



Welcome to Dover Life Guard Club

www.dover.lifeguard.btinternet.co.uk

Dover Life Guard Club - A brief history

Dover Life Guard Club takes its name from the Life Guard Corps which was founded in 1935 by members of Dover Swimming Club, which itself originated in 1886. On amalgamation of the two clubs it was decided to retain the name of Dover Life Guard Club for practical purposes and to incorporate the name, Dover Swimming Club, in the full title. The club is proud of its record as the oldest Life Guard Corps in the country and in 1975 we became a registered charity (No. 270111) in view of our service to the community in the saving of human life by our extensive life saving and swimming teaching activities.

The club is affiliated to:

Amateur Swimming Association, www.britishswimming.org

ASA South East Region www.southeastswimming.org

Kent ASA www.kcasa.org

East Invicta ASA www.east.invicta.btinternet.co.uk

Royal Life Saving Society www.lifesavers.org.uk

Volunteers

DLGC is a charitable organisation that relies on volunteers to keep it running. Many of our volunteers have remained long after their children have finished swimming with the club, their knowledge and expertise helping the current group of up-and-coming swimmers.

We are always looking for new volunteers and feel that everyone may have something to offer from administrative duties, catering, helping find sponsorship, committee membership and poolside assistants.

You do not have to be an expert swimmer or be able to cover all the sessions to help on poolside. The best volunteers are sometimes those who are keen and are able to build a good rapport with the swimmers. Courses are also available periodically for poolside assistants. Any poolside helpers are subject to the appropriate CRB checks to safeguard the welfare of the swimmers.

We also have an active 'Friends of Dover Life Guards' committee which meets regularly and plays a central role in some of the financial affairs of the club. It also arranges fundraising events and social occasions. If you are interested in joining or helping the 'Friends of Dover Life Guard' Committee please speak to any of the committee members or ask at the desk on a Thursday evening.

Any help however small is appreciated so if you feel you are able to help please contact any of the committee members for further advice.

Thank you.

The Dover Life Guard Learn to Swim Scheme

Our Learn to Swim Scheme operates on Thursday evenings from 6.35 pm and on Saturday mornings from 7 am at the Dover Leisure Centre. (See below)

The club offers lessons for all ages and abilities and participates in the ASA Awards Scheme (see below) using the National Plan for Teaching Swimming.

If you would like to know more about these sessions, you can either e-mail the club at: dover.lifeguard@btinternet.com or come along on Thursday or Saturday and talk to one of the teachers.

Southern Water sponsor Learn to Swim.

Lesson Times on Thursday Evenings

Small pool (width 6 metres, length 12½ metres)

Time	ASA level	Duration of lesson
6.35 - 7.05	1	½ hour
	2	
7.05 - 7.35	1	½ hour
	3	
7.35 - 8.05	4	½ hour
8.05 - 8.35	5	½ hour

(some time is spent in the big pool)

Big pool (width 12½ metres, length 25 metres)

Time	ASA level	Duration of lesson
6.35 - 7.15		40 min
Lane 1	6	
Lane 2	6	
Lane 3	7	
Lane 4	8	
Lane 5	8	
Lane 6	8	
7.15 - 8.00		¾ hour
Lane 1	9	
Lane 2	10	
Lane 3	11	
Lane 4	11	
Lane 5	12	
Lane 6	12	

Lesson Times on Saturday Mornings

Small pool (width 6 metres, length 12½ metres)

Time	ASA level	Duration of lesson
7.00 - 7.45	1 / 2 / 3 / 4	$\frac{3}{4}$ hour
7.45 - 8.30	3 / 4 / 5	$\frac{3}{4}$ hour ($\frac{1}{2}$ hour spent in the big pool)

Big pool (width 12½ metres, length 25 metres)

Time	ASA level	Duration of lesson
7.00 - 8.00		1 hour
Lane 1	6-12	
Lane 2	6-12	
Lane 3	6-12	
Lane 4	6-12	
Lane 5	Competitive	
Lane 6	Start	
8.00 - 9.00		
Lane 1	3 / 4 / 5	$\frac{1}{2}$ hour
Lane 2	Competitive	1 hour
Lane 3	Competitive	
Lane 4	Competitive	
Lane 5	Competitive	
Lane 6	Competitive	

Awards Schemes used by Dover Life Guard Club

Kellogg's Distance Badges

5 metres	1500 metres
10 metres	2000 metres
25 metres	2500 metres
50 metres	3000 metres
100 metres	3500 metres
200 metres	4000 metres
400 metres	4500 metres
800 metres	5000 metres
1000 metres	6000 metres

ASA

Development Plan

ASA Level 1	ASA Level 7
ASA Level 2	ASA Level 8
ASA Level 3	ASA Level 9
ASA Level 4	ASA Level 10
ASA Level 5	ASA Level 11
ASA Level 6	ASA Level 12

ASA Competitive Start Award

ASA Bronze Challenge
ASA Silver Challenge
ASA Gold Challenge

Royal Life Saving Society

Life Support Levels
Bronze Medallion
Award of Merit
Distinction
Open Water Bronze and Silver Cross

Competitive Swimming

Progression from Pre- Development Squad to Senior Squad

Swimmers who express an interest in becoming a D.L.G.C. squad member should approach their swimming teacher on a Thursday night or Saturday morning who will advise them on how they can be assessed. Alternatively, non-squad swimmers who take part in the DLGC Minnows Gala or The Club Championships in September may be invited to join the pre-development squad.

Pre-development Squad

Training times - Monday and Friday 7.00am to 8.00am Small Pool Dover Leisure Centre. Swimmers must continue their sessions on Thursday and/or Saturday in order to complete their levels under the **ASA National Teaching Plan**.

These sessions concentrate on the development of all four strokes. The emphasis is always on good technique rather than speed and swimmers will only progress from this group when the coaches feel that they are confident and competent in all strokes.

Swimmers in the pre-development squad should compete in the Minnows Gala (where eligible) and Club Championships. Occasionally they may also be advised to enter an 'Open' Gala at the discretion of their swim teacher.

Equipment

To start with swimmers will need a kick board, fins and a pull buoy. **For all swimming sessions** they should also have a drink of water or squash (no fizzy drinks or juice) in a sports bottle, a swimming hat - for long hair (boys and girls) and well fitting goggles. All these items can be purchased from our **swim shop** which is open on Thursday evenings.

Please use our swim shop for your equipment purchases. It is a good way to support the club as well as getting advice before buying equipment.

Swimming costumes can also be purchased from our swim shop. It is advisable to invest in a costume designed for swimming training as these will last much longer than standard swimming costumes. They should fit well and be comfortable but not too loose. The more expensive costumes or 'skins' are not necessary at the pre-development stage as they only really benefit swimmers competing at a higher level.

Development Squad

Training times - Tuesday & Thursday 7am to 8am. Main pool - Dover Leisure Centre
Swimmers should continue on Thursday evenings and/or Saturday mornings to complete all the levels under the **ASA National Teaching Plan**.

Once swimmers progress to the Development Squad they will swim faster and further than they have before. However the emphasis very much remains on the development of good technique in *all strokes* including starts, turns and finishes.

Swimmers will start to become more disciplined in their approach to training - they will be expected to arrive on poolside for training in good time with all the required equipment, take part in poolside warm up and start to use the clock during training. As they progress through the lanes, they will be expected to become increasingly aware of their own personal best times and start to set themselves targets under the guidance of the coaching team.

After joining the development squad, swimmers will be invited to train to carry out the correct competitive racing starts. Once swimmers can demonstrate shallow racing dive competence they will receive the **ASA Competitive Starts Award**. This standard is a requirement for competitions under ASA Laws and Technical Rules and enables the swimmer to dive in shallow water.

This training takes place during Saturday morning training sessions and will be carried out over a number of weeks finishing with a practical test.

Once in the Development Squad, swimmers may be invited by the coach to take part in the Development series of galas which take place throughout the year. They may also receive information and entry forms for 'open' galas. (Further information about all galas and meets can be found later in this booklet) Swimmers will really begin to feel part of the D.L.G.C. team and strong friendships start to develop.

Swimmers will be invited to take up additional sessions as they develop and progress through the Development Squad. It is encouraged that they take up as many of these sessions as they are able to. However it is accepted that compromises sometimes have to be made. Furthermore if young swimmers have other sports or interests, these can often compliment their development in swimming. It is important that swimmers or parents talk to the coach if they have concerns about any of the sessions that they have been offered.

Equipment

As before, with the inclusion of finger paddles (hand paddles for the over 12's). These can be purchased from the DLGC swim shop on Thursday evenings.

Senior Squad

Training Times - Monday, Wednesday & Friday 6.00am to 8.00am Main Pool Dover Leisure Centre.

Equipment

Pull buoy, float, fins, finger or hand paddles, (according to age - please check with your coach) snorkels may also be required.

Additional evenings will also be offered according to swimmer ability.

In most cases, during the transition from Development to Senior Squad, swimmers will remain under the guidance of the coaching staff.

Senior swimmers will be expected to have a professional and disciplined approach to their training.

Competition Information

As a condition of entry into the squads, swimmers are expected to represent Dover at galas they are selected for. This section has been included to guide you through the maze of galas that are attended by DLGC during the year.

Minnows Gala

This gala is run in our own pool for the very youngest of our swimmers from age 7-11 (Age at 31 December). All races are short distances (usually 25m) and this is a springboard and showcase for all those who would like to enter the early morning training squad.

Please note: Swimmers who already swim as part of the development or senior squads in the main pool on weekday mornings, will not qualify for medals in this gala.

Club Championships

An annual event held over several sessions, (usually September/October) the Club Championships is open to all members of DLGC. Swum under ASA Laws and Technical Rules, it is an ideal opportunity to have a go at strokes and distances you are not too confident in and to get some PBs. All squad swimmers are expected to swim as many events as possible. There is lots of silverware to be won and gives swimmers a chance to see their ranking within the club.

NB We are always looking for sponsors for trophies for the Club Championships - it does not need to be expensive and you can have the name of your choice engraved on the Trophy - Please speak to the Trophy Warden or any of the Executive Committee if you are interested.

Development Galas

There are 6 of these team galas throughout the year. One hosted by each of the teams in the series. As the name suggests these are aimed at the less experienced developing swimmers. Therefore there are time restrictions on all events. If swimmers do swim faster and break the permitted time, they are awarded a 'speeding ticket' as a badge of honour.

Development Galas are a good introduction to competitive swimming. Although run under ASA Laws and Technical Rules, they are generally light hearted galas which offer a chance for swimmers to improve their times without being too daunting. All swimmers will be selected for at least one individual race and one relay depending on the needs of the team. Swimmers will not usually know what events they are entered for until they arrive at the gala. As with all team galas, swimmers must be prepared for changes on the night if issues arise.

All individual races are 50m (apart from 100IM) with relays being 25m each leg. A swimmer with top 6 finishes in the Kent Championships and any South East Region qualifier (under200m) is automatically excluded from these galas.

Kent Junior League

There are three of these team galas each year. Ages 9 to 13 (age at 31 December). Swimmers will be selected by the coaching team taking into account the latest PB times. Swimmers should be prepared that they could be expected to swim anything from one relay event up to several individual/relay events in order for us to enter the strongest possible squad. It is therefore essential that **those selected swim** wherever possible.

The Kent Junior League is the next step up from the development series of galas. These galas are taken very seriously by all the teams entered. However the atmosphere remains friendly.

Speedo League

Speedo League is another team event for all age groups up to an including open age group.

It is crucial that our club does well in Speedo as this is a national league. Again, the strongest possible squad will be entered so as with the Kent Junior League, swimmers must be prepared to swim anything from one relay up to several individual/relay events. **All swimmers have an important part to play, no matter how small,**

Open Meets

During the year swimmers will be given entry forms for various open meets that have been targeted by the coach. Each open meet will have its own entry conditions and may be subject to age restrictions or may have upper or lower cut off entry times. Please speak to the coach or Competition Secretary if you are uncertain whether to enter.

There will be an entry fee for each event that a swimmer enters. Members of the coaching team will be in attendance on poolside at all meets targeted by D.L.G.C.

Licensed Meets

These are set up to help swimmers qualify for Regional, National, Youth and Age Group Championships. There are various levels from level 1 (which is the highest) to level 4 (lowest). Generally we will target level 1-3 meets (maximum of 4 per year). Qualifying times become increasingly more difficult as you move from Licensed Level 4 to Level 1. Entry to these competitions is usually made in consultation with the coach.

Graded Meets

Essentially this level of gala will identify a group of swimmers by having either a maximum entry time or minimum entry time. This will intentionally exclude the fastest or slowest swimmers to bring through those in between and perhaps win some silverware. Keep an eye on the board for these. They are few and far between!

Age Group and Senior Meets

These target specific age groups e.g. 13 and under or open competition. Swimmers must have appropriate qualifying times.

East Invicta Championships

These are held at Canterbury every year over several dates usually in the autumn. (Age at last day of championships) There are time restrictions but most of our swimmers will achieve at least one entry time.

It is really important for the club that all who qualify enter, as all swims attract points for the club. This is our local gala and we strive to do well in this competition against our neighbouring clubs. The coach will select the best possible teams so **please attend wherever possible**.

County Championships

These are held in February and March each year and are a step up from the East Invicta Championships. Times recorded here can be used for entry into the Regional, National, Youth and Age Group Championships. It includes events for sprints, distance and relays. Entry times are set for all events except relays. All clubs in Kent strive to do well at this event as this gives a good idea of standing within the county.

Entry times are on the Kent ASA website or your coach will give you a copy if you ask. Many of our swimmers who train regularly will be able to attain times on their stronger strokes. However this is quite a high level of competition and a lot of swimmers may not achieve this standard. If you have times for county championships you should **always** swim. It is a great chance to attend a higher level gala.

ASA South East Regional Championships

We are in the ASA South East regional area which is one of 6 regions in England. These Regional Championships are usually held in a 50m pool and are the next step up from County Championships. Entry times are usually harder to attain as only the top swimmers in each age group throughout the region attend. If you achieve this level this is a major accomplishment and should be recognized as such. It cannot be stressed enough the importance of attending these galas if swimmers have the entry times.

National Age Group and Youth Championships

These are held at Ponds Forge in Sheffield (usually) in July or August. Aimed at top swimmers nationally, it is from these championships that the youth and age group national Development Squads are chosen. Therefore there are very tough qualifying times. Ages are 11-18. If swimmers qualify for National Championships they are expected to attend, the club coach going with them.

Open Water (See section on open water for full details)

Our Open Water Secretary does an excellent job of organizing our home events and it gives the opportunity for our swimmers to explore an area of competitive swimming away from a pool environment. The minimum age for open water swimming is 12 years old (age at 31 Dec). If you can get used to the cold and waves this is an exciting branch of swimming and each race contributes to club championship points.

General Gala/Competition Information

Before a swimmers can enter a competitive swimming gala other than the Minnows Gala or Club Championships they **must** have the level 2 ASA membership. (Please see the section on membership and contact the Membership Secretary)

When completing entry forms it is important that all the information given must be accurate. It is essential to use swimmers latest PB times, ASA registration numbers, date of birth and full name as given their ASA registration card. This is particularly important as higher grade meets will register the times swum on the ASA national rankings. If there is a discrepancy with names, the swimmer may be prevented from having their time published on the national ranking database.

<http://www.britishswimming.org/>

Entry fees either in cash or by cheque (made payable to DLGC) must be made at the time of entering a gala. *Once entry forms have been submitted it is unfortunately not possible to refund a swimmer should they not be able to attend the gala for any reason.*

Swimmers will be notified as soon as possible as to whether they have been accepted into a gala. Sometimes they will receive entry cards for each event they have been admitted to. These cards should be 'posted' into boxes prior to the appropriate sessions to show that the swimmer intends to swim.

Alternatively, swimmers may be notified verbally or via a printed slip. In these cases, there will usually be sheets for swimmers to 'sign in' on before each session.

We will endeavour to remind swimmers what the signing in procedure is. Ultimately however it is the responsibility of individual entrants to make sure they have signed in or posted cards before warm up.

Arrival at a Gala

It is a good idea to arrive 30 minutes before your warm up time. If this is your first gala it will give you plenty of time to sign in (see above), familiarise yourself with the layout e.g. toilets, reporting area, changing rooms, cafeteria etc. There will be members of the coaching team to support you at every gala.

Warm Up

Swimmers will be told which warm up they will be in but if you are not sure ASK. The warm up should always be taken seriously including the pre warm-up stretching exercises on poolside. It is important that muscles are warmed up properly in order to avoid injury.

After your race your coach will speak to you and tell you how you did.

Disqualifications

All swimmers will be disqualified at some time in their swimming career. At any gala there will usually be several disqualifications. Disqualification can be for many reasons including moving at the start, incorrect strokes, incorrect turns, faulty handovers in relays etc.

It can be very upsetting for swimmers when they are disqualified for any reason. Poolside helpers will do their best to comfort swimmers who have been disqualified (DQ'd). It is usually best to acknowledge the swimmers disappointment but to put it down to experience- after all it is not the end of the world.

If a swimmer does not know why they have been disqualified they must ask a member of the coaching team as we learn through our mistakes and it can help swimmers to avoid making the same mistake again.

Swim Down

If there is a separate pool you may be advised by your coach to swim down. It is important that you do so until your pulse rate has returned to normal.

Behaviour at Galas

Keep in mind, you are representing Dover Lifeguard Club -please be on your best behaviour at all times. Do not leave poolside without the permission of the coaching team as they are responsible for you throughout the gala.

Remember to cheer your team mates on and to support them however they perform in their races.

After your last race you must ask the coach if you want to leave. If it is a team gala you will be expected to stay until the end of the gala when the results are announced. The Dover Lifeguard Club Code of Conduct is included at the end of this booklet.

A note to supporters- Most galas will also have an entry fee for spectators to cover the cost of programmes etc. The cost can vary considerably. If a swimmer is entered into events in more than one session there may be more than one entry fee to pay so please be aware of this

Team Galas

There is no entry fee for swimmers as they are selected for these galas. There will usually be a coach if galas are not local. There will generally be space for some spectators who will travel free of charge. Swimmers will be charged a small fee as a contribution towards the cost of the transport.

Dress Code at Galas

For all team events swimmers are expected to wear the DLGC tracksuit which can be purchased from our swim shop on a Thursday evening. When a swimmer is selected for their first team gala, they will be issued with a DLGC black polo shirt free of charge.

When attending a gala you will need:

- Two well fitting costumes/pairs of trunks.
- 2 towels for each session - you need to keep warm and dry for as long as possible.
- DLGC polo shirt and a pair of suitable shoes to be worn on poolside between events and in the marshalling area. (This is compulsory)
- Goggles (and spare pair)
- DLGC black hat (and Spare) Any swimmer with hair shoulder length or longer must wear a hat in training and galas.
- Suitable food and plenty to drink to last for the duration of the gala (no Chocolate!!)

Please ensure that all equipment and clothing is clearly marked with your name. DLGC will accept no responsibility for losses. To avoid loss or injury never wear watches, earrings, or other jewellery whilst swimming.

Useful swimming terms and abbreviations to help with entries.

PB - current personal best time. It is useful for swimmers to keep a record of their best times. However a database of DLGC swimmers PBs is updated regularly and sent via email to all swimmers. Please make sure the competition secretary has your email address so that you can be added to the distribution list and receive all the information about competitions.

IM - individual medley (race with all 4 strokes in the following order-fly, back, breast, fc)

Fc - front crawl (usually in teaching changes to fs (freestyle) in coaching)

Fs -freestyle

Bk -backstroke

Br - breaststroke

Fly - butterfly

Entry times - Take care as there may be upper or lower entry times or in some cases both. It can get confusing even for experienced competition entrants so if in doubt check with the competition secretary. Watch out for the small print as rarely if a gala is over subscribed, swimmers with the slower times may not be accepted.

Consideration times - These are the times that swimmers must have in order to enter the gala. However as the name suggests these times may be adjusted according to the number of swimmers who enter.

*Please note that if entries are rejected as the result of the oversubscription to a gala, swimmers will receive a **full refund** from the club treasurer.*

Short Course - 25 metre pool

Long Course - 50 metre pool

Training Camps

Periodically DLGC offer training camps alongside the usual training at the Dover pool. These would usually be held at the Duke of York's School pool during school holidays. These are subject to the training schedule at the time and commitments of the coaching staff.

It must be understood that these are intensive training programmes and swimmers are expected to follow the DLGC code of conduct at all times in order to remain on the training camp. We also venture abroad for 50m pool training.

Training camps would usually be offered to all members of the Development and Senior squads. However selection may be subject to availability of coaching staff and pool facilities, age of swimmers, attitude during training and the training needs of the squads at the time.

Training camps may also be subject to an additional fee to cover costs.

F.A.N.S. Scheme

The F.A.N.S scheme aims to provide the County's leading talented and elite sports performers with support and encouragement. This is achieved by providing national level sports people with free access at designated off-peak times to a number of the County's leisure and sports facilities for personal training and development.

There are currently over 40 swimmers across all disciplines signed up to the F.A.N.S. scheme in Kent.

F.A.N.S. Benefits

F.A.N.S. members can access the following benefits:

- Small individual grants are available for F.A.N.S. members in full time education as part of the Sportsaver scheme.
- Discounts from Physiotherapists in Kent.
- Kent F.A.N.S. members will be able to use any of the facilities officially registered within the countywide scheme.
- Discounts on kit and equipment from Kent County Supplies in partnership with Maudesport. This includes: 17% discount off all products featured in the Maudesport Equipment, Nike Clothing, Prostar Clothing & Stanno Clothing Catalogues, plus quarterly special offers on a range of products.
- An initial consultation fee (30min session) paid for a s part of the Sports Science Support Programme at Canterbury Christchurch University College and University of Greenwich Medway.
- Access to Sport Science information sheets.
- F.A.N.S. news.

Are you Eligible?

The F.A.N.S. scheme provides opportunities for sportsmen and sportswomen of any age who live in Kent..

The scheme includes all sports and people with or without disabilities as long as you are:

- Currently a member of a national team or squad.
- Currently listed in the top 10 of any national age group ranking.
If you want to check where you are in the rankings just click the link below and follow the instructions:
<http://www.britishswimming.org/vsite/vnavsite/page/directory/0,10853,5157-182582-199800-nav-list,00.html>
- Successful in any national age group competition (top 10 finish), in the last 12 months.

Evidence or confirmation of a performer's involvement at a national level will be required from the appropriate governing body of sport.

How to Apply

If you are interested in becoming a member of the countywide F.A.N.S. scheme and you meet the eligibility criteria visit www.kentsport.org and download the application form.

Alternatively contact the Kent Sports Development Unit Tel: 01622 605054.

Nutritional Advice for Swimmers

The right diet is making sure . . .

- You choose high grade fuels for high output performances
- You look to form healthier habits in what you eat. It's not about your size or losing weight.
- You are what you eat - do you eat junk?
- The most important meal is breakfast

A balanced diet is . . .

- Ensuring your diet is rich in carbohydrates
- Low in fat, salt and sugars
- Plenty of fresh fruit and vegetables

When you swim . . .

- You burn 7-9 calories a minute . . . which is a lot!
- You need high muscle endurance so good fitness is required.
- There is high fluid use . . . you use and lose lots of water when you swim.

Energy for swimming comes from . . .

- Complex Carbohydrates . . . which means you need to eat plenty of good foods!!!
- Water in fluids . . . so as well as you swim in it, you need to drink lots of water.

Avoid false energy . . .

- Swimmers should be aware that eating sweets and chocolate before training and racing should be avoided.
- These make you feel energetic for a while before feeling very drowsy after the sugar rush.
- They also have a de-hydrating effect that will impair performance.

Why you need to keep hydrated . . .

- Physical activity generates heat within the muscles. As a result of this the body needs to cool down and this is done by losing sweat. Therefore hydration levels fall.
- Training and Race Performance drop with dehydration
- Swimmers do not feel they are sweating because they are in the pool.
- A drinks bottle should be brought to each training session. Add a little fruit juice to a bottle of water with a pinch of salt (replace salt lost through sweat). Avoid fizzy drinks. Dilute sports drinks like Lucozade Hydro-active or Powerade with water.

When and how to drink . . .

- Before you get thirsty
- Check your urine - the lighter the colour the better. If it is dark then you are becoming dehydrated
- Swimmers should be trying to drink throughout the day, even in colder months.
- Do not take gulps or drink too quickly. Sipping frequently is more effective.

Ways to increase carbohydrate levels

High Energy Breakfasts

- Cereal with semi-skimmed milk, topped with bananas, sultanas or yoghurt.
- Toast with Jam or Honey
- Baked beans on toast
- Muffins or waffles with honey or jam
- Banana milkshake (low fat milk)
- Fruit Smoothies adding possibly honey or malt
- Fresh fruit or tinned fruit

High energy lunches

- Beans or Spaghetti on toast
- Jacket potatoes with filling such as tuna, cottage cheese
- Pita bread filled with chicken salad
- Pasta, rice or bean salad
- Low fat protein based sandwich, e.g., turkey, lean ham etc
- Fruit smoothie and vegetable salad

High energy main meals

- Pasta and sauce (preferably not cheese based)
- Stir-fry chicken and noodles
- Tuna, or other fish risotto
- Lean meat (trim the fat off) with steamed vegetables and potato
- Chill con carne (more rice, less meat)
- Vegetable or meat lasagne in a low fat sauce
- Shepherds pie (lots of mashed potatoes and veg)
- Grilled Chicken (skin removed) with salad or vegetables and rice.

High energy desserts

- Fresh fruit salad with yoghurt
- Rice pudding with low fat milk, sultanas or raisins added
- Muller Rice
- Bread pudding
- Sweet filled pancakes
- Low fat Ice cream and bananas or other fruit

Daily intake

- 5-6 Portions of Fruit & Vegetables
- 1-2 Portions of Grains or Cereals
- 1-2 Litres of water
- 2-3 servings of Dairy (small piece of cheese, yoghurt, low fat milk etc)
- 2 servings of protein (low fat meat, fish, beans, peas, lentils, unsalted nuts)

Variety

- Ensure that a variety of foods are eaten
- Eating the same food cannot provide the full benefit of nutrition

Other points to note

High energy snacks - One when training straight from school

- Fresh fruit such as apples, satsumas, pears, grapes and bananas
- Dried fruit like apricots, dates, currants, raisins
- Banana, honey or jam sandwiches
- Teacakes, muffins, Swiss roll, crumpets, malt loaf, fruit cake
- Low fat cereal bars, fig rolls, digestive biscuits, pop tarts
- Plain popcorn
- Sports Drinks

The go slow foods

- Crisps
- Confectionery such as chocolate bars, sweets, biscuits
- Plain salted peanuts
- All fried food
- Take away fast food
- Chips

Meet preparation

- Ensure your carbohydrate levels are high before the first race by practicing good nutrition in training leading up to an event.
- Take extra fluids during the day before the meet
- Practise your eating and drinking routine during training. Never try something new on the day of the competition.
- Take your own food with you and do not rely on adequate food and drink being available at the venue.
- Avoid go slow foods at all costs. Do not eat food rich in spices such as garlic, chilli, paprika etc at least two days before competing.
- Get enough sleep the night before
- If staying in accommodation overnight pack your own pillow. Your bed may be different but your own pillow is familiar to ensure you get a good night's sleep.

- Pack your own bag knowing you have everything you need. At least two costumes, two pair of goggles and two hats.

Before, during and after the race

- 4-6 cups of fluid 1-2 hours before training / race.
- 1-2 cups of fluid 15-20mins before the training / race
- 1-2 hours before training / race eat some complex carbohydrates.
- 2-3 small cups of fluid within 15-20mins of race end
- Within 20mins of finishing, eat some complex carbohydrates (with a small amount of protein, only if it is the last event of the day)
- Re-hydrate slowly over 1-2 hours.

DLGC Lifesaving

DLGC Lifesaving Section offers Royal Life Saving Society courses including the Bronze Medallion, Life Support 1, Life Support 3 and the Award of Merit. The rescue elements of the lifesaving courses take place at Dover Leisure Centre and include the rescue of conscious and unconscious casualties. The theory training including rescue breathing and chest compressions (CPR) take place at Brambley Hedge Children's Centre. Club members who have gained the Bronze Medallion have the opportunity to join the lifesaving team. Their skills provide valuable lifeguard cover at events such as galas, open water swims and the annual Boxing Day Dip.

The Lifesaving section holds two club competitions a year. The open water competition takes place in September on Dover beach and the pool competition is held at Dover Leisure Centre usually in November. Both these events are part of the Club Championships, therefore points are awarded.

Information about the Lifesaving Section can be found on DLGC website or email:

The Life Saving Secretary: doverlifeguard_lifesaving@hotmail.co.uk

Or

The Head Lifeguard: doverlifeguard_headlifeguard@hotmail.co.uk

DLGC Open Water Swimming



Dover Lifeguard club has a long established Long Distance /Open Water section which is normally active during the summer months.

What is open water swimming?

The definitions:

- Open water swimming shall be any competition that takes place in a river, lake or sea.
- Long distance swimming shall be an event in open water competitions up to a maximum of 10 kilometres.
- Marathon swimming shall be an event in an open water competition over 10 Kilometres.

Club organised swims:

- Dover Life Guard Club hosts a series of swims from their headquarters on Dover beach from May through to September. (This is the open water season) and a calendar of events will be posted.
- We travel to events such as Brighton for the Pier to Pier race, the Kent & SE Regional Championships at Portsmouth, Junior International & British Championships at the Albert Docks and National Age Groups at Nottingham.
- We have a history of solo and relay team successes across the English Channel.(escorted by one of the regulating firms)

ASA organised swims:

- Grand prix series each year, which consists of 5K races, held in the South, the Midlands, the North and the finals being held at Nottingham.
- National Age Groups which are held at Nottingham.
- British 5k & 10k championships.
- Some ASA Regions organise regional championships and grand prix. The SE Region ASA is one of the regions to do this.

FINA organised events:

- FINA organise an International programme. There is qualifying criteria for these swims as there is big prize money.

British Long Distance Swimming Association organised events:

- The BLDSA organise their own grand prix which includes approximately 13 swims at different venues around the country.

Please don't be confused by the definitive word of **competition** as "open water swimming" is also about personal challenges and achievements.

For more information on OPEN WATER SWIMMING go to:
<http://www.btinternet.com/~dover.lifeguard/>



DLGC Water Polo

DLGC offers the game of Water Polo to all swimmers, however due to the nature of the game it is recommended that they are strong swimmers with the ability to swim at least 50 meters using both Front Crawl and Breast Stroke, together with having the confidence to swim in deep water.

Currently on a Thursday evening at 9pm there is an hourly training session unless a game has been arranged. The club plays in the Kent Water Polo League against the following clubs in Kent - Beckenham, Bexley, Sevenoaks, RTW Monson, Hythe and Folkestone.

The training includes a huge amount of "egg beater" (a stronger form of treading water) and ball control using both hands. This progresses to much more physical contact and considerably more swimming.

Anyone interested in joining the DLGC Water Polo team can contact Jason Harvey for more details, tel. no. 07802 576211.

DLGC Membership & Fees

These vary according to the number of session attended. They can be paid in person to the table on Thursday evening, on a training card monthly or by standing order. Please check with the treasurer that you are paying for all sessions that you swim and notify them if there is a change to your sessions. We are a registered charity and therefore we must keep accurate records.

Club fund are used for

- Pool hire (by far our biggest expense)
- Training courses for poolside helpers
- Coach passes for adult helpers at gala's (galas could not run without them)
- Equipment for use at pool etc
- Insurance
- Underwrite cost of coaches to gala's
- Day to day expenses of club

ASA membership is mandatory for the club. All swimmers must be registered with the ASA. There are 2 levels of ASA membership.

- Level 1-this is for all learn to swim members and is the minimum membership
- Level 2-this is for all competitive swimmers- Squad members **must** have this level as soon as they are asked to enter competitions outside the club. **Please contact the membership secretary for advice.**

In general the club collects ASA membership fees annually together with the club membership fees. These fees are set by the ASA and cover the cost of ASA administration, insurance etc.

Swimmers will receive an ASA membership card which displays the individual reference number needed to enter competitions. All officials, (judges, timekeepers, coaches, helpers etc.) also need to be registered. Please ask if you are uncertain.

DOVER LIFE GUARD
CLUB
FOUNDED 1935



DOVER SWIMMING
CLUB
FOUNDED 1886

Registered Charity Number 270111

AFFILIATED TO R.L.S.S. L.G.C. ASA South East Region. E.I.A.S.A. K.P.F.A. Kent Youth Service. Dover District Sports Council
www.dover.lifeguard.btinternet.com.

Code of Conduct

Objective and Scope

The purpose of this document is to establish a set of guidelines and procedures, which outline the responsibilities and behaviour of both staff and swimmers who are members of Dover Life Guard Club. Whilst it is specifically aimed at "away" trips where travel and accommodation are required, it is expected that the principles of the Code of Conduct should be followed at all events and training sessions.

Code of Conduct

Behaviour and Personal Conduct must at all times be of a high standard and reflect favourably on the sport, and the Club. Language in public or relevant group situations must always be appropriate and socially acceptable.

Consumption of Alcohol is totally forbidden for athletes under age as defined by UK law. It must not be consumed by swimmers or staff members whilst en route, prior to, or following a competition event, training camp or team activities, without specific consent of the Team Manager. During competition alcohol is strictly forbidden to all swimmers and staff.

Smoking is prohibited by swimmers and staff whilst en route, prior to, during or following a competition event, training session or team activities.

Personal Appearance shall be appropriate to the circumstances and as indicated by the Team Manager. Team kit and equipment shall be worn as directed by the Team Manager when competing and training, when assembling or travelling, at official team functions or on other occasions as notified.

Attendance at all activities is expected unless agreed by the Team Manager. Throughout the duration of the trip swimmers should inform staff of their whereabouts. Punctuality on all occasions is essential and any curfew must be observed.

Illegal and Performance Enhancing Drugs and Substances are strictly forbidden. Swimmers are expected to be aware of the current list of banned substances and particular care must be exercised if anyone is on medication prior to or during a meet.

Illegal Drugs and Substances: The use of these, even though they may not appear on the official banned list in respect of performance enhancing drugs, is nonetheless prohibited.

Accommodation at hotels or equivalent must be as directed by the club staff and at no times must anyone extra be accommodated in swimmers' rooms.

Medication: It is important that information on all medication being currently taken should be reported to the Team Manager who will report it to the relevant personnel. Allergies to any medication must be reported to the Team Manager.

Sanctions: Breaches of the Code of Conduct shall be dealt with in the first instance by the Team Manager or Coach. He/she shall report the incident to the Secretary of the club who shall take such further action as is deemed necessary.

In addition it is expected that all members of Dover Life Guard Club, when attending any event or training session shall:

- Comply with the codes, rules and laws within the guidelines set out by the ASA.
- Behave without discrimination on the grounds of race, colour, language, religion, birth or social status as set out in the ASA equal opportunities policy.
- Respect the basic human rights, worth and dignity of each member.
- Not encourage swimmers, volunteer officials or parents to violate the rules of the club or the sport.
- Observe the authority and the decisions of all officials.
- Encourage all swimmers to obey the spirit of the rules and laws both in and out of the pool.
- Treat other competitors and teams with respect, in victory and defeat.

Signed: Name in Block Capitals
Swimmer

Signed: Name in Block Capitals
Parent/Guardian

Dated: