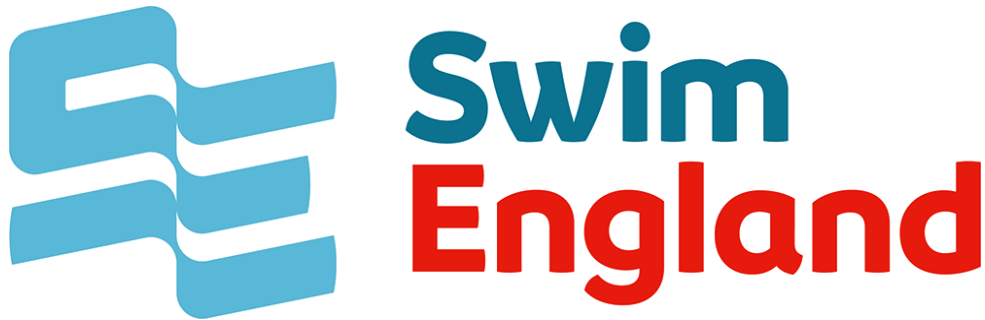




# RUNNYMEDE SWIMMING CLUB

## NEW MEMBER WELCOME PACK

**Runnymede Swimming Club, incorporating Runnymede Swim School  
Affiliated to Swim England East Region and Essex County**



### 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	
Swim England Membership - All competitive squad swimmers – payable by January	£32.75
Swim England Membership - Non-competing Masters and Social Swimmers	£15.20

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

<b>SwimAbility Squad</b> One session a week Two sessions a week Three Sessions a week	£21.50 £26.50 £31.50
<b>Development Squad</b> Gold Silver Unlimited swims in available sessions	£40.50 £33.50
<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 <b>only</b> available to Masters and University Students.	£ 4.60
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### **BANK DETAILS FOR STANDING ORDER OR BACS PAYMENTS:**

**Barclays Bank**

**Sort Code 20 70 93**

**Account Number 50769487**

**Please include swimmers last name and initial as the payment reference.**

***If you experience financial difficulties at any time, please speak to the Club Treasurer or Welfare Officer. All cases will be treated with discretion and individually assessed in the strictest 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.		6.00-6.45* 7.00–9.00			8.15–10.00	12.00–2.00	

\* Land training, by invite only

### Club Squad (Steve Winnell)

2 available sessions, 2 hours per week

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
a.m.	5.30–7.00						
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		3.00-5.00

### 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		4.00-5.00

### Silver Development Squad (Julia Winnell)

3 available sessions. 2.25 hours per week

Time	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
a.m.							
p.m.		6.30-7.15			6.00-6.45		3.00-4.00

### SwimAbility Squad (Russell Pagan)

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			8.05-9.00	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 Swim England 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:** Yes / No

If Yes, please give details:

**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:

**Swim England 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.

**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 Swim England 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 stored securely on computer and only accessed by restricted 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.

Please tick this box to indicate your consent to Runnymede Swimming Club communications to be delivered to you via your nominated email address.

Please tick this box to indicate your consent to Runnymede Swimming Club communications to be delivered to your nominated mobile telephone number by SMS.

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

**Signed:**

**Date:**

# Runnymede Swimming Club

*“Coaching Life’s Winners”*



Runnymede  
Swimming Club  
Incorporating Runnymede Swim School

Runnymede Swimming Club is inclusive for all people regardless of age and ability. With training squads focussed on developing a swimmer's technique and stamina appropriately, Runnymede continues to produce swimmers competing at county, regional and national levels. It is also proud to have the largest squad of swimmers with disabilities in Essex. To maximise communication, the club has an informative website where its policies and other important information can be found. There are notice boards in the club room which provide news and information too. We have private Facebook pages and a monthly newsletter. The committee, coaches and other club members are always available to answer questions.

## Useful Links:

Club Website: <https://runnymedeswimmingclub.com>  
Club Facebook (private): <https://www.facebook.com/groups/640888662757851/>  
SwimAbility Facebook (private): <https://www.facebook.com/groups/2009989812588307/>  
Club Kit: [https://runnymedeswimmingclub.com/?page\\_id=5024](https://runnymedeswimmingclub.com/?page_id=5024)

## Key Email Addresses:

Chair Person: [chair@runnymedeswimmingclub.com](mailto:chair@runnymedeswimmingclub.com)  
Secretary: [secretary@runnymedeswimmingclub.com](mailto:secretary@runnymedeswimmingclub.com)  
Treasurer: [treasurer@runnymedeswimmingclub.com](mailto:treasurer@runnymedeswimmingclub.com)  
Membership Secretary: [membership@runnymedeswimmingclub.com](mailto:membership@runnymedeswimmingclub.com)  
Trials Co-ordinator: [trials@runnymedeswimmingclub.com](mailto:trials@runnymedeswimmingclub.com)  
Head Coach: [coach@runnymedeswimmingclub.com](mailto:coach@runnymedeswimmingclub.com)  
Development Squad: [development@runnymedeswimmingclub.com](mailto:development@runnymedeswimmingclub.com)  
SwimAbility and Coaches: [swimability@runnymedeswimmingclub.com](mailto:swimability@runnymedeswimmingclub.com)  
Gala Secretary: [competitions@runnymedeswimmingclub.com](mailto:competitions@runnymedeswimmingclub.com)  
Swim School: [swimschool@runnymedeswimmingclub.com](mailto:swimschool@runnymedeswimmingclub.com)  
Newsletter/Website: [website@runnymedeswimmingclub.com](mailto:website@runnymedeswimmingclub.com)

## Club Bank Details & Fees:

The club bank details are: Barclays Bank - Sort Code: 20 70 93 - Account Number: 50769487  
(The swimmer's last name and initial must be shown as the payment reference.)

## Annual Fees:

- Club Membership is £35.00, which is renewable each September.
- Swim England fees vary and are renewable each January. This provides insurance for the swimmer. Category 1 is for those swimmers who do not wish to swim competitively and is £15.20. Category 2 is for those swimmers wishing to swim competitively and is £32.75.

## Squad Fees:

These are payable monthly, by standing order, and vary depending a swimmer's squad and number of sessions available to them.

1. SwimAbility (from)	£21.50
2. Silver	£33.50
3. Gold	£40.50
4. Junior	£50.50
5. Senior	£60.50
6. Masters	£26.50
7. Club Swimmers	£33.50
8. Pay As You Go	£4.60 (terms and conditions apply)