

Welcome to Simklubben Poseidon!

Below is general information that we would be grateful if you carefully read through and follow.

IMPORTANT:

Please shower carefully without swimwear before the lesson - **don't forget your hair!** Washing yourself thoroughly before swimming reduces the amount of chlorine in the pool (at Högevall, this is automatically dosed depending on the amount of dirt in the water).

- **ONE** accompanying person can accompany the child in the changing room. Companions who feel they need to, are welcome to watch our lessons in Kombi, Tävling- and Undervisningsbassängen (pool) as well at the Delphinbadet. Please note that no companions are allowed at Träningsbassängen (pool). Wear functional clothing inside by the pools and do not bring shoes or outerwear.

Please wait to enter the pool area if there is a lesson in progress before your lesson. When that lesson is over, you are welcome to come in. We ask for this to minimize disruption to the lesson before.

- It is important that the accompanying person is not at the edge of the pool. The children easily lose focus on the leaders and on the exercises. It is important that the children understand that they should listen to the leader and not look after their parents. It is not just your own child who loses focus. Other children also watch what you are doing.

- Sometimes the lesson can certainly be perceived as messy and you probably just want to help, but that makes it even more difficult for our leaders. It is also a work environment issue for our young leaders. We therefore ask you not to talk to the children during the lesson or help with glasses, swimming caps or tell them to listen, etc. We thank you for your understanding of this.

- If you want to talk to the trainer as an accompanying person, you should do so before or after the training session. We always welcome questions and comments from you, but they must not take place during class time. The leaders must be allowed to focus on the children and they do not have time to take questions between lessons. Sometimes there is a "Floater" on the edge. That person is there to take up questions from you, support the leaders and catch any problems. You are also welcome to contact the office.

- You may not run in the swimming pool because slip hazard.

- If there is anything in particular, we should know about your child, we would be grateful if you would talk to the coach about it and email the office.

- We reserve the right to make changes in case of any arrangements in the swimming pool. Information will on such occasions be sent out via email or SMS. Please also look at the attached semester calendar.

- If it happens, for example, that faeces get into the pool, which means that the swimming hall has to close to clean the pool, it may happen that we are forced to cancel the lesson. You will then be informed about this via email or SMS.

- If you want to swim before or after swimming school, you must pay for an entrance ticket at the cash desk, the same applies to parents/companions if you want to swim during lessons.

- When showering together with children, in changing rooms for the opposite sex, the child's maximum age is set to 7 years. After that, the bathroom refers to flexi changing rooms that are available.
- Screens are prohibited in the swimming pool and photography is prohibited, which we ask you to respect. Poseidon's trainers are allowed to use screens as work material for e.g. to register presence or alarm in case of emergency.

INFORMATION REGARDING THE DELPHINENBADET:

If you wish to swim at the same time as your child, you must pay for your own entrance fee. You must bring your own lock if you wish to lock the cupboards. We always gather at the edge of the pool. Tell the reception which group you are registered in and you will be admitted through the entrance.

INFORMATION REGARDING ENTRANCE TO THE HÖGEVALLSBADET HT-24:

Everyone must redeem new entrance bands, regardless of whether you already have an entrance band or not. So you cannot reuse old bands.

- EVERYONE needs to deposit a entrance band at the reception at Högevall (SEK 130). You return the band to the reception at the end of the semester and then get your deposit back.

Come in good time at the first opportunity so you have time to redeem your entrance band before the lesson starts (there may be a queue). Please show your booking confirmation in the reception at Högevall to get your entrance band. If you do not have a booking confirmation or invoice, you can show your membership card found in Sportadmin's Member App. Entrance band is needed to be able to get in and out through the barrier in the swimming hall and to the lockers in the changing rooms. The entrance band is registered with entry and exit passage 30 minutes before and 30 minutes after the lesson time. Each band has two entrances registered, which means you can let your child in through the spinner first and then 'blip' one more time and go through yourself. The same applies at exit. This must be done at the same time, otherwise both will not enter the bath. Companions can also go in and out through the barrier by asking the staff at the checkout to open it for you.

INFORMATION REGARDING THE POOL AT HÖGEVALL

We always gather at the edge of the pool. To see which pool you swim in at Högevallsbadet, look at your booking confirmation or at the name of your particular group. The last letter in the title shows which basin. (U = Undervisningsbassängen, K = Kombibassängen, Tr = Träningsbassängen and Tä = Täving-hoppbassängen). To find the pool, please look at the map that is attached to this invitation. There are also signs to follow at Högevallsbadet to make it easier to find the right pool.

INFORMATION REGARDING CRAWL 2, 3 & MEDLEY GROUPS REGARDING LAND TRAINING

You who will participate in Crawl 2, 3 or Medley will have land training once a week in connection with swimming training. Please check carefully the schedule on the website which day and time applies to your group. You must wear a T-shirt and shorts. After the land training, you shower and change into swimwear.

BABYSIM/MINIPLASK clothing:

All children who are going to Miniplask and Babysim (who usually wear diapers) must have special baby swimming trunks. Swim diapers are not approved. Available to buy in Poseidon's Badshop or at www.badgrejor.se

SPORTS ADMIN MEMBER APP

Download the SportAdmin Member's App (downloaded from the Appstore or Google Play store) It is a useful app where you will, among other things, be able to see the child's awards and report absences etc. Do this to report your or your child's absence: log in to the Member App with your e-mail and the one-time code sent to your e-mail. Find the right group in the app and press the button not available (if necessary, also fill in a comment).

DIGITAL REVIEW OF "BRAINSWIM" FOR PARENTS WITH CHILDREN IN SWIMMING SCHOOL

We will invite all parents to a digital meeting where we explain in detail our method "BRAINSWIM". This is to increase understanding of our way of teaching in our swimming school. Everyone is welcome to listen and ask questions. You can also read more about "Brainswim" here: [What is Brainswim](#)

More details for the information meeting will be emailed separate to all participants.

INFORMATION REGARDING CANCELLATION:

Cancellation of booked place must be no later than 2 weeks BEFORE the start of the course, otherwise you will be charged regardless of whether you participate or not. Should complications arise, we will of course look at each individual case and make an assessment. We have such a high demand for our courses and it is annoying if you don't show up even though you have booked a place. Please respect this.

INFORMATION REGARDING RE-BOOKING

If you need to change your booking, we recommend you to a new booking in OMBOKNING, from the booking-page. Then you will not charge extra fees. We will look into this everyday. It is first in line that counts. If you don't want to book online, you can do this during our openhours by phone. We can't guarantee that the wanted course is fully booked.

INFORMATION REGARDING CANCELED LESSONS:

You will always be informed via email or SMS if we have to cancel the lesson at short notice. Please make it a habit to check your email before training if you have received a message from us, note that sometimes our emails end up in the spam folder.

A cancelled lesson can, for example, be due to illness or the fact that faeces have been discovered in the pool, which means that the swimming hall has to close to clean the pool. In the case of faeces, the swimming hall refers to Force Majeure and in most cases we then switch to land training instead of cancelling the lesson.

During the semester, we will also take photos of Poseidon's swimmers that we use on social media and the website. If you do not wish to be seen, we would be grateful if you let us know.

Are you familiar with our bath shop at the office at Högevallsbadet? You can also shop in the webshop, visit www.badgrejor.se

Contact us below:

Tel: 046-128260 Telephone hours: Mon, Tues, Thurs and Fri 10.00-11.30. Wednesdays CLOSED.

E-mail: kansliet@skposeidon.se Website: www.skposeidon.se

A warm welcome to the Autumn semester 2024

Best regards, Poseidon Swimming Club