



Rutherglen Amateur Swimming Club
Club Membership Pack

Instructions for New Members



Welcome

Welcome to Rutherglen Amateur Swimming Club.
This membership pack includes the following:

General Club Information

A copy of the RASC Code of Conduct for Swimmers

An explanation of our squad system.

Details of the role of parents

The Club's Vision

A squad training time table

A Rutherglen Amateur Swimming Club (RASC) membership form

A standing order authorisation form

A Scottish Amateur Swimming Association (SASA) membership form

RASC Membership

Please complete the enclosed Club membership form and return it to the Club desk area of the pool on a Tuesday or Thursday between 6.00pm and 9.00pm.

Payment involves an initial joining fee of £30 and the first month's squad fees followed by monthly squad fees which should be paid by standing order in accordance with the table below. The enclosed standing order authorisation form should be completed and sent to your bank as soon as possible.

Monthly Payment (on 1st of each month)		
Development Squad	Bronze & Silver Squads	Gold & District Squads
£21	£26	£28

Squad fees cover coaching, club administration and insurance costs.

Access to the Pool

South Lanarkshire Leisure manage our main pool and currently give the club free access for our training sessions. Club members who want to swim outwith club training sessions are required to pay at the centre reception.

SASA Membership

For insurance purposes all swimmers are registered with our governing body, the Scottish Amateur Swimming Association (SASA). Membership of SASA is included fees that you pay to the Swimming Club. Please complete the enclosed membership form and return it to the Club desk. The Swimming Club will forward the form to SASA with the appropriate fee.

General Information



Coaching Staff

The Club is supported by a team of coaches who are managed by our Head Coach. Between them, they have a wealth of knowledge and experience and will always be happy to discuss any queries or problems that swimmers or parents may have.

Coaching Sessions

The Club operates a squad structure with most coaching sessions taking place at the South Lanarkshire Lifestyl e Pool, Eastfield, off Dukes Road, Rutherglen/Cambuslang. Following an initial assessment, swimmers are placed in a squad to match their ability. The Head Coach moves swimmers up through the squads as they develop. The squad structure is as follows:

Development Squad



Bronze Squad



Silver Squad



Gold Squad



District Squad

Training for the whole club takes place on a Tuesday and Thursday evening. As swimmers progress through the squads they will get access to further sessions on Friday evening, Saturday morning and Sunday afternoon.

Time Trials

One important method of measuring a swimmer's improvement is through our regular time trials. At these trials swimmers are timed over 25m, 50m, 100m or longer distances depending on their age and ability.

The time for each is recorded and the swimmer is notified of any improvement on their personal time. Swimmers compete with themselves at time trials and not with each other. It is not always possible to improve on a previous best time but swimmers should have fun trying.

Competitions

We compete with other clubs from time to time in formal competitions and informal friendly events.

Swimming is mainly an individual sport and swimmers mainly attend competitions to improve their swimming and achieve times. The head coach selects swimmers in order to develop the individual, based on consideration times.

The Head Coach selects the teams on the basis of the time trial results and performance in training. Swimmers compete within age bands which relate to a swimmer's age at the end of the year or on the day, depending on the competition.

Swimmers are notified of their selection through the notice board, via email or on the club website. There is usually a cost involved in entering competitions and details are provided at the time.

Parental Involvement

Rutherglen Swimming Club is largely dependent on the dedication and hard work of its volunteers. Actively participating in the club can be a very rewarding experience. There are many opportunities for parents and older swimmers to participate. If you are able to give a little of your time on a regular basis or have skills that would be of use to the Club, please let the Head Coach or a committee member know.

Child Protection Policy

The welfare of our swimmers is our number one concern. Although participating in sport can be hard work it also should be enjoyable. In order to ensure the welfare of our swimmers the Club has adopted a Child Protection Policy which is recommended by the Scottish Amateur Swimming Association. Any parents or swimmers who have any concerns or would like a copy of the Child Protection Policy should contact our Welfare Officer.

General Information



Swimming Costumes and Other Equipment

Club swimming costumes, caps and bags are available for purchase by members at cost price. Please see the notice board for details. A water bottle and poolside T - shirt are the only other essentials. We can advise on other equipment that you may want to buy.

Insurance

The Club and its members are insured through the Scottish Amateur Swimming Association.

Notice Board

An essential source of information for parents and swimmers is the Club notice board at the pool. Please check regularly.

Website

Another source of information for parents and swimmers is the Club website. Please also check this regularly if possible.

Committee

The Club's business is conducted by a committee formed mainly from parents. The committee is elected by the members of the Club at our annual General meeting.



Rutherglen ASC is a Swimmark accredited club and we are now working towards Swimmark Plus

Membership

The Club does not have a huge membership, but we are certainly not a 'small club'. The Club has grown and developed beyond recognition in recent years. There is always room for improvement and there are areas of weakness which we strive constantly to rectify. The improvements are measurable in many ways but often most noticeably in the results in our Annual Club Championships.

New Members

As the Club does not teach swimming from scratch new members are expected to some previous tuition. Normal entry is via the exit criteria of South Lanarkshire Leisure Learn to Swim Scheme. However, swimmers come to us from various Learn to Swim Programmes. ALL new members are assessed by our head coach and options discussed with parents. The assessment will involve 25 meters of front crawl, backstroke and breaststroke and water skills. Swimmers are accepted on an age/ability basis, technique being the key along with available squad space. In addition swimmers should be a minimum of 5 years old or attending primary 1, although normal age would be 7 - 9 years.

Anyone wishing to join the Club should come to the swimming pool at 6.00pm on any Tuesday. At this trial session the coaching staff will decide which squad is appropriate for the swimmer's ability.

An information pack, including an application form and details of the membership fees, is available from the club desk in the cafe area of the pool. Please note that a waiting list will operate should membership numbers increase significantly.

Contacts

The following people can be contacted at the South Lanarkshire Lifestyles Pool, Eastfield, off Dukes Road most Tuesday and Thursday nights:

Head Coach - Lindsay Young

Chair - Neil Leslie

Vice Chair - Stuart Lappin

Secretary and Team Manager - Dorothea McInnes

Treasurer - Arlene Hood

Welfare Officer - Esther Hand

An alternative source of information is the club website at www.rasc.org.uk

Code of Conduct for Swimmers



Why A Code Of Conduct?

The purpose of the Code of Conduct is to outline the conduct of swimmers at training sessions and galas. In order to maintain the Club's reputation as a friendly and disciplined organisation and above all for the safety and well being of all swimmers, all members must agree to abide by this Code of Conduct.

Club is part of Scottish Amateur swimming Association and West District and as such all swimmers are primarily subject to the rules of the Governing body.

Behaviour

General

- The Club will not tolerate bullying in any of its forms
- Members should have a polite and orderly manner at any time they are representing or associated with Rutherglen Swimming Club.
- Swimmers who misbehave in the pool may be asked to leave the session. A committee member will be asked to ensure that they remain within the building until collected by a parent or guardian. Under these circumstances swimmers must not join the adjacent public swimming session.
- While we encourage you to swim as often as possible, if you are not training at one of your squad sessions, you should not be swimming in a public session before or during your squad session.
- In Club and Public Sessions you are expected to obey all pool rules and exhibit exemplary conduct and set an example above the level of the General Public.

In the water and on poolside, swimmers must:

- Obey promptly all instructions from the Coaches. This also applies to obeying instructions at galas from team managers and any officials on duty including Coaches from other Clubs and Pool Staff.
- Behave in a safe and responsible manner.
- Not to use abusive language or act in an aggressive manner.
- Behave in a "sporting" manner in all races and situations.

In changing room, swimmers must:

- Behave in a responsible and orderly manner in the shower area and the changing rooms, and change as quickly as possible.
- Respect the property of other swimmers and the pool providers.

On coaches to away galas, swimmers must:

- Remain seated throughout the journey with seat belts fastened.
- Not interfere with any safety equipment including alarms, switches, handles, etc.
- Comply with the instructions of the coach driver.
- Respect the condition of the coach and place all rubbish in the receptacle at the front of the coach.

Team Colours

- Whilst Swim training, you may wear any appropriate swimwear, except Beach wear/Shorts, Bikini's or other Club's colours, including South Lanarkshire Swim Squad.
- At Competitions you may only wear Rutherglen Colours or a Racing Costume of a better or more appropriate specification. Everyone is recommended and encouraged to wear a Swim Cap which is issued and approved through the Rutherglen Club Shop. No other cap allowed whatsoever.
- At land training appropriate kit should be used, no shoes, jeans or other sports colours i.e. football strips.

District and Performance Squads

- You will additionally have to sign a South Lanarkshire Code of Conduct which applies to Rutherglen too. Whilst swimming under SLS you are still principally a Rutherglen Swimmer and as such should display a high level of Conduct.
- Swimmer accepting places in these squads become additionally part of South Lanarkshire Swim Squad (SLS). Non attendance at SLS events will mean that swimmers will return to Gold Squad, unless prior notification of non attendance is given to Rutherglen Head Coach. In such cases you will not be entered in SLS events including the Scottish Nationals.

All Swimmers

- Your Squad forms include more detailed information and requirements that should be followed above these guidelines.

Punctuality

- Everyone is late sometime due to circumstances beyond their control or other commitments. However, If you are present and on the premises and still late you may be excluded from the session, but will remain and not be sent home until collected.

Team/Swimmer briefings

- These are given before and after each event. It is your responsibility to present yourself to your Coach or Team Manager before, and after to discuss your performance, before you speak to anyone else about it.

Items Forbidden On Poolside

- Any type of glass - for safety reasons.

Squad System & Training



In line with current 'Best Practice', the Club operates a Squad System.

This system is progressive. Movement between squads is based on a number of factors dependant on individuals. Usually the Head Coach will discuss matters with his Coaching Team and then with the Swimmer and Parent. Decisions are made on technical ability, ability to train, attendance at training, attendance at Time Trials or Gala's. Age plays a part too and it is not unusual for younger swimmers to be in higher squads. Swimmers develop at different stages as they mature, therefore their requirements are quite different.

The Club would like, and actively encourages everyone to compete at their level and go as far as they can, although not everyone competes. Swimming is an enjoyable activity and promotes good health and well being. We do not have a 'Competition only' policy, however, there is no point in training without a purpose. There are a number of good reasons for training other than competing, but it is unlikely that swimmers will reach Gold Squad without this commitment.

Swim Lanes are operated within each Squad, where swimmers of similar ability are matched. These are made up on a nightly basis depending on the programme, although there is a tendency for swimmers to 'know' their lane. It is in a swimmers best interest to work hard and constantly strive to 'lead off' their lane rather than fall to the back. However, it is vital that swimmers do not compromise good swimming techniques or cheat, to achieve this. In each Squad, swimmers are preparing for the next squad or level above.

Squads

DEVELOPMENT SQUAD

This is the Normal Club entry level. After having learnt to swim, learn about a Swimming Club, start to learn swim skills.

BRONZE SQUAD

Early competition, more advanced skills, stamina building.

SILVER SQUAD

Competing at Mini League or Graded Gala's.

GOLD SQUAD

Working towards District Competition level or High Graded Meets.

DISTRICT & PERFORMANCE SQUADS

Competing at District Competitions and training with South Lanarkshire swim Squad, attaining Scottish Swimming's Regional Squad Status.

Squad Papers

The Head Coach issues everyone with an Invitation letter and Squad papers when they are accepted or moved into a squad. These need to be signed and handed in at the Club desk. Squad papers should explain what the Aims and progressions of each squad are.

Land Training

It has long been recognised that land training is an integral part of swimming training. The benefits are vast at all age groups and ability. It helps develop co - ordination, core strength and suppleness as well as aiding injury protection. This needs to be learned from an early age. Rutherglen employs a top strength and conditioning coach, who runs a programme of land training which swimmers are expected to attend as they move up the squads.

Again, sessions are geared towards age and ability and range from games at a young age up to full land work. The aim is to learn the appropriate skills under guidance.

The Role of Parents



Swimming is an Amateur Sport

The Swimming Club is a 'not for profit' organisation and is run by a Committee of Parents and the Head Coach. Although Coaches are nowadays very often paid, many are not, and often do as much again voluntarily off the Poolside. The Club is a Team and no one person runs it on their own.

A Swimmer and a Swimming Club rarely progress to any level without Parental support and involvement. We need your help.

We appreciate how difficult it can be for working or busy parents and family to find time to devote to the club, however, there are many jobs in the Club which need to be filled for the Swimmers and the Club to be successful.

Sometimes it is easy for us all to forget how only a little help can make a real difference. Lots of people doing a little leads to a thriving and successful Club and the children will get much better opportunities as a result.

There are of course a wide range of posts in the committee but the club welcome all offers of help in any capacity.

Timekeeping and beyond

One of the best ways you can help is by becoming a Timekeeper. All events the club runs or participates in require Timekeepers, Judges, Starters and Referees as well as other technical staff. By becoming a Timekeeper you can take an active role in events that shape your child's swimming development and it provides the starting point for progression into a Judge and beyond. The club is required to provide Judges for District Competitions - which your child might be attending in a few years! They may not be able to swim if we do not provide our quota of Judges for these events.

Parents who do this learn a lot about swimming by contact with other clubs and parents. They therefore find themselves able to support their child more effectively.

Please watch club notice board and sign up for a Timekeepers course.

Swimmers, who may travel away to Competitions or Training, need looking after by Parent Helpers or Team Managers.

Fundraising

Perhaps you could help with fundraising? The club runs a number of fundraising activities throughout the year and help is always welcome.

Could you get a sponsor or consider sponsoring the club from your own business?

The club shop is also operated by parents.

Club Championships and presentation night need organising and running. Prizes, Tombola, Catering etc...

Coaching

Perhaps you could teach or Coach? The Club has a programme for developing Coaches and your input could make a difference.

Please speak to one of the committee to discuss helping the club. Whatever help you think you can offer, however small, will be appreciated.

Social Events

The club run a range of social events involving everyone. These include trips to the Pantomime, go - karting and bowling. We are constantly looking at other activities - suggestions always welcome...



Within five years (2016), Rutherglen ASC aims to be...

- The top age group club in South Lanarkshire.
- The best independent age group club in Scotland (West District)
- A top 10 age group club in Scotland.

The club will have a membership of between 120 - 150 swimmers in its training squads (swimming and masters) all aiming to maximise their potential in the sport.

Rutherglen Values

- Success at all levels of competitive swimming indoors and open water.
- Providing the highest standard of swimming coaching and training possible.
- Promoting lifelong positive values and qualities in our members in and out of water.
- Enhancing the status and reputation of swimming in the South East of Glasgow, Rutherglen & Cambuslang and within the community.
- Offering club membership benefits to swimmers and parents in a friendly environment.

Rutherglen Mission

• At Rutherglen the coaching staff and club officials are committed to helping every swimmer to reach his or her maximum potential. We believe this can be achieved for a wide range of ages and ability levels within a competitive environment. For many swimmers, their development potential will often be realised in terms of competitive results. Sport and Swimming is not just about winning or losing. It is also a life learning experience. This includes learning to cope with success and failure, Goal setting, planning and achieving goals. Young age group swimmers develop physically and mature at different rates. Coaching staff are aware of the needs of the individual. Our squad system and training programme uses the principles of long - term athlete development. We try and provide each swimmer with the opportunities they need to progress in the sport within our resources. We also try to engage swimmers and parents as volunteers and run social activities and other events to help improve performance.

Recent History

Since 2001 the Club has moved from having no swimmers getting to District level competitions through to...

- District Age Group Winners/record holders
- District Age Group relay winners and record holders
- From never having had a point in the Mary Black Trophy at District level to currently 15th with 200 points. We have been as high as 5th in Age Group Boys table.
- District Senior winners, medallists and finalists.
- Scottish Age Group Finalists.
- Scottish Schools Gold medallists
- Scottish Age Group Open Water medallists.
- ICG Medal Winner San Francisco
- Clyde Coast League Finalists 2010

The Club has a Website www.rasc.org.uk which has been recently been redesigned.

We have purchased our own electronic stop watch system which links to our Meet Manager and team Manager System. We are currently looking at an Electronic Scoreboards to compliment this.

Long Term Athlete Development

This is a principle that we endorse and follow bearing in mind that no one fits exactly into the profile.

Coaching Staff

The Club is supported by a team of coaches who are managed by our Head Coach. Our Head Coach, Lindsay Young, is UKCC L3 Swimming Development Coach and L3 Swimming Teacher as well as RLSS T/A, Pool, Beach and Lifesaving. Our Coaching team have been involved with numerous Clubs both in Scotland and England. The Coaches in the Team are all qualified, mainly former competitors at various levels up to Scottish level. Between them they have a wealth of knowledge and experience and will always be happy to discuss any queries or problems that swimmers or parents may have. We also have Strength and Conditioning coach, who directs a team of Land Training Coaches.

Squad Timetable



All Squads

Saturday 09.10 - 10.10
Land Training
at Trinity High

Development

Tuesday 18.00 - 19.00

Thursday 18.00 - 19.00

Bronze

Tuesday 18.00 - 19.30

Thursday 18.00 - 19.00

Friday 19.30 - 20.30.
(19.15 - 20.30)

Silver

Tuesday 19.00 - 20.00

Wednesday Land Training 19.00 - 20.00

Thursday 19.00 - 20.00

Friday 18.30 - 19.30 or
19.30 - 20.30 (preferred)

Sunday 15.00 - 16.00

Gold

Tuesday 20.00 - 21.00
4 Lanes

Wednesday Land Training 19.00 - 20.00

Thursday 20.00 - 21.00
4 Lanes

Friday 18.30 - 20.30
1 Lane with District Squad

Saturday 08.00 - 09.00
2 Lanes with District Squad

Sunday 15.00 - 16.00 or
16.00 - 18.00 with
District Squad (By
arrangement with
Head Coach Only)

District & Above

Tuesday 19.30 - 21.00
(19.30 - 20.00
Temporary Time)

Wednesday Land Training 20.00 - 21.00

Thursday 20.00 - 21.30

Friday 18.30 - 20.30

Saturday 08.00 - 09.00

Sunday 16.00 - 18.00

Membership Form



Name _____

Address _____

Date of Birth ___ / ___ / _____ Tel No _____

e-mail _____

Please detail any information relating to health that the Head Coach should be aware of:

I agree to abide by the Club's code of conduct for swimmers
(To be signed by swimmer or alternatively a parent can sign for younger swimmers).

Signed _____ Date ___ / ___ / _____

For Club Administration Use Only Swimmer's SASA Number _____

SASA Renewed 2011 2012 2013 2014 2015 2016 2017

<i>Squad</i>	<i>Dev.</i>	<i>Bronze</i>	<i>Silver</i>	<i>Gold</i>	<i>District</i>	<i>Perform.</i>
<i>Date</i>						

Standing Order Request



Complete all items marked with an asterisk

TO: _____ *(Your Bank)

_____ *(Your Branch)

PLEASE PAY:

Clydesdale Bank PLC
82-67-29

FOR THE CREDIT OF :

Beneficiary Name: Rutherglen Amateur Swimming Club
Account Number: 70490204

Quoting Reference: _____ *(Swimmer's Name)

THE SUM OF :

Amount: £ _____ *

Date of first payment: 1st of _____

Frequency of payments: 1st of each month

Date of last payment: 1 July 2012

*Name of account to be debited: _____

*Account Number to be debited: _____

*Name: _____

*Address: _____

_____ *Post Code: _____

*Signature: _____ *Date: _____

AFTER COMPLETION PLEASE SEND THIS FORM TO THE BANK BRANCH WHICH LOOKS AFTER YOUR ACCOUNT

Fields marked * are mandatory. Please complete form using BLOCK letters.

Club Name:* Title*

Forename* Surname* Initial

DoB* (dd/mm/yyyy) Gender* Male Female

Postcode* House No*

Address*

Email*

Tel* Home Work Mobile

* Please tick appropriate category:

Aquatic 1 (Under 8 years)	£ 7.50	<input type="checkbox"/>
Aquatic 2 (8 years & under 11 years)	£16.50	<input type="checkbox"/>
Aquatic 3 (11 years or over)	£30.25	<input type="checkbox"/>
Aquatic 4 Club Volunteer	£ 7.50	<input type="checkbox"/>
Aquatic 5 Technical Official (Club Volunteer)	£ 7.50	<input type="checkbox"/>
Aquatic 6 Club Teacher & Coach	£12.30	<input type="checkbox"/>
Aquatic 7 Non Classified Disability	£ 7.50	<input type="checkbox"/>

Priority Discipline*

Swimming Masters Synchro
 Diving Water Polo Open Water

Additional Discipline*

Swimming Masters Synchro
 Diving Water Polo Open Water

See reverse of form for definition of 'Priority' Discipline and 'Additional' Discipline selection

Disability Classification if known Swimming (S) Breaststroke (SB) Medley (SM)

If classification is not known, then please tick nature(s) of disability

Ambulant Wheelchair Visual Hearing Learning

Country of International Representation* NB Home Country, Not Great Britain

Eligibility for Scottish Qualification (Please tick one appropriate box)

- I am a native of Scotland, born in Scotland
- I am born of a Scottish parent who was born in Scotland
- I have the residential qualification in accordance with Company Rule R.4.5.3.(c)

Ethnicity

Asian – Indian <input type="checkbox"/>	Asian – Other <input type="checkbox"/>	Asian - Pakistani <input type="checkbox"/>
Black – African <input type="checkbox"/>	Black – Caribbean <input type="checkbox"/>	Chinese <input type="checkbox"/>
Mixed – White/Asian <input type="checkbox"/>	Mixed – White/Black Caribbean <input type="checkbox"/>	Asian – Bangladeshi <input type="checkbox"/>
White – British <input type="checkbox"/>	White – Irish <input type="checkbox"/>	White – Other <input type="checkbox"/>
		Other Ethnic <input type="checkbox"/>

Consent

I confirm that I am a member of the club listed above. I agree to abide by the rules of Scottish Swimming. I understand that by submitting this form, I am consenting to receiving information about Scottish Swimming and British Swimming initiatives from their commercial partners by post, email, online or telephone unless I tell you otherwise.

Offers and opportunities – please tick any of the relevant boxes below to Opt Out

- NO, I do not want Scottish Swimming/British Swimming to send me details of products and services or details from Scottish Swimming/ British Swimming commercial partners.
- NO, I do not want the Scottish Swimming/British Swimming to send me details of swimming Events.
- NO, I do not want to receive an electronic copy of the Scottish Swimming *SplashNews* Newsletter.

4 Publication on British Swimming (Ranking) website(s) – please see reverse of form

*** Declaration:**

Age 16 years or over

I declare that the details above are correct and I confirm that I will submit myself to official Doping Control at any time when required.
(See reverse of form for details on Doping Control).

Under 16 years of age

As the parent or person in loco-parentis of the swimmer named in this form, I certify that the personal details are correct. I agree to him/her, if selected, submitting to official Doping Control when requested.
(See reverse of form for details on Doping Control).

Signature
Date
Signature
Date

Disclosure of your information

Publication on British Swimming website(s). Details of your achievements in events will be included on the British Swimming website(s) and these will be available to the general public. If you do not want your details to be visible in this way you can hide them by registering via the 'Home Country Membership Check' accessed through www.scottishswimming.com webpage and selecting the 'hide' option or by contacting the ASA Rankings department with your request to hide your details.

Caution – Publication on website: If you hide your details they will not be visible on the Rankings Database which may affect your ability to enter events. Event organisers may in these cases require proof of age and/or of eligibility to enter and you should contact the particular organiser to check.

If you **do not** want details of your achievements to be visible on the British Swimming Website, please tick here

SASA Club Membership Information Sheet

All Aquatic ages taken as at the start of the membership year (1st March 2010) as defined in paragraph R3.3.3 Only one category can be selected, that being the highest fee applicable.

Aquatic 1 - a member under 8 years who participates in any aquatic activity.

Aquatic 2 - a member 8 years and under 11 years who participates in any aquatic activity.

Aquatic 3 - a member 11 years or over, who participates in any aquatic activity.

Aquatic 4 - Club Volunteer - A member 14 years and over and not a competitor, who volunteers for their club in any capacity at any time including Club Timekeepers.

Aquatic 5 – Club Volunteer Technical Official – A member who volunteers for their club and who holds a current technical official qualification issued by a recognised governing body for aquatics i.e. British Swimming or international equivalent.

The fee for membership will be the same as a Club Volunteer.

Aquatic 6 - Teacher and Coach – A member who holds a current teaching or coaching qualification issued by a recognised governing body for aquatics i.e. SASA, ASA, Swim Wales, British Swimming, an international equivalent, or S/NVQ in coaching.

Aquatic 7 - Non Classified Disability – A member participating in any non competitive aquatic activity, receiving any Disability Allowance or whose disability is registered with Social Services and who does not have a SASA recognised classification. Further supplementary information on Non Classified Disability can be found on the Scottish Swimming website.

Aquatic 8 – SASA specific only

Disciplines: A member is able to select multiple disciplines however the member must select in the first instance, a 'Priority' Discipline, for example, 'Swimming', and select an 'Additional' Discipline/s for example, 'Diving'.

Medical Declaration form: This information applies if you are a swimmer: 1) 10 years old or older, and 2) Representing Great Britain or their Home Country internationally or competing in a British Swimming, Scottish Swimming, ASA or WASA National event (all disciplines, excluding Masters)

**New members details to be submitted within 28 days of individuals joining your club
in accordance with SASA C3.3.6**

DATA PROTECTION NOTICE

Collection and use of your information

About us. The Scottish Amateur Swimming Association (**SASA**) is a constituent member of British Swimming Limited (**British Swimming**). The other members are the Amateur Swimming Association (**ASA**), and the Welsh Amateur Swimming Association (**WASA**). **Purpose.** Scottish Swimming and British Swimming will each hold the details provided on this registration form with other information it holds or obtains from or about you and will use this for the following purposes:

- for maintaining records
- to respond to any enquiries you make
- to administer any events in which you participate or may wish to participate and to deal with any incidents involving you
- to create an individual profile for you so that we can understand and respect your preferences
- to create anonymised aggregated information about members and swimmers to enable us to secure funding
- to contact you about swimming events, offers and opportunities available from Scottish Swimming or British Swimming or any commercial partner of either of them by post, email, online or phone (where you have indicated you are happy to hear about these)

Recording images. Scottish Swimming and British Swimming may record the competition events in which you participate and general images of swimmers will form part of the information we hold and use. In addition to the purposes for general information set out above, Scottish Swimming and/or British Swimming may use these recordings and images for the purposes of education and training, swimmer analysis, promotion, performance, development and selection and event analysis.

Other uses. Where your information may be used for additional purposes, such as medical information, you will be provided with further details of how your information will be used at the relevant time

Disclosure of your information

Districts and Clubs that organise their own competitions may publish details on this website and if you wish to hide this information you should contact the Region/ County/Club directly.

Data use outside of the EU. If you apply for or take part in an event that takes place outside the European Union, your information will be disclosed to the relevant event organiser(s) in the host nation. These nations may not have laws as stringent as ours to protect your personal data.

Images. Images may be disclosed to those Districts and Clubs for which you are a member for swimmer selection purposes. They may also be disclosed to the media for promoting swimming and the reporting of events. You should see the data protection policy for the relevant Region, Sub-Region, County Association and Club(s) for details of how your information will be used.

ASA and WASA. As constituent members of British Swimming, WASA and ASA will be able to view your information for swimming administration purposes only.

Doping Control. If you enter swimming competitions, you may be subject to doping control as part of the Scottish Swimming /British Swimming commitment to a drug free sport. At the time of sample collection, your personal data will be collected by UK Sport which undertakes the testing and administers the programme. You should see the data protection notice for UK Sport for details of how your information will be used (<http://www.ukssport.gov.uk/pages/adams/>)

Marketing

Partners. Scottish Swimming and British Swimming each work with a number of sponsors and commercial partners (details of these can be found at www.scottishswimming.com) to promote swimming, raise funding for the sport and to secure opportunities for members. Scottish Swimming and British Swimming would like to contact you by post or electronically to tell you more about the offers available to you. Please help us serve you better by telling us if you express an interest in our goods and services.

Opt outs. You have the right to refuse direct marketing and can do so by ticking the relevant box(es) on the form.