



Belper Marlins Swimming Club

Land Training Program Principles & Processes

Program Purpose:

Belper Marlins Swimming Club (BMSC) are delighted to offer out of pool, otherwise known as land training (LT) exercise and activity regimes to help develop swimmers of all ages in order to support the in pool programs and help swimmers achieve their goals.

Program Outline:

Exercise and activity regimes are typically focused on core strength, flexibility, stability, endurance, and explosive power along with reinforcement of swimming stroke techniques. Programs will typically involve individual, group and team activities related to these key focus areas. Wherever possible swimmers will commonly use no more than their own body weight as resistance.

Program & Personal Equipment:

Swimmers will need the appropriate attire to participate to minimise the risk of incident or accident to themselves or others. As a basic minimum it is expected that every swimmer will have:

- Footwear suitable for physical exercise
- Clothing suitable for physical exercise
- Access to their own source of rehydration
- Rubberized resistance band suitable to their own power/weight capability (different and often lighter than what swimmers might like to think is appropriate)

All other equipment required will be supplied by BMSC, or the hosting facility, appropriate to the specific activity or exercise.

If a swimmer does not have any of the detailed items then the coaches or program supervisors will decide whether the swimmer can participate in the specific activity or exercise or even the entire program of that particular session.

Program Supervisors and Coaching:

All program supervisors and coaches are appointed volunteer helpers with full CRB accreditation and a sporting background from a number of disciplines and are either fully compliant with the BMSC and ASA safeguarding guidelines or regularly undertaking means to ensure compliance which is an ongoing process in any sporting environment such as BMSC. All program supervisors and coaches routinely take part in every session exercise or activity subject to any personal injury.

It is always our intention to have a minimum of three supervisors or coaches for any given session with never less than two present. The activities or exercises are researched, developed and personally tested with a specific purpose in mind. Routine alignment takes place between the "Head of Land Training" and "Chief Coach of Belper Marlins Swimming Club" to ensure the in and out of pool exercise and activity remains complimentary and supportive of a competitive swimming club.



Program Safeguarding of Swimmers & Coaches:

In order to safeguard athletes and coaches alike through prevention all program supervisors and coaches will undertake best endeavors to follow the following coaching cycle:

1. Explain whilst demonstrating the exercise or activity ensuring key positions of body and limb are made clear
2. Explain the relevance to the swimming environment or general improvement of health and capability
3. Request questions to ensure clarity
4. Facilitate a practice environment
5. Re-explain whilst demonstrating the exercise or activity ensuring key positions of body and limb are made clear and making a general assessment of whether to repeat the cycle or move to the exercise or activity for the greater good of the group

Whilst the above is always the intention it is important to remember that some swimmers might be new to the group or even absent during the last program session when the activity was explained and undertaken. In this situation it is important that all participants:

1. Listen clearly to the instructions offered
2. Ask questions when needed or invited to do so
3. Only start the exercise when instructed to do so by a program supervisor or coach

It is possible that on very rare occasion a swimmer is finding activities and exercises prescribed in a given session are beyond their physical capability at that moment in their development. In such occasions where either the swimmer, other swimmers or coaches are at risk then the swimmer may be asked to not participate in that activity or exercise. Should this occur on a persistent basis then the swimmer may be asked to temporarily abstain from the LT program until they have physically developed enough to participate and fully benefit from the program.

A high standard of respect and behavior is expected in every BMSC environment. The LT coaches will always be clear about the expectation of the group. Repeated bad behavior, bad language and/or bullying is unacceptable under any circumstance and may result in the swimmer being suspended or expelled from the LT program.

In event of either of the last two circumstances above happening a full first hand explanation will be offered by a LT supervisor or coach to the swimmer. If a swimmer is under the age of 18 (eighteen) years old the same will be discussed with the respective parent or guardian wherever possible.

Program Incident & Injury Procedures:

All LT incident and injury procedures operate in conjunction with all standard and stipulated BMSC Accident Procedures.

BMSC Sport and exercise carries a risk of injury and this can occur in a number of ways during or even after exercise. It is important for athletes to learn to listen to their bodies and learn to differentiate between body fatigue, body recovery and injury. In doing so it is also important to learn to differentiate between “aching” from exertion and “pain” from muscular or skeletal damage. Should an incident occur coaches will be lead by the athletes and will always be a lean toward caution.



Swimming is typically regarded as a “low impact” sport whilst LT is typically considered “high impact.” It is also considered that at elite swimmer level c.80% of swimmers injuries come from LT as a result of this high impact.

From time to time it is possible that a swimmer attends a program session carrying injuries from swimming itself, other sports or activities. The program supervisor or coaching team take their duty of care very seriously, so all swimmers in this instance must ensure they report all known injuries to a program supervisor or coach well before any session so we can safeguard the swimmer and make the best decision about how/if a swimmer or swimmers should be involved in that session. If the swimmer in question is below the age of 18 (eighteen) years old, then it is the responsibility of the parent or guardian to report all known preexisting injuries, potential injuries or injury concerns in person with written notification outlining the injury.

None of the program supervisors or coaches are trained in the medical (or related) profession and BMSC are fully compliant with regulations by having this expertise elsewhere within the club, however whilst their opinion might be sought, it is the sole responsibility of the swimmer or parent (as above) to take the most appropriate course of action and seek independent professional medical advice before attending or continuing.

Failure to declare an injury or take independent professional medical advice can cause further injury to the swimmer and possibly the other swimmers. If a swimmer under the age of 18 (eighteen) attends land training without a parental or guardian reporting all known pre-existing injuries, potential injuries or injury concerns in person with written notification outlining the situation then the swimmer may well need to be excluded from that particular program session with any decision of the program supervisor or coach being deemed just and appropriate.

Despite all coaching explanations, swimmer listening and attention accompanied by demonstrations, injuries will still occur from time to time. Should any swimmer experience any pain or hurt during any part of a program they must stop and tell a supervisor or coach immediately so they can make an assessment to safeguard the swimmer and other swimmers as quickly as possible.

It is also possible that a swimmer discovers a genuine injury after a program. In such a situation it is just as crucial all swimmers in this instance must ensure they report all known or professionally diagnosed injuries to a program supervisor or coach as soon after the suspected incident or program (as above if the swimmer is under the age of 18 years old). The coaches will always review any specific program activities or incidents of this nature to continue to increase and enhance the safeguarding of swimmers in future situations.

All exercise and programs are created and lead with the well being of the BMSC swimmer population’s development of paramount importance. In the rare occasion that an incident of any nature occurs it is the LT supervisors and coaches expressed intent to work closely with parents, guardians and swimmers first hand in person and without conflict or accusation for the greater good of all swimmers and the ongoing success of the LT program and its contribution to swimming performances.



Program General Screening Questionnaire:

In order for the program supervisors or coaches to make balanced and considered individual and group swimmer safeguarding assessments it is requested that the following questionnaire is completed prior to any program involvement of a swimmer. This is not a pre-requisite condition of attendance and is optional and not completing it may not directly default to any swimmer from being excluded from the LT program. However, not completing will add further risk to the supervisors and coaches being able to optimally safeguard swimmers, as well as add further risk to the general well being of the individual swimmer or the group of swimmers that the individual swimmer might work with.

1. Does the swimmer have any known breathing or lung problems?
 - Yes / No (if yes please state specific conditions below)

2. Does the swimmer have any known heart related problems?
 - Yes / No (if yes please state specific conditions below)

3. Does the swimmer suffer from seizures of any kind or dizziness?
 - Yes / No (if yes please state specific conditions below)

4. Does the swimmer have any muscular problems or disorders that might be aggravated or affected by taking high impact exercise?
 - Yes / No (if yes please state specific conditions below)

5. Does the swimmer have any skeletal or joint problems or disorders that might be aggravated or affected by taking high impact exercise?
 - Yes / No (if yes please state specific conditions below)

6. Has the swimmer ever been advised by a medical professional to not take exercise?
 - Yes / No (if yes please state specific conditions below)

7. Does the swimmer have any learning, mental or chronic concentration problems?
 - Yes / No (if yes please state specific conditions below)



8. Does the swimmer have any other physical or mental condition that might be agitated or affected as a result of taking high impact exercise in a fun, challenging and disciplined group environment?

- Yes / No (if yes please state specific conditions below)

9. Is there any other condition or circumstance that you feel could be of importance in the supervisor or coaching team to consider in providing the utmost focus in safeguarding swimmers?

- Yes / No (if yes please state specific conditions below)

I _____ (state name), am committed to making a difference to my swimming through my participation in the weekly Land Training program provided by BMSC.

As a condition of my involvement in BMSC LT I accept full responsibility to healthfully participate. I understand that participation; use of instructions and involvement in activities, facilities and equipment can carry a hazardous risk.

I have / have not (please delete as appropriate) completed the LT Program Screening Questionnaire honestly and to the best of my knowledge.

I have read and fully understood the Land Training Program Principles & Processes and my own responsibilities to participate.

Swimmer Signature: _____

Parent/Guardian Signature (if swimmer is under 18 years of age): _____

PLEASE PRINT, COMPLETE AND RETURN TO A LAND TRAINING COACH BY 11TH JANUARY 2015.

IN THE EVENT OF ANY CONCERNS OR QUESTIONS PLEASE CONTACT CHRISTIAN BARDEN ON (M) 07768 476889.