

PSC Swim Meet Etiquette



Each meet and/or region will have its own entry rules, these are found on the meet poster. **Please always read the poster and/or qualifying criteria of a meet before entering a swimmer online for a swim meet.**

Below is the PSC swim meet etiquette to assist your swimmer and family to have an understanding of swim meets.

- Swimmers must be appropriately nourished at swim meets. The days can be long, allow plenty of nutritious snacks. Fresh water is all that is needed for hydration.
- Ensure your swimmer arrives on time for team stretches and warm up prior to the swim meet.
- Strapping or topical wounds – please provide to the team manager a medical certificate from a physiotherapist or medical practitioner, stating what the injury is and if they give permission for the swimmer to swim. For the health and safety of the swimmer and/or other swimmers, the Technical Director of the swim meet has final decision.
- Scratchings (withdraw from event or meet) - This is the role of the team manager. Please contact the team manager on the day or, if prior to a swim meet please contact the club recorder: pscrecorder@gmail.com
- As a spectator/supporter, during the swim meet, never enter into any dialogue with an official poolside (even if you know the official) as it is distracting for them. Any conversation with poolside officials is the role of the team manager and/or coach, and in which case the event protocols must be followed.
- If attending non-target meet, please advise our club recorder: pscrecorder@gmail.com as they may receive information that is important to share with you leading up to the day or determine the need for a technical official, time keeper or team manager. If any of these roles are required, you will be expected to volunteer as the club is not attending – it is your decision to go.
- Spectators/families are not permitted on pool deck unless they are team manager or officiating – this includes not going into the team area even if your swimmer has finished their races.
- Families please sit above/behind the team. Deter your swimmer from sitting with you, they must sit with the team so the team manager/coach can easily locate and converse with the swimmer as a team/individual.
- Ensure your swimmer does not leave until the end of the session, unless agreed prior with the coach and the team manager is fully informed.
- Parents please deter your swimmer from visiting you immediately after a race. Correct protocol is to see their coach and/or team manager immediately after their race for debrief.
- If the swimmer wants to leave the team area for an appropriate reason (bathroom, refreshments or visit family) they must seek permission first from team manager or coach.
- Let the team manager manage. Do not give your swimmer instructions about when to go to marshalling or when to leave the team area, this is the team manager's job.
- Let the coach's coach. Do not give your swimmer race instructions, this is the coach's job.
- Be enthusiastic and supportive. Provide a positive and encouraging environment for your swimmer. Parents should not impose any personal ambitions or result oriented expectations upon their child.
- **Role model sportsmanship - support and encourage ALL swimmers from all teams, all clubs and all regions.**