



## **LHSS LAND TRAINING POLICY**

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## 1. THE AIM AND BENEFITS OF LAND TRAINING

Locks Heath Swim Squad (LHSS) is a competitive swimming 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. 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:

- Improved performance through enhanced strength and conditioning
- Increased co-ordination and flexibility, supporting starts, turns and all four strokes
- Injury prevention through full body maintenance and muscle development
- Enhanced enjoyment and motivation, encouraging long-term athlete development

## 2. TRAINING

### 2.1. Coaches Responsibilities

Land Training coaches are responsible for swimmer safety and conduct during sessions. Duties include:

- Ensuring swimmers are appropriately dressed for the session
- Delivering training appropriate to swimmers' age and ability
- Providing regular reminders of:
  - Location of the first aid box and defibrillator
  - Procedures to follow in the event of an emergency
- Issuing clear instructions in case of evacuation and directing swimmers to the Muster Point as per LHSS policy
- Clearing the hall and informing the Caretaker at the end of each session

### 2.2. Training Equipment.

Training equipment is available from the following locations:

1. School Hall: mats, several benches and two wall bars. [See Fig 1.](#)
2. Poolside Cupboards: bibs, poles, cones, and training cards. [See Fig 2.](#)
3. School PE store: wide selection of items. [See Fig 3.](#)

Access is obtained via the school Caretaker, Pete Marsland, contactable by mobile on 07534 500 738. The school have kindly agreed to let us use this equipment.

## 2.3. Locations

### 2.3.1. Locks Heath Junior School Hall

Meeting Point:

- Prior to entering the school, swimmers are to meet at the side entrance. [See Fig 4.3](#)
- Silver Squad will walk over from pool in a group

Safety checks before each session:

- Check there are no trip hazards and/or dangerous items lying around. Remove any items to a safe location.
- Cover any sharp fixtures with mats [See fig 5](#)

Note:

- Wall frames and all mats are available for used [See Fig1-1 and Fig 1-2](#)
- Wall-to-wall races are NOT permitted
- Climbing the ropes or wall bars is NOT permitted

### 2.3.2. Locks Heath Junior School Playground

Meeting Point:

- Outside the swimming pool main entrance

Safety checks before each session:

- Coaches must check the area is suitable and hazard free. The usable space extends outward from the pool and is limited by school gates [See Fig 6](#)

## 2.4. Dress and equipment

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

- Shorts/leggings/joggers
- LHSS T-Shirt
- LHSS Hoodie

- 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

- Return any areas used to the state it was in prior to use
- Return all equipment to storage

### 2.6. End of Training Tasks

- Swimmers exit the premises via the entrance they used
- Caretaker to be informed once training is finished
- Head Coach to be briefed on how session went

## 3. HEALTH AND SAFETY

### 3.1. ELECTRONIC DEVICES

- Mobile phones must remain in bags and set to silent
- No use of headphones or ear buds
- No food during training
- Fitness tracking watches may be worn at the owner's risk

### 3.2. BEHAVIOUR

Swimmers are expected to:

- Actively participate
- Be supportive and inclusive
- Focus on the task and always perform to the best of their ability
- Ask questions if anything is unclear

Unacceptable behaviour will be challenged, recorded and discussed with parent/guardian if needed. Serious issues may lead to exclusion from Land Training and will be reported to the Welfare Officer.

- Note: All applicable LHSS Policies apply during Land Training

### 3.3. ISSUES

Any concerns or issues should be directed to the Head Coach or Welfare Officer

## 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.*



*Fig 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.

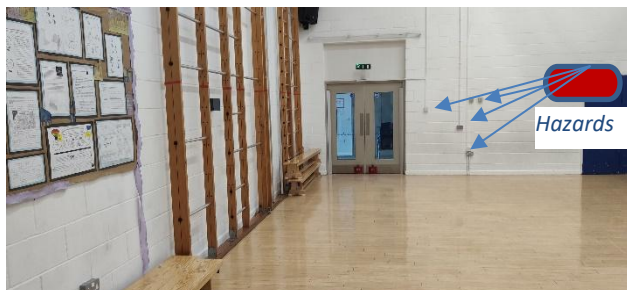


Figure 5. Fixed low protruding Objects.



Figure 6. A section of the school playground

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