



An important message for Otters and Parents/Guardians from

your Welfare Officer – Helen Robinson

[welfare@uasc.me.uk](mailto:welfare@uasc.me.uk)

## Be Smart and Swim Safe



### Top Tips to Stay Safe at training:

1. Please approach your Swimming Coach or Welfare Officer with any **issues or worries**.
2. Bring your **water bottles** onto the poolside for every training session, stay **hydrated**.
3. Parents please **come into the Leisure Centre** BEFORE every session to check any last minute changes and also please return just before the end of the session to take responsibility for your swimmer.
4. Collect your swimmer **ON TIME** after each session and please let a Coach or the Leisure Centre know if you will be unavoidably delayed.
5. **Happy** swimmers = **successful** swimmers. Make sure swimmers are swimming for the right reasons and are happy to be there.