



# DOLPHINS

Bournemouth Dolphins Swimming Club

## MEMBERSHIP PACK

*to join our friendly club*



the **asa**  
affiliated club



**swim21**  
Accredited

# Welcome

Welcome to Bournemouth Dolphins swimming club. This Membership Pack contains information about the swimming club and all of the forms you need to join Bournemouth Dolphins. Squads and training times are constantly changing so please visit our website for this information, [www.bdow.org.uk](http://www.bdow.org.uk), where all the information is updated regularly.

*THE FOLLOWING FORMS NEED TO BE FULLY COMPLETED...*

**1. MEMBERSHIP APPLICATION FORM - 2 pages**

(The health declaration section on the second page of the membership application must be filled out if the swimmer has a medical problem, and if they are category 2 ASA, then a British Swimming health declaration must also be completed - Please ask one of the membership secretaries for one of these forms if required).

**2. STANDING ORDER INSTRUCTIONS**

**3. ASA REGISTRATION FORM**

Every swimmer has to fill out an ASA form, unless you are a member or have been a member of another UK swimming club. There are 2 different types of form so the descriptions below are to help you to complete the correct one - Every parent representative is also required to join the ASA.

**PINK FORM - Category 1**

For swimmers who do not compete in any open competition, or are under 9 years of age.

**BLUE FORM - Category 2**

For swimmers who want to compete in any open competition.

**PINK FORM - Category 3**

Every parent representative and/or parent member is required to fill out one of these forms.

*Please return all the completed forms above, together with a cheque for:*

- Annual Membership Fee(s)
- First Months Training Fees
- ASA fees (not relevant if you are joining from another swimming club)

*to either of our Membership Secretaries:*

JANE FITZPATRICK - 18 Ubsdell Close, New Milton, Hants BH25 5NW

Tel: 01425 622137 • email: [lukeandjane@tiscali.co.uk](mailto:lukeandjane@tiscali.co.uk)

TRACEY COOKE - 64 St Lukes Road, Bournemouth BH3 7LU

Tel: 01202 514355 • email: [tracey@chapter2.uk.com](mailto:tracey@chapter2.uk.com)

If you have any questions please do not hesitate to contact Tracey or Jane, who will be happy to help



# Introduction

## A bit about our club...

Bournemouth Dolphins Swimming Club has been in existence for over fifty years. The main Club nights are at the Littledown Centre, on Sunday evenings between 6pm and 8.30pm. Anyone can come along and, from the spectators' gallery, view the teaching and coaching of various squads during a typical training session.

In addition to the facilities at the Littledown Centre, the Club uses the 25-yard swimming pool at Stokewood Road Leisure Centre and the 25-metre pool at Wentworth College.

The Club has a full-time Chief Coach, Graham Bassi, a full time assistant head coach, Sam Woodward and other teachers and coaching staff who operate on either a professional or a voluntary basis. The affairs of the Club are managed by an Executive Committee of volunteer officers elected annually by the membership of the Club.

Bournemouth Dolphins Swimming Club (BDSC) is committed to helping all swimmers achieve their maximum potential. This will be achieved with the aid of high-quality coaching and support staff, working in partnership with the club officials, parents and most importantly, the swimmers.

*Club swimmers to Olympic swimmers, **BDSC will cater for all ages and abilities.***

## Competitions

Each year the Club produces a competition calendar detailing our in house competitions and Open Meets. These are actively supported by the Club and at which a coach is present to assist and encourage all swimmers. Details of these events will be emailed to you and also displayed on the Club notice board.

The Club also targets meets that are run by other swimming clubs. One of our coaches also attends these meets to encourage and assist all of the swimmers. Details of these events will be e-mailed and, or, displayed on the notice board,

Teams of swimmers are selected by our coaches to represent the club for various galas and competitions, these include:

The SOUTHERN JUNIOR LEAGUE, aimed at swimmers between the ages of 9 and 12.

THE NATIONAL SPEEDO LEAGUE A & B teams, for swimmers from age 10 up to the open age group.

Other various galas are supported by Bournemouth Dolphins throughout the season.

## Swim Equipment Required

You will need a •Kickboard •Short Fins •Pull Buoy •Large Sports Drink Bottle

We have a shop which is open monthly during training sessions on a Sunday evening at Littledown, but if items are required outside of our shop time then Michelle Harris will be happy to help you.



# Fees

## Club Membership *(Annual membership runs 1st January to 31st December)*

All swimmers £41.00 • Associate Members *(Parent, guardian)* £5.00

**Please note:** *If your child is under 18 years it is a requirement of BDSC that at least one parent becomes a member of the club.*

## ASA Membership and South West Region Levy

Category 1 *(Non competitive Swimmer or Under 9's)* £ 6.75

Category 2 *(Competitive Swimmers)* £22.00

Category 3 *(Parents, guardians, helpers)* £ 4.00

## Total Annual Membership Costs *(Club membership + ASA Fee)*

All swimmers £63.00 • Non competitive Swimmers £47.75 • Associate Member £9.00

## Squad Training Fees

Performance £80.00 per calendar month

Potential Performance £74.00 per calendar month

Potential £56.00 per calendar month

Senior Performance £50.00 per calendar month

District £48.00 per calendar month

Development £48.00 per calendar month

Blandford £41.00 per calendar month

Novices £41.00 per calendar month

Student *(18+ years)* £30.00 per calendar month

Masters 3+ swims per wk £37 • 2 swims £30 • 1 swim £19



**MEMBERSHIP CATEGORY:**

SWIMMING ( ) COACH/TEACHER/OFFICIAL ( )  
ADMINISTRATOR ( ) SOCIAL/ASSOCIATE/HELPER ( )

**DATE OF APPLICATION:** \_\_\_\_\_**SWIMMERS DETAILS:**

FORENAME: \_\_\_\_\_ MALE / FEMALE \_\_\_\_\_  
SURNAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
POSTCODE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
HOME PHONE \_\_\_\_\_ MOBILE PHONE \_\_\_\_\_  
WORK PHONE \_\_\_\_\_ OTHER \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_ PARENT'S OCCUPATION (optional) \_\_\_\_\_  
ARE YOU REGISTERED WITH THE ASA? YES NO CURRENT ASA NUMBER: \_\_\_\_\_  
ABILITY OF SWIMMER: Club ( ) County ( ) Regional ( ) National ( )

**PERSON RESPONSIBLE FOR PAYMENT OF FEES**

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
POSTCODE \_\_\_\_\_ TEL.NO. \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_

**PREVIOUS SWIMMING CLUB DETAILS**

NAME OF CLUB(S) - Please include details of all clubs  
\_\_\_\_\_  
\_\_\_\_\_  
DATE(S) JOINED \_\_\_\_\_  
HAVE YOU OFFICIALLY RESIGNED? YES NO  
REASONS FOR LEAVING  
\_\_\_\_\_  
\_\_\_\_\_  
OFFICIAL SWIMMING HISTORY ATTACHED? YES NO  
IF NO, IS IT AVAILABLE? YES NO

**CONTACT IN CASE OF EMERGENCY**

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
TEL.NO. \_\_\_\_\_  
RELATIONSHIP \_\_\_\_\_

**ETHNIC ORIGIN - Please tick**

**A WHITE** British ( ) Irish ( ) Other ( )  
**B MIXED** White & Black Caribbean ( )  
White & Black African ( )  
White & Asian ( ) Other Mixed ( )  
**C ASIAN** Asian British ( ) Indian ( ) Pakistani ( )  
Bangladeshi ( ) Asian Other \_\_\_\_\_  
**D BLACK** Black British ( ) Black Caribbean ( )  
Black African ( ) Black Other ( )  
**E CHINESE OR OTHER ETHNIC GROUP**  
Chinese ( ) Other ( )  
Please specify any other: \_\_\_\_\_

**PAYMENT DETAILS**

ANNUAL MEMBERSHIP FEE	£	
FAMILY MEMBERSHIP	£	
FIRST MONTHS TRAINING FEES	£	
ASA REGISTRATION FEE	£	<b>TOTAL £</b>
CHEQUE ATTACHED WITH REGISTRATION FORM?	YES NO	
STANDING ORDER FORM ENCLOSED?	YES NO	
STANDING ORDER FULLY COMPLETED AND SIGNED?	YES NO	
HEALTH DETAILS FULLY COMPLETED ON REVERSE OF FORM?	YES NO	

PLEASE NOTE THAT UNDER THE DATA PROTECTION ACT YOU ARE ADVISED THAT THE ABOVE INFORMATION WILL BE HELD ON A DATA BASE, WHICH IS FOR THE USE OF BOURNEMOUTH DOLPHINS SWIMMING CLUB.

**I/WE HAVE READ AND AGREE TO ABIDE BY THE TERMS OF BOURNEMOUTH DOLPHINS CODE OF CONDUCT ( )**

SIGNED: (Parent/Carer if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

WOULD YOU BE PREPARED TO BECOME A VOLUNTEER HELPER YES ( ) NO ( )

## HEALTH / DISABILITY DETAILS:

PLEASE PROVIDE THE FOLLOWING HEALTH INFORMATION SO THAT OUR COACHES, TEACHERS AND HELPERS ARE AWARE OF ANY POTENTIAL PROBLEMS AND CAN TAKE APPROPRIATE ACTION IN THE EVENT OF AN OCCURRENCE.

DO YOU OR YOU CHILD/CHILDREN SUFFER FROM ANY DISABILITY? YES ( ) NO ( )

The Disability Discrimination Act 1995 defines a disabled person as 'someone with a physical or mental impairment which has a substantial or long term adverse effect on his or her ability to carry out normal day-to-day activities'.

IF YES WHAT IS THE NATURE OF YOUR DISABILITY? Visual Impairment ( ) Hearing Impairment ( ) Physical Disability ( ) Learning Disability ( )  
Multiple Disability ( ) Other ( )

DISABLED SWIMMER CATEGORY: \_\_\_\_\_

PLEASE NOTE THAT SWIMMERS TAKING REGULAR MEDICATION (IE ASTHMA SUFFERERS) ARE REQUIRED TO FILL IN A DECLARATION FORM OF CURRENT DRUGS BEING TAKEN TO BE SUBMITTED TO THE ASA.

NAME OF PERSON DECLARING INFORMATION \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_  
ADDRESS \_\_\_\_\_

TELEPHONE NO. \_\_\_\_\_ SIGNED \_\_\_\_\_

SWIMMERS NAME \_\_\_\_\_

ALL RELEVANT INFORMATION \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## CHILD PROTECTION ACT

Video footage of swimmers during training may be taken for the sole purpose of water skills improvement of the swimmers concerned. Video footage will not be held on file and will be erased following the training sessions in which instruction is being given. The equipment used is the property of Bournemouth Dolphins SC.

I give permission for video footage to be taken of my child (name) \_\_\_\_\_ during water skills training sessions

SIGNED \_\_\_\_\_ PRINT NAME \_\_\_\_\_

## FOR CLUB USE ONLY

FOR CLUB USE ONLY				DATE DETAILS ENTERED ON RANX	NOTES CLUB USE
MEMBERSHIP NO. ALLOCATED					
DATE ACCEPTED AS A MEMBER					
TRIAL DATE		COACH			
ASSESSMENT	FC				
	BK				
	BR				
	FLY				
INITIAL SQUAD ALLOCATION					
NOVICE ( ) DEVELOPMENT ( )					
PERFORMANCE ( ) SNR PERF ( )					
POTENTIAL PERF ( ) POTENTIAL ( )					
BLANDFORD ( ) STUDENT ( )					
MASTERS ( )					
ASA NO. APPLIED FOR BY BDSC					
DATE					

# Standing Order Mandate

*THIS FORM MUST BE HANDED TO A MEMBERSHIP SECRETARY.*  
**DO NOT SEND DIRECTLY TO YOUR BANK**

To: \_\_\_\_\_ **BANK**

Full Branch \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Sort Code:   -   -      Account No:

Account Name: \_\_\_\_\_

**PLEASE PAY:**  
**HSBC Bank** • 15 High Street, Christchurch, Dorset BH23 1AF • Sort Code: **40-17-22**

For the credit of:  
**Bournemouth Dolphins SC** • Account No: - **31519751** • Reference No: \_\_\_\_\_

Amount of First Payment due on the        /        /

Amount in Figures: £     Amount in Words: \_\_\_\_\_

Amount of Further Payment

Amount in Figures: £     Amount in Words: \_\_\_\_\_

Due date of further payments **MONTHLY** on the **6th of each month** thereafter until further notice.

Swimmers Name: \_\_\_\_\_ Squad: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*This Standing Order replaces any previous order in favour of Bournemouth Dolphins SC.

\*Please add this Standing Order to any others in favour of Bournemouth Dolphins SC.

(\*Delete as applicable)

# Code of Conduct

*The purpose of this document is to establish a minimum standard of behaviour required of swimmers both on and off poolside: this applies to training sessions and galas. In order to maintain the Club's reputation as a friendly and disciplined organisation and aboveall for the safety and well being of swimmers, all members must agree to abide by the Rules of the Club and in particular the rules contained in this Code of Conduct.*

## Behaviour...

**GENERAL** - The Club will not tolerate bullying in any of its many forms.

- Members should behave in a polite, safe and responsible manner at any time they are representing or associated with Bournemouth Dolphins Swimming Club, Whether in training, and when at or travelling to or from a gala.
- Members should respect the rights and dignity of others, behave without discrimination and treat others with due consideration.
- Members should not use abusive language or act in an aggressive manner at any time.
- Members should respect, at all times, the swimming facilities they are using and behave in a courteous way towards pool staff.

**IN WATER AND ON POOLSIDE - Swimmers must...**

- Obey promptly all instructions from the coaches. This also applies to obeying instructions at galas from team managers and any of the officials on duty.
- Behave in a safe and responsible manner at all times.
- Not use abusive language or act in an aggressive manner.
- Behave in a 'sporting' manner in all races, support and encourage the team.
- Treat competitors and teams with respect at all times.
- Not be on poolside until a Bournemouth Dolphins Swimming Club official is present.

**CHANGING ROOMS - Swimmers must...**

- Behave in a responsible, orderly and appropriate manner in the shower area and the changing rooms and change as quickly as possible.
- Respect the property of other swimmers and any of the facilities and equipment provided.
- Obey any instructions from changing room staff, who will also help if you have a problem.

- At all locations, change in the relevant single sex changing areas provided. Any family changing facilities may only be used with the supervision of an adult. Members must not use the family changing area at the Littledown Centre this is out of bounds to all swimmers unless accompanied by an adult.

**COACHES TO AWAY GALAS - Swimmers must...**

- Remain seated throughout the journey.
- Not interfere with any safety equipment including alarm buttons, switches handles etc.
- Use the seat belts at all times where provided.
- Respect the condition of the coach and place any rubbish into bags that may be provided.
- Comply with any instruction from the coach driver.

**SANCTIONS/PUNISHMENT**

Failure to comply with these codes will result in the appropriate disciplinary action. A verbal warning is the first stage, issued by the Head Coach. A verbal warning will be followed by a written letter from the committee to advise parents. If this is ineffective the following actions will follow.

1. Temporary exclusion • 2. Written warning • 3. Membership Withdrawal

In accordance with the club's constitution, only the Committee can ultimately withdraw the membership of a swimmer -a decision not taken lightly, but taken in the interests of the safety and well being of the swimmers and club as a whole. Serious incidents will be reported to the ASA in accordance with ASA guidelines.

## Dear Parents...

The Bournemouth Dolphins Swimming Club has established a Code of Conduct for its swimmers. This code takes on the format of Rights and Responsibilities. Please take this opportunity to review this with your swimmer.

If you have any questions regarding this 'Code', please contact your child's squad representative or Welfare Officer and we will be pleased to further discuss the matter.

Once you and your swimmer have read this document, please tick appropriate box at the bottom of Page 1 of the Membership Application Form to indicate that you understand your rights and responsibilities as a member of Bournemouth Dolphins Swimming Club.