



Friday Night Races and Volunteering at Norwest Swimming Club

All swimmers, parents and carers are welcomed to attend Friday Night Races. By becoming a volunteer, parents and carers are supporting our swimmers and their growth directly and indirectly by ensuring activities are run smoothly.

Here is a few guidelines for Friday Night Races:

Parent and Swimmer Attendance	<ul style="list-style-type: none">• All children at the age of 16 or under must be accompanied by a parent/carer whilst at club races. This is to ensure welfare of our younger swimmers and they have required support during races.• Non-compliant parents/carers will be contacted and their swimmers may be withdrawn from registered events.• If you have a last minute emergency and will not be able to attend, please inform the Race Secretary or Friday Night Convenor asap.
Parent/Carer Volunteering	<ul style="list-style-type: none">• Parents/Carers can register using volunteer sign-up sheets shared by Race Secretary or Friday Night Convenor• Parents/Carers volunteering is a requirement at NSC for swimmers' participation/qualification to club championship.
Behaviour Etiquette	<ul style="list-style-type: none">• Everyone in attendance supports a positive and encouraging atmosphere for swimmers, officials and other spectators by showing respect.• Report any inappropriate behaviour to a club committee member.
Timing Enquiries	<ul style="list-style-type: none">• Swimmers may quickly check the recorded time with timekeepers at their lane following their race and any enquiries should be raised with club officials before the conclusion of club night.
Cleanliness	<ul style="list-style-type: none">• Everyone in attendance should help to ensure cleanliness of the pool deck. Any rubbish should be disposed of at the bins or be taken home for disposal.