



SWIMMING

Joining and Club Policies

On completing and signing the application form, club members undertake to abide by all NSS club policies and procedures and to uphold the club mission statement:

“To provide a swimming environment where members can strive to achieve their best, make friends, and enjoy the sport of swimming”.

NSS Code of Conduct

NSS falls under the auspices of FINA and SNZ’s code of conduct. The following code of conduct applies to all members of NSS. As a member you should agree to abide by these tenants.

- Respect the rights, dignity and worth of others.
- Be fair, considerate and honest in all dealings with others.
- Be professional and accept responsibility for your actions.
- Be aware of and maintain an uncompromising adherence to our standards, rules, regulations and policies.
- Operate within the constitution, regulations, policies and procedures of FINA, SNZ and NSS.
- Understand your responsibility if you breach or are aware of any breaches of the code of conduct.
- Immediately report any breaches of members to the appropriate authority (your coach / NSS head coach / NSS board)
- Refrain from any form of harassment or abuse towards others.
- Show concern and caution towards others who may be sick or injured.
- Be a positive role model.
- Never act in any way that may bring disrepute or disgrace to NSS members, stakeholders, sponsors, potential sponsors and or partners.
- Know and adhere to the NSS B.E.A.R. values.
- Have respect for yourself, your family and your country. Show respect for your coach, your teammates, your club, your competitors and all officials.

Club Rules

1. Safety is an important issue around pools. Please supervise your children and ensure they know the rules regarding the pool (no running etc.)
2. Parents / caregivers of athletes under the age of 10 are expected to supervise their children, as well as pay any spectator fee incurred.
3. Parents are expected to adhere to our "Parents Poolside Policy". See below.
4. Families are required to support the functioning of the club. NSS is a not-for-profit organisation that requires volunteer support. The expectation is that each family volunteers throughout the year. Refer to "Parent Participation". See below.
5. Athletes will come under the direction of the relevant club coach and manager when at meets and trips away. Full cooperation and respect is expected.
6. When representing NSS, athletes are required to wear NSS Club uniform.
7. All athletes, coaches and parents are expected to follow the principles of fair play at all times.
8. All members of NSS are expected to contribute to a positive club atmosphere. Any action deemed to be degrading to the club will not be tolerated and the member may be asked to leave.

Positive Sport at NSS

"Good sport is about positive attitudes. You can set the right tone, help make our sport a success. Play your part."

For more information, refer to our useful links section on our website.

Athletes Oath

To the best of my ability I will:

- Adhere to the BEAR values.
- Play by the rules.
- Work hard to do my best at all times.
- Turn up to all training sessions on time.
- Be a great person, recognise good in others and support them.
- Respect and thank all coaches, NSS supporters, sponsors, officials, the opposition.
- Encourage others at all times.
- Be a positive role model within the swimming community.



Parents Oath

- To the best of my ability I will:
- Encourage all children to enjoy their efforts in swimming.
- Insist that my child participates within the rules of the sport.
- Treat my child the same regardless of whether he / she has won or lost.
- Display self-control on the sideline.
- Be a positive role model for my child, within NSS, and the wider swimming community.
- Show my appreciation to people who volunteer their time so my child can swim in competitions.
- Remember that my child swims for his / her reasons not mine.
- Never place undue pressure on my child to perform.
- Make an effort to understand and help run the sport of swimming (volunteer)
- Support good performances and applaud for all competitors.
- Accept the decision of the officials and coaches.
- Remember we are all capable of making mistakes.
- Not willingly defame any member or release information deemed to be confidential to the club.

Social Media

NSS and its athletes strive to build a positive brand for the individual, NSS, sponsors and wider swimming community.

For more information, refer to our useful links section on our website.

Fees

All fees are to be paid one month in advance, due on or before the 7th of each month. As a non-profit organisation and in fairness to all members, fees must be paid on time. athletes with fees overdue will be unable to train until all fees are paid.

If fees are not up to date a third time in any two-year period, membership will be terminated. athletes are not eligible to swim in any events the club participates in, unless their fees are up to date. This includes all meets, club nights, camps and away trips.

Coaching fees will continue to be invoiced over the club Christmas and New Year shut down period and any seasonal breaks.





Leaving and Rejoining

Should you decide to leave NSS, we require you to give in advance one month's paid notice in writing to our Finance Manager. During this time the athlete is able to train as normal. This benefits all members by giving us time to ensure that squad numbers are stable and correctly balanced. You will of course need to make sure all fees due are up to date before leaving.

If an athlete wishes to take a break from training for a period greater than one month, the first month's fees must be paid, and a \$65 re-joining fee will apply upon successful application to re-enter. Breaks of less than one month will not incur any fee reduction. For example, a athlete wishes to take three months' vacation, the first month's fees will need to be paid. Upon the athletes' return they will need to apply for re-entry and pay the re-joining fee. There are no guarantees that an athlete will have access to the same squad they vacated. Each squad has a finite number and the club may have taken in new members. If an athlete wishes to maintain their place within the squad they may choose to continue to pay fees as usual. In this instance their place in the squad will be held for them.

In case of an injury or illness preventing you from swimming, you need to advise the Finance Manager before the due date (7th of the month). Medical certificates presented will ensure you do not need to pay for the period missed. Otherwise fees are due as normal.

Transferring

Transfers to another club must be cleared by NSS. All fees must be up to date before clearance is given. All trophies are to be returned to the NSS office.

Meet Expectations

All athletes come under the direction of club coaches and managers, regardless of where the meet is held. Full respect and cooperation is expected for the most enjoyable and safe experience for everyone involved.

Athletes are required to wear the NSS uniform and NSS caps when warming up and racing at all competitions. All athletes, coaches and parents are expected to follow the principles of the NSS athletes / parents oath.

Coaches aim to make the sport challenging and enjoyable while taking reasonable steps to ensure that the physical, mental and emotional wellbeing of each swimmer is nurtured.





SWIMMING

Parent Participation

Parents are required to take a turn in supporting the functioning of the club by assisting in the running of the meets. A member of each athlete's family who enters a competition is required to volunteer in the running of that competition.

Duties we require volunteers for include:

- Timekeeper (TK)
- Turn judge (IOT)
- Kitchen or catering duty
- Set up and set down
- Computing (AOD and Admin room)
- Door entry cover
- Marshalling
- Team management (Meets & Camps)
- Event Support (Prizegiving, Club Nights & Level 3)
- Sponsored NSS Meets (SwimFest, Sprints & Skins & NSS Invitational)

We are proud of the volunteer support we get from our NSS community. Your assistance at meets helps your athlete and the wider swimming community.

Swimming Gear

All gear needs to be clearly marked so it can be returned if misplaced. Athletes are responsible for their own gear. Specific squad gear requirements can be found at the link below.

For more information, refer to our useful links section on our website.

All NSS club uniform is compulsory for competitions and can be purchased from our office.

Club Nights

NSS host one Club Night each term that are aimed to grow our athletes across all squads. They develop either by learning and refining skills, racing, time keeping, marshalling, or helping coach athletes through specific skill progressions.

Club Nights are on a Wednesday (see website for dates) at Sir Owen G. Glenn National Aquatic Centre for 1.5 - 2 hours. This provides both athletes and their coaches a great opportunity to evaluate their technique and skills in a fun familiar atmosphere.

These Club Nights may present opportunities for parent participation.



Entering Swim Meets

All competing athletes must be registered with our local swimming association, Auckland Swimming (ASA), and New Zealand Swimming. Subscription / registration is paid annually on July 1st through the FastLane page on Swimming New Zealand website.

Competitions help evaluate athletes' performances and provide the opportunity to meet other club members and enjoy racing other swim clubs. All meets must be entered via the Swimming NZ FastLane page. Notification of entry close off dates is available on the NSS website, club email and also on SNZ FastLane page.

For more information, refer to the "Meets & Events" page on our website.

10 & Under Safety Policy (Drop Off and Pick Up)

Child safety is a critically important issue for parents and the club and is an area where the club and parents need to cooperate closely.

Procedures to be followed at all NSS venues:

- Swim coaches will be at the pool at least 15 minutes prior to the starting time for each training session.
- On arrival at the pool, parents / caregivers will be responsible for ensuring that their child arrives poolside no more than 15 minutes.
- Children will not be allowed to leave the pool complex during training, unless communicated by parents / caregivers.
- At the conclusion of training, the coaches will remain at the pool for 10 minutes for parents / caregivers to collect their children.
- It will be each parents / caregivers responsibility to assume responsibility for their child 10 minutes after the completion of training.
- A full emergency contact list will be made available to the coaches.

For more information, refer to the "AUT Millennium Supervision Policy" under useful links section on our website.



Parents Poolside Policy

North Shore Swimming encourages all parents to watch their child progress and to take the opportunity to meet and interact with other North Shore families.

We ask for parents to remain upstairs and not approach the coach during training. This enables the athlete to focus on their coach and the coach to focus on their athlete, without distraction.

If you have any questions or comments, contact the coach directly after the session to arrange a mutually convenient time.

Safety is an important issue around pools. Please supervise your children and ensure they know the rules regarding the pool.

Feedback Procedure

Our team welcomes all feedback. All members have the opportunity to provide this to our club via feedback@nss.org.nz

Drug Policy

NSS fully supports measures to eliminate the use of performance enhancing drugs in sport. In this we follow the rules of SNZ, FINA and NZ Olympics Committee.

