



Wicklow Swimming Club

Members' Rule Book

Version No	Purpose / Change	Author	Date
1.00	Rules for 2023/24 Season	WSC	05/06/2023
1.01	Amendments as per feedback	WSC	15/06/2023
1.02	Amendments ratified at the AGM	WSC	14/11/2023
1.03	Amendment to section 6.3.12	WSC	16/05/2024



Table of Contents

1	General.....	3
2	Race Rules	3
3	Penalties / Rule Infringements	6
4	Race Sequence	6
5	Coaches & Swimming Teachers	6
6	Intermediate & Youth Members.....	7
6.1	Sprints.....	7
6.2	Junior Challenge Intermediate & Youths Races	7
6.3	Age limits and Moving Up Procedures.....	8
7	Training Sessions.....	9
8	Swim Trial Courses.....	11
8.1	Seniors Trial Course (670M).....	11
8.2	Youths Trial Course (600M).....	12
8.3	Intermediate Trial Course (300M).....	13



1 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 The WSC membership year is in line with Swim Ireland, which is 1 September to 31 August
- 1.6 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.
- 1.7 The names of the committee members shall be circulated to members by email. Contact details are available on the club website (www.wicklowsclub.com)
- 1.8 Complaints will be dealt with as outlined in the club's constitution (article 12.1-12.5)
- 1.9 The use of banned substances is prohibited (per the O.C.I directives)
- 1.10 All members of Wicklow Swimming Club must have paid Wicklow Swimming Club fees at the start of the swim season (September) and be registered with Swim Ireland.
- 1.11 Members who miss two seasons of swimming, will be required to complete a trial.

2 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 entry fees shall cease 15 minutes prior to the start of the Race Sequence as set out in section 4 Race Sequence below
- 2.6 Due courtesy and respect must be shown to all Race Officials at all times.
- 2.7 Swimmers must follow the racecourse 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 the 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.
- 2.10 Swimmers may be asked to leave the water by a Race Official for safety reasons and must do so without question or delay.
- 2.11 All Swimmers must swim beyond the finishing buoy to avoid congestion and allow the finish recorders to keep proper records. Swimmers exiting before this must report to the nominated finishing official so to ensure all swimmers are accounted for. The health and safety of all participants & volunteers is paramount.
- 2.12 Intermediate swimmers must have participated and completed two races to qualify for the Mini Harbour and Coello Cup
- 2.13 Senior swimmers must have participated and completed three races to qualify for the Black Castle, Vartry and Around the Harbour races.
- 2.14 Competitors for the 100m dash must be aged sixteen years or over.



2.15 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	5	
Non Finisher	1	
Wet Suit Participant	-	
Disqualified	-	

Table 1 - League Points Allocation



2.16 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 these 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).

NOTE: FOR ALL NEW MEMBERS AND THOSE WISHING TO MOVE UP, ASSESSMENTS AND TRIAL DATES WILL BE SET BY THE COMMITTEE AND AT THEIR DISCRETION.

3 PENALTIES / RULE INFRINGEMENTS

IMPORTANT: THE CLUB COMMITTEE MAY IMPOSE PENALTIES BY WAY OF WRITTEN WARNING, 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.

4 RACE SEQUENCE

- 4.1 A noise or clearly audible signal shall be sounded approx. 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.
- 4.2 Safety briefing and the course description shall follow directly thereafter.
- 4.3 Swimmers to follow the instructions of the Race Committee to proceed to the race proper.

5 COACHES & SWIMMING TEACHERS

- 5.1 All coaches and swimming teachers must hold a valid and up-to-date Safeguarding Level 1 qualification and Garda vetting must be valid as per Swim Ireland requirements.



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

6 INTERMEDIATE & YOUTH MEMBERS

6.1 SPRINTS

- 6.1.1. Sprints are open to all Juniors Under 12.
- 6.1.2. Swimmers are allowed to stand, (can put feet down to rest) but cannot take a step.
- 6.1.3. The first race starts at 10.15am. Registration for sprints takes place at 9.45am and closes at 10am. For safety reasons if your child has not registered, they will not be able to swim.
- 6.1.4. Swimmers are required to wear numbered hats for the sprints.
- 6.1.5. Only appointed volunteers¹ are permitted to assist swimmers in races.
- 6.1.6. Races are handicapped. Handicaps are given out at registration and are awarded based on recent swimming performance.
- 6.1.7. At the end of the season certificates are given out for swimmer of the month in each age category.
- 6.1.8. Wetsuits are permitted for the month of June. During the month of June swimmers wearing wetsuits are permitted to place in the sprints and are awarded the appropriate points based on their finish place. From the 1st of July, points are not awarded for the rest of the season if wetsuits are worn.

6.2 JUNIOR CHALLENGE INTERMEDIATE & YOUTHS RACES

- 6.2.1. Swimmers must register prior to the start of the race.
- 6.2.2. Parents/guardians have the primary responsibility for the health, safety, and welfare of their children.
- 6.2.3. Swimmers must wear their own official numbered hat.
- 6.2.4. Swimmers may wear wetsuits but will be excluded from prizes and league points.
- 6.2.5. Only appointed volunteers¹ are permitted to assist in races.
- 6.2.6. Swimmers in difficulty must raise one arm in the air to attract the attention of the safety boats.

¹ Appointed volunteers are those appointed by the committee.



- 6.2.7. Swimmers must follow the race course as set out by Race Officials.
- 6.2.8. All Swimmers must swim beyond the finishing buoy to avoid congestion and allow the finish recorders to keep proper records.
- 6.2.9. 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.
- 6.2.10. A red hat is awarded to the fastest time from the previous race.
- 6.2.11. League points for Junior Challenge, Intermediate and Youths are awarded as per the table set out in 2.15 above.

6.3 AGE LIMITS AND MOVING UP PROCEDURES

- 6.3.1. 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.
- 6.3.2. 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.
- 6.3.3. Youth swimmers may not progress to Senior before the age of 16 and must have completed one season of youths, this being their age at the June 1st in the year in question.
- 6.3.4. Youth swimmers must have completed one season of youths, before moving to seniors
- 6.3.5. New members joining who are under 18 must complete one season of youths before moving up to seniors.
- 6.3.6. To fulfil a season swimming at youths, members must complete a minimum of five races.
- 6.3.7. Junior swimmers must be assessed before moving up to intermediate level.
- 6.3.8. New intermediate and/or youth swimmers must be assessed and complete a trial before taking part in any Intermediate/Youth event.
- 6.3.9. With guidance from the coaches, and at the discretion of the committee, it is possible midseason for a junior challenge swimmer to swim an Intermediate race as a trial. They will not be eligible to place or be awarded league points for this race.



- 6.3.10. With guidance from the coaches, and at the discretion of the committee, it is possible midseason for an intermediate swimmer to swim a youth's race as a trial. They will not be eligible to place or be awarded league points for this race.
- 6.3.11. If a swimmer moves up a category, they cannot move back if they have completed two races.
- 6.3.12. Any member who missed the official trial to move up from Junior Challenge to Intermediates, Intermediates to Youths and Youths to Senior may be permitted to swim their first race as a trial. They will not be eligible to place or be awarded league points on their next race.
- 6.3.13. Wetsuits, Boots and Gloves are not permitted for trials.
- 6.3.14. Intermediate swimmers must have participated and completed two races to qualify for the Mini Harbour and Coello Cup.
- 6.3.15. Intermediate and Youth members must wear numbered hats when racing.

7 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.
- 6.2 Each session must have an adult present in addition to coaching or teaching staff to oversee the teaching/coaching session reducing the risks to both children and adults. This adult is known as the person on duty.
- 6.3 A person on duty rota will be organised in advance and communicated to all involved.
- 6.4 If a parent/guardian is unable to fulfil their allocated it is up to the parent to organise cover
- 6.5 Parents/Guardians should not leave until they have ensured that the coach and person on duty have arrived
- 6.6 The person on duty must be over 18 (not required to be a parent). Under no circumstances can an athlete be the person on duty for their own session or squad.
- 6.7 Parents/Guardians of members under 18years of age must make themselves available for person on duty. Parents/Guardians will be allocated to observe only at those sessions in which their child swims.



- 6.8 The Swim Ireland person on duty policy shall be observed at all times. (see Swim Irelands' Person on Duty policy [here](#)).
- 6.9 In exceptional circumstances only, the committee may, at its discretion excuse an individual parent/guardian from complying with training session duties.
- 6.10 If a person on duty fails to turn up the coach/teacher should take the best course of action to ensure the safety of the young people and themselves. If a replacement adult volunteer cannot be found this may mean cancelling the session.
- 6.11 The person on duty is required to remain until all the young people have been collected.
- 6.12 Parents/Guardians shall refrain from unnecessarily disrupting training sessions by engaging the coaches/swimming teacher's attention. They should instead arrange an appropriate time and place for discussing any matter with leaders and coaches; communication should not take place whilst leaders and coaches are in a position of supervision or responsible for other young people.
- 6.13 Parents/guardians should ensure they do not persistently arrive late when collecting or leave their child/children waiting unsupervised at any time.
- 6.14 Parents/guardians should abide by the procedures and policies regarding the use of mobile phones, any type of camera and videoing equipment.



8 SWIM TRIAL COURSESⁱ

8.1 SENIORS TRIAL COURSE (670M)

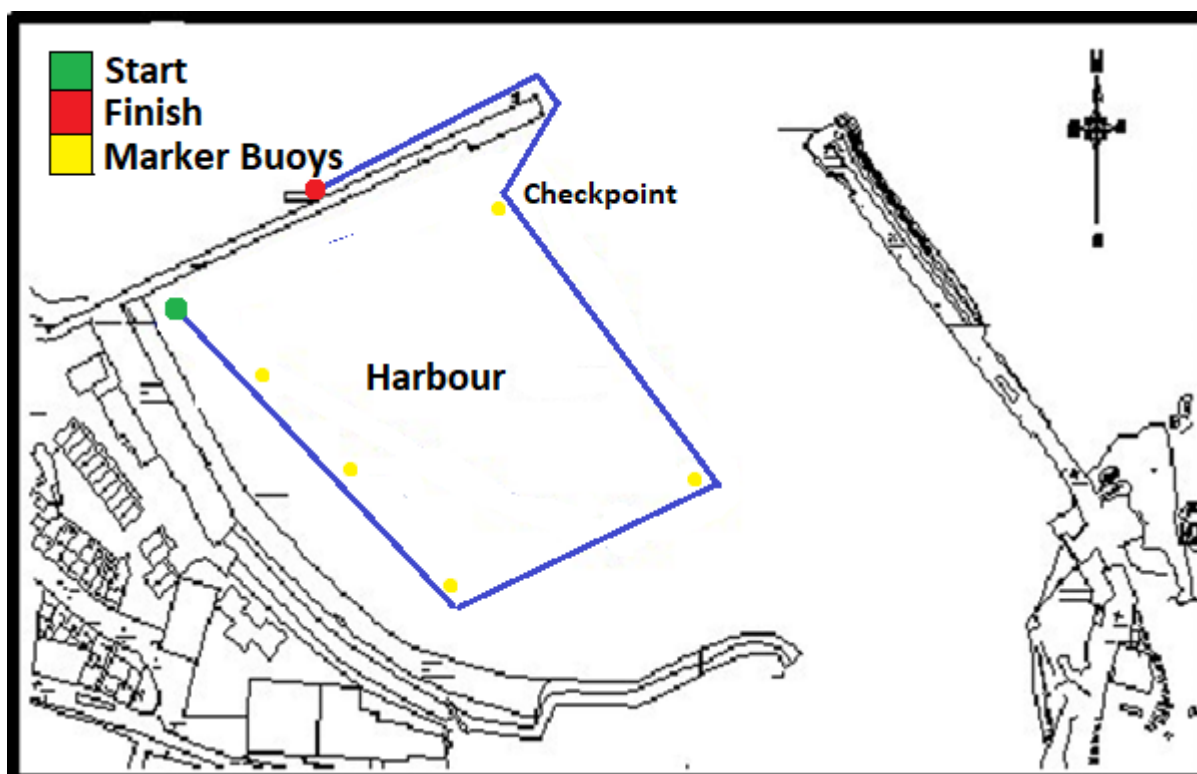


Figure 1 - Seniors Trial Course

1. Checkpoint – Swim without stopping to checkpoint (Anti-Clockwise) and stop.
2. Tread water for one minute with one hand raised above your head or as instructed by our club assessor.
3. Continue around the block to the ladder at the back of the pier and exit.
4. Must be completed in under 21 minutes.

**WETSUITS BOOTS AND GLOVES MAY NOT BE WORN
DURING THE TRIALS**



8.2 YOUTHS TRIAL COURSE (600M)

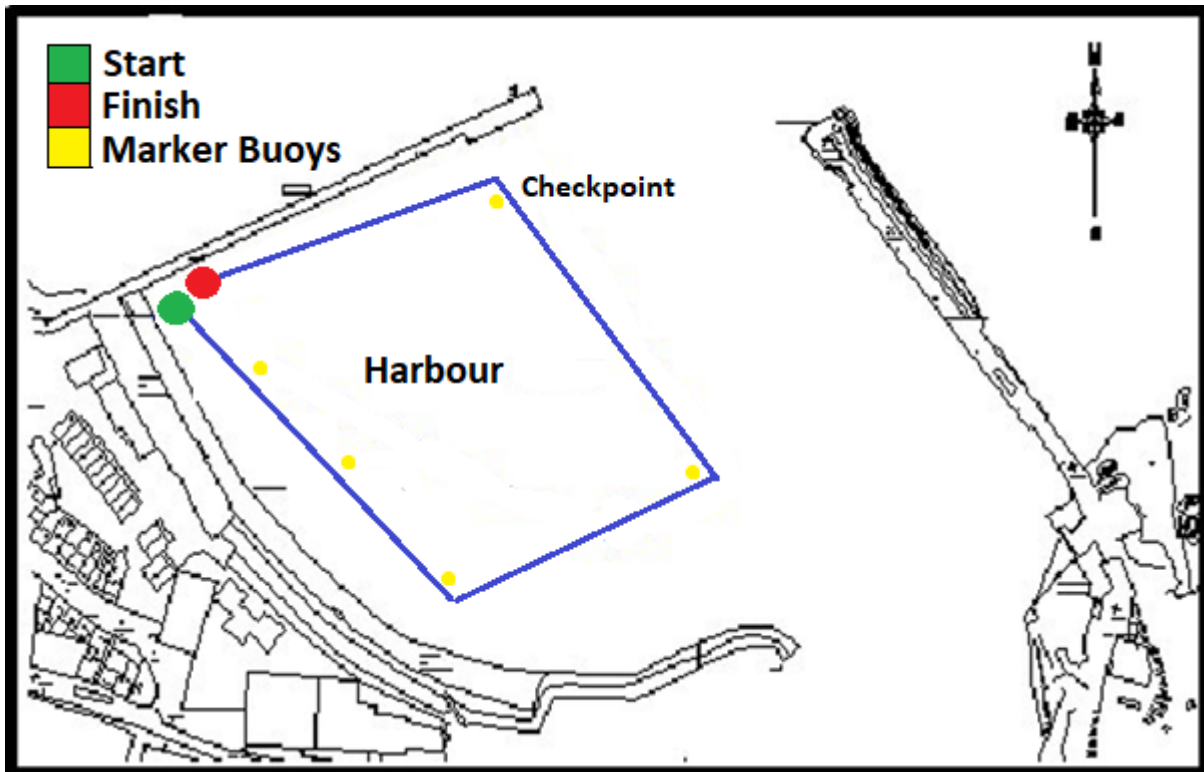


Figure 2 - Youths Trial Course

1. Checkpoint – Swim without stopping to checkpoint (Anti-Clockwise) and stop.
2. Tread water for one minute with one hand raised above your head or as instructed by our club assessor.
3. Must be completed in under 21 minutes.

**WETSUITS BOOTS AND GLOVES MAY NOT BE WORN
DURING THE TRIALS**



8.3 INTERMEDIATE TRIAL COURSE (300M)

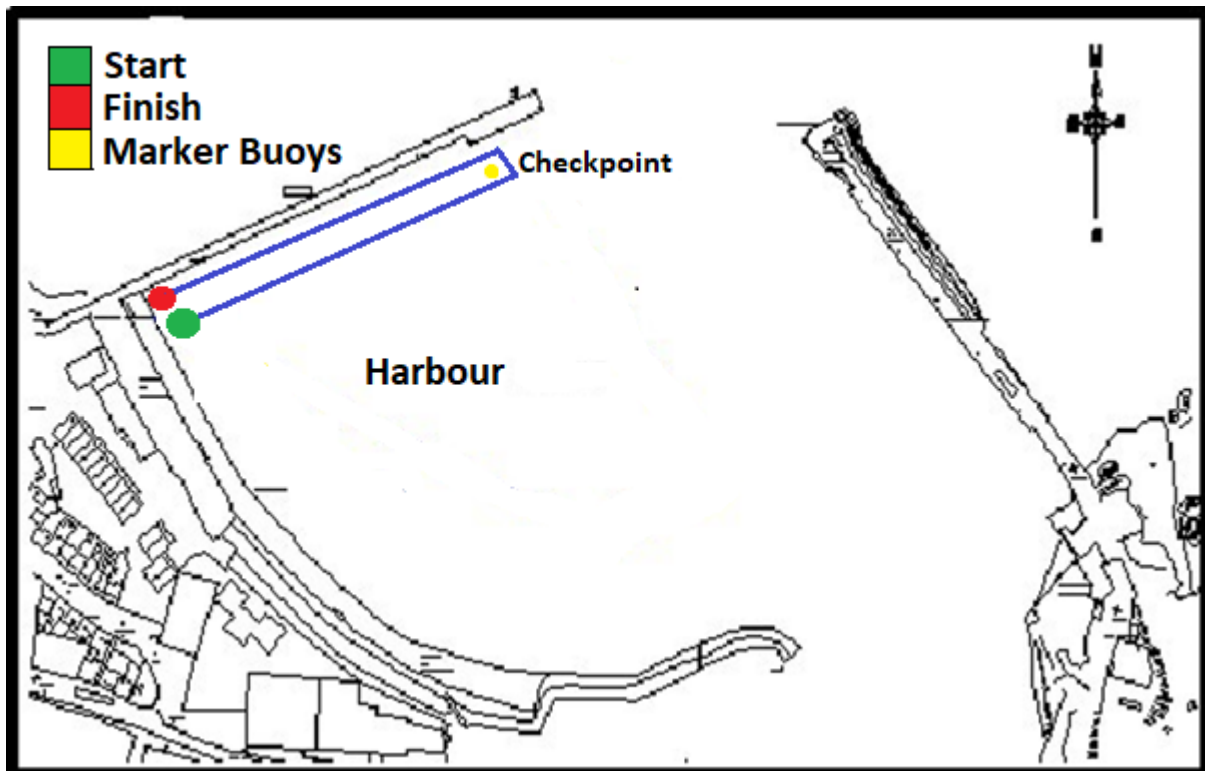


Figure 3 - Intermediate Trial Course

1. Swim without stopping to Buoy 1
2. Buoy 2 – Tread water for one minute with one hand raised above your head or as instructed by our club assessor.

**WETSUITS BOOTS AND GLOVES MAY NOT BE WORN
DURING THE TRIALS**

ⁱ Trial routes and distances are weather dependent and may be changed at the discretion of the committee.