

Harrogate Borough Council

**Performance Diving
Programme**

Squad Information Pack

Harrogate
BOROUGH COUNCIL

Working for you

GENERAL CONDITIONS OF MEMBERSHIP TO DIVING SQUADS

1. Divers in the training squads must also show safe practice and pool discipline in training sessions.
2. Squad allocation is dependent upon achievement of the necessary standards. There are guidelines outlining the criteria for movement between squads. But the final decision **ALWAYS** rests with the Head Coach.
3. Divers are monitored on their physicality, attendance, attitude, technical skill, competition performance and ability to learn new dives. These aspects will be considered when moving between squads.
4. After squad allocation divers must commit to the squad by showing a willingness to work towards their goals and attendance requirements. Failure to adhere to these expected standards may lead to relocation, or in some situations removal from the scheme.
5. All divers training in the squad programme wanting to compete are required to become members of Harrogate District Diving Club (HDDC), ask your coach for more details on joining the club.
6. Entry to competitions and training camps is strictly controlled by the coaching team and divers must accept the commitment of team selection.
7. While representing Harrogate District Diving Club, all divers must comply with the latest club code of conduct.

Squad Assessments & Movements

Coaches will assess divers progress on a continual basis to ensure divers are meeting the performance level required for the squad they are currently in. If divers are not meeting the requirements for their squad they will be moved to a more appropriate training squad.

How squad movements take place

If the coaching team think a diver is meeting the standards to move up a squad they will be put forward to attend an additional training session with the squad they are aiming to be moved into, this is known as a bridging session.

The aim of the bridging sessions are to allow the diver the opportunity to become familiar with the coach and divers in that squad and for the coaches to assess if they are ready for moving. Typically bridging sessions will run for 2-3 months maximum before a final decision is made as to whether it's an appropriate squad for the diver in question. If at the end of the bridging period the coaches feel this is the case the diver will be permanently moved.

If the coaches believe the diver isn't ready to move up the bridging period may be extended, or alternatively the diver will remain in their current squad and reassessed at a later date.

Contacting the Diving Team Coaches

As the coaching team operate at a number of sites and are often away from the diving office for long periods of time the preferred form of communication with the coaching team is via email.

All squads have a member of our coaching team that is directly responsible for that squad and they can be reached at the email addresses below.

- Ian Keighley, Head Coach
Ian.Keighley@harrogate.gov.uk
- Rosie Whiting, Senior Coach
Rosie.Whiting@harrogate.gov.uk

Phone Contact

In order to minimise the impact on the coaches' personal time, can we ask that you limit telephone contact as follows.

Telephone calls or text messages received after 17:00 will be directed to voicemail. Please leave a message and the coach will endeavour to return your call or text message within 48 hours.

Ian Keighley: Office: 01423 556739
 Mobile: 07525 988161

Rosie Whiting Office: 01423 558158
 Mobile: 07525 987995

Please note that parents/guardians should never enter the poolside at anytime, nor should they distract any coach whilst they are delivering squad training sessions; this is to ensure that Health and Safety regulations are observed at all times.

Days Off

During a standard week Ian Keighley, Head Coach does not work on a Friday or Saturday and Rosie Whiting, Senior Coach does not work on a Friday or Saturday.

Competitions/Training camps

The coaching team are often away from home for long periods of time at competitions with the various training squads or on international duties. This often leads to the team working very long and irregular hours. When contacting the coaches please be aware that if they are at competitions it may take longer to get a response, however the coaches will endeavour to reply within 10 working days.

For all queries relating to Harrogate Borough Council training squad fees please contact Gail Riches, Swimming Development Scheme Manager on 07525 988257

Squad Dress Code

The Harrogate Diving Training Squad programme aims to achieve high standards at all levels.

To support this, the following guidelines have been set to promote high standards and professionalism across Diving Training Squads.

1. All swimwear must be appropriate for diving. Whilst swimwear is a personal preference, we encourage girls not to wear bikinis or two-piece swimwear and boys not to wear board shorts, or other loose fitting swim shorts. Fitted swimming trunks and one piece swimming costumes are preferred.
2. Dry training kit must be worn by all squad divers when not in the pool; divers should NOT take part in dry training just in swimwear.
3. Dry training kit is to be age appropriate, of an appropriate fit and in a smart condition.
 - a. Girls' / Ladies' vests or a T-shirt to be worn over swim suits or aerobic tops not underwear.
 - b. Boys' / Men's T-shirts or vests to be worn at all times during dry land training.
 - c. Shorts/leggings worn to training should allow freedom of movement and be suitable for dry land training in warm environments, i.e. no denim, no combats, no skirts, no tracksuit bottoms. Shorts should ideally be just above knee length and loose fitting as coaches will sometimes hold clothing when supporting divers for safety reasons.

Physical Contact

Further to NSPCC advice, we are required to inform you that there are aspects of our teaching, which require a "hands on" technique.

This type of physical contact between coaches and divers will only be used in full view of the balcony and the squad and will only be used for the following reasons:

- Where it is essential to support the diver during the early stages of learning a skill for safety reasons
- To develop the skill and technique (e.g. placing the diver in the correct position/posture)
- To prevent an injury (e.g. pushing them away from the poolside if, during the process of the dive the coach considers them to be too close to the poolside)
- To treat an injury (only relates to staff who are First Aid qualified)

Please let us know on joining the training squads, if you are uncomfortable with any aspect of this coaching technique.

Photography and Video

Harrogate Borough Council request that any persons wishing to take any video, zoom or close range photography should register their details at reception before the session starts. We also request that NO flash photography takes places during any of the training sessions.

The Diving Development Scheme and Diving Club often use cameras and video recording equipment to help coaches analyse techniques and to help promote the club.

Please let us know on joining the training squads, if you are uncomfortable with any aspect of this.

Please remember to tick the permission boxes on the Personal Details form.

WELFARE OFFICER

The Diving Club has a designated Child Welfare Officer who is trained and experienced in child protection procedures and works with the club in a volunteer capacity. The Diving Club consults with the Welfare Officer to ensure that it adopts ASA child protection policies and procedures.

If you have any concerns over the welfare of children within the Club then you can contact the Officer on 01423 556726.

Harrogate District Diving Club has adopted the ASA Child Protection Policy and a copy can be found on the Club's website at www.harrogate.gov.uk/divingclub and on the diving notice boards on the balcony at the Hydro.