



## **LHSS LAND TRAINING POLICY**

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## 1. THE AIM AND BENEFITS OF LAND TRAINING

Locks Heath Swim Squad (LHSS) is a competition-based club. As with all sports, standards keep improving as training methods improve. For some time, there has been justification for swimmers to engage in Land Training at an early stage. In line with this approach, LHSS incorporates 'Land Training' into the training program. The primary aim being to ensure our swimmers remain competitive through adolescence and hopefully into adulthood. At this early stage we aim to make land training fun and an effective in contrast with that conducted in the pool. The benefits are many and include:

- Enhanced performance through improving strength and conditioning.
- Improved co-ordination and flexibility, which is off benefit to starts, turns and all four strokes.
- Aids injury prevention through full body maintenance.
- Increased enjoyment which enhances motivation.

## 2. TRAINING

### 2.1. Coaches Responsibilities

The land training coach/s are responsible for all that takes place whilst swimmers are under their responsibility. This includes but not limited to the ensuring the following is carried or abided by:

- Ensuring the swimmers are correctly dressed for the occasion.
- Delivering training within the limits of the swimmers' abilities.
- Proving swimmers' permission to enter and participate in the school premises.
- Frequently reminding swimmers [3 monthly] of where the first aid box is stored, and the action to be taken should a defibrillator be needed.
- In an emergency and/or the need to evacuate, provide guidance to the assembly point. [Responsibility for the group lies, with the Land Training Coaches, Caretaker, Head Coach].
- On carrying out the above, ensure a roll call is taken and the situation reported to the person over all in charge, at the time.
- Clearing the hall and informing the Caretaker at the end of each session.

### 2.2. Training Equipment.

Equipment is available from any of three locations:

- a. In the school hall, there are several benches and two wall bars. [See Fig 1.](#)
- b. In two cupboards next to the swimming pool, there are bibs, poles and training cards. [See Fig 2.](#)

- c. Thirdly, permission has been granted to use the school sports equipment. A large selection of items are held in the storeroom to the rear of the pool facility. [See Fig 3](#). Access is obtained via the school Caretaker, Pete Marsland, contactable by mobile on 07534 500 738.

## 2.3. Locations

### 2.3.1. Locks Heath Junior School Hall

Meeting Point: Prior to entering the school, students are to meet at the side entrance. [See Fig 4.3](#).

Due to the nature of the hall before each session, consider and if applicable carry out the following:

- Check there are no loose trip hazards and dangerous items to fall on. Any found should be removed from the room.
- Fixtures at head height and below, deemed dangerous are to be covered with protection, for example mats. These items include power sockets, light switches, and items with sharp corners within the reach of the swimmers. [See fig 5](#)
- Wall frames and all mats are available for used. [See Fig1-1 and Fig 1-2](#)
- Training is only to take place with permission from the Head Coach and Caretaker.
- No wall-to-wall races are permitted
- No climbing the ropes or wall bars is permitted.

### 2.3.2. Locks Heath Junior School Playground

- Meeting Point: Prior to training, swimmers are to meet outside the swimming pool main entrance and wait for the coaches. They are free to venture outside, only in the immediate area and in eye shot until a coach appears.
- Coaches are to ensure the area to be used is adequate for the activities to be carried out and is a safe distance from the schools and natural hazards. The area available extends in all direction visible, when standing with back to the pool, and immediately outside the pool facility. Note, much of the school is now gated. [See Fig 6](#).

## 2.4. Dress and equipment

### 2.4.1. Attire for land training – must be suitable for weather conditions:

- Shorts/leggings/joggers
- T-Shirt/Sweatshirt
- Sport trainers.
- Tracksuit

### 2.4.2. Items to be brought to land training:

- Exercise mat
- Skipping Rope
- Sports type drinks bottle

## 2.5. After Training Tasks

- Any areas used are to be returned to the state it was in prior to the use, unless instructed differently by the School Caretaker.

## 2.6. End of training tasks

- Swimmers exit the premises via the entrance they used.
- The Caretaker is informed when the LHSS Land Training is complete and as he is responsible for securing the school.
- Head Coach to be notified

# 3. HEALTH AND SAFETY

## 3.1. ELECTRONIC DEVICES

For health and safety reason the following applies:

### Accepted

- Fitness tracking watches may be worn, at the owner's risk

### Not accepted

- Mobile phones are not allowed in the gym and if brought to the gym, they are to be left in the swimmers' bag
- Headphones/ear buds are not permitted
- No food is allowed in the hall.

## 3.2. BEHAVIOUR

Positive behaviour is encouraged, and with that aim, swimmers are encouraged to:

- Get involved.
- Mix and encourage their peers.
- Be enthusiastic and keen to exercises to the best of their ability.
- Question, and understand the benefits of the exercises.

[Bad behaviour will be challenged, recorded and if necessary, reported to and discussed with parent/guardian. In extreme cases this may lead to the swimmer being excluded from future Land Training sessions for an indefinite period].

- Note, all applicable LHSS Policies apply during Land Training sessions

### 3.3. ISSUES

Any issues, concerns or advise should be directed to the Head Coach in the first instance.

## 4. ANNEX A – Photos

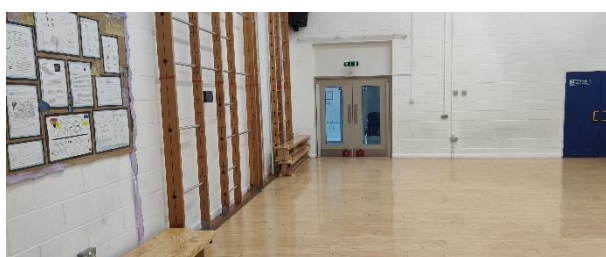


Figure 1-1. Wall bars and benches in the school hall.



Figure 1-2. Black mats rolled up and standing in the corner.



Figure 2. Training aids are stored in the grey cabinets.



Figure 3. Sports store on the wall of the school's pool.



Figure 4.1. Directions to the school hall.



Figure 4.2. Through this gate.



Figure 4.3. The entrance is in the centre of the picture.

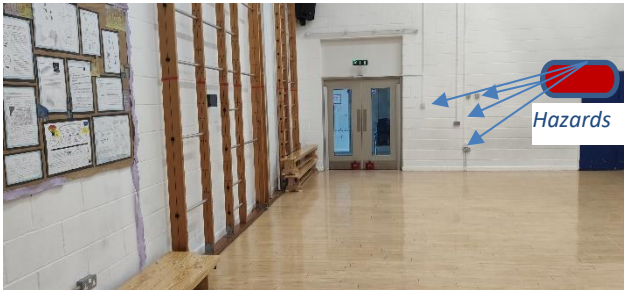


Figure 5. Fixed low protruding Objects.



Figure 6. A section of the school playground

Produced by:

A handwritten signature in black ink, appearing to read "Cliff Williams".

Cliff Williams – Land Training Lead

Approved by:

A handwritten signature in black ink, appearing to read "Lynda Reid".

Lynda Reid – Head Coach

And

Pete Marsland – School Caretaker