

Thank you for being a team leader / parent helper. We would love your help with the following.

POOL RULES

- At 17:45: Meet your team in Reception and register them with the League Secretary
- Once your team is registered, move boats from the store to the pool with the other helpers
- At start of session: remove shoes **before** entering the sliding door to the tiled changing area
During and after session: shoes worn outside must not be worn in tiled changing area
- No running around the pool, no jumping through/over the barriers, no hanging on slide
- Everyone to stay in fitness pool/lagoon area only.
The slide, sauna, steam room, whirlpool, café and upstairs are out of bounds during this session
- Supervise the behaviour of your team and ensure they abide by the Pool Rules

PREPARATION FOR THE SESSION

Please help bring in the canoe polo equipment from the outside store into the fitness pool at the start of the session and lay it out as follows:

- 4 kayaks, RED buoyancy aids, RED spraydecks, helmets and paddles at the shallow end
- 4 kayaks, BLUE buoyancy aids, BLUE spraydecks, helmets and paddles at deep end
- 1 goal at each end

The remaining canoes, paddles and spraydecks should be carried to the lagoon area

SAFETY

- No-one to enter the water until a lifeguard is in the tall chair
- Tell a Coach if you or your team members have difficulties or conditions that need extra care or skills
- Know the medical conditions of your team members and how to deal with potential difficulties
- Have telephone numbers of your team's parents so you can contact them if necessary
- Ensure that any personal boats are clean – please no snails, leaves or mud in the swimming pool!
- Help avoid trips and slips - move any equipment left lying in a potentially hazardous spot
- Team members to get out of water if feeling sick, or bleeding - a first aid kit is available

ORGANISATION

In order to get in as many games as possible, we need quick changeovers, so:

- Please ensure that your team is out of the lagoon area and at the fitness pool watching the whole of the game before their own. Encourage them to watch other teams' tactics during this time and to help with rescuing capsized players. This is also a chance to observe referee's signals
- Please help your team to get their spraydecks on and get onto the water quickly
- Games will start promptly from 6pm. Any teams late starting their game may lose playing time.
- When your team finishes their game, please ensure that each boat is emptied of water and left with a complete set of equipment for the next team to play

CLEARING UP AT THE END

- The Team that is underlined on the scoreboard is to get out of the water at 7:45pm, change into dry clothes and help put the kayaks into the store at 8pm
- Everyone else must be out of the water by 8pm and out of the building by 8:15pm
- Please ensure that your team members don't spend prolonged time in the showers
- Please wait with each of your team until they are collected or get away safely as arranged by you

We are all volunteers - we need your help too
www.tckc.org.uk

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