

## **WHAT TO DO WHEN ATTENDING A MEET:**

**HERE IS A SUMMARY OF WHAT OUR MEMBERS SHOULD DO WHEN REPRESENTING TIVOLI SWIM CLUB.**

- **ENSURE YOU ARE IN YOUR CLUB UNIFORM.**
- **WARM UP TOGETHER, AS A TEAM.**
- **GATHER AROUND OUR “ TIVOLI ” BANNER**
- **SIT TOGETHER, AS A TEAM, DURING THE MEET.**
- **CHEER FOR TEAM-MATES WHEN THEY'RE SWIMMING.**
- **ALWAYS SPEAK WITH YOUR COACH BEFORE AND AFTER YOU SWIM.**
- **DON'T SIT IN THE STANDS THINKING ABOUT YOUR RACES. THE TIME TO 'SWITCH ON' IS WHEN YOU TALK TO YOUR COACH.**
- **ALWAYS CHECK PROGRAM FOR YOUR EVENTS AND KEEP AN EYE ON THE CLAIMS BOARD, SO YOU KNOW WHEN TO GO TO THE MARSHALLING AREA.**
- **ENSURE YOUR GOGGLES ARE ON WHEN YOU ARE SEATED BEHIND THE BLOCKS.**
- **AFTER YOUR RACE, ASK THE TIMEKEEPER, POLITELY, FOR YOUR TIME.**
- **RESPECT ALL OTHER COMPETITORS AND BEHAVE IN A SPORTSMAN LIKE MANNER AT ALL TIMES.**
- **MOST IMPORTANTLY, ENJOY THE EVENT!**
  - Our Club adheres to the member protection policy issued by Australian Swimming Inc.