
VELKOMMEN TIL HORSENS SVØMMEKLUB

(English below)

Horsens Svømmeklub byder velkommen i klubben. Her er lidt information i forbindelse med undervisning både i Bankager Svømmehal, Forum Horsens og Lindehøj badet.

- **Adgang til omklædningsrum:** Der adgang til omklædning 10-15 minutter inden din undervisning starter. Hvis dit hold start klokken 16.00 - hopper man i vandet klokken 16.00 eller gennemgår holdliste med sin instruktør.
- **Adgang til omklædningsrum:** Børn fra det fyldte 8. år klæder om og bader i eget køns omklædningsrum. Dette er primært for at undgå, at andre børn ikke skal føle ubehag ved at klæde om sammen med det modsatte køn.
- **Alle skal vaske sig grundigt,** uden badetøj og med sæbe. Det er for at holde en god vandkvalitet, med så lidt klor som muligt. Afvaskning gentages efter toiletbesøg.
- **Badetøj:** For pigernes vedkommende bruges helst badedragt. Bikini er meget generende for pigerne når de svømmer, ofte falder overdelen af. Desuden anbefaler vi at svømmerne bruger svømmebriller. Babyer skal bruge badebleer og evt. almindeligt badetøj udenpå. Disse kan købes på Swimming.dk.
- **INGEN må gå i vandet før instruktøren har sagt værsgo.** Man svømmer KUN på sit eget hold. I Forum Horsens er det IKKE tilladt at bruge andre bassiner end det man undervises i.
- **Med omtanke fra jer forældre,** er det tilladt at være i hallen. Husk det er instruktørerne som varetager undervisningen. Vi opfordrer forældre i Bankager til at være i omklædningsrum eller på bænkerne i hallen. I Forum er der bænke rundt i hallen. Vores erfaring viser, at forældre ved kanten tager fokus fra undervisningen.
- **Ingen mobiltelefoner:** Ingen må have mobiltelefoner fremme i svømmehallen. Ligeledes er det ikke muligt at tage billeder af jeres børn. Det er en overordnet politisk beslutning.
- **Bælte og armvinger:** Klubbens holdning til disse hjælpemidler er at arbejde målrettet mod at få svømmeren hurtigst muligt af med disse. Armvinger specielt, er en meget falsk tryghed. Hvis barnet får hovedet under vand, er der ingen muligheder for, at de selv kan få hovedet op igen, da armvingerne forhindrer dem i at bruge deres arme.

Hermed ønskes I alle velkommen til en god gang svømning i Horsens Svømmeklub



WELCOME TO HORSENS SWIMMING CLUB

Horsens Swimming Club welcomes you to the club. Here is some information in connected with teaching in Bankager swimming Pool, Forum Horsens and Lindehøj swimming pool.

- **Access to changing rooms:** Changing rooms are available 10-15 minutes before your classes start. If your class starts at 16.00 - you jump into the water at 16.00 or go through the team list with your instructor.
- **Access to changing rooms:** Children from the age of 8 years change and bathe in the changing rooms of their own gender. This is primarily to avoid other children not feeling uncomfortable changing clothes with the opposite sex.
- **Everyone has to wash thoroughly**, without swimwear and with soap. This is to keep a good water quality, with as little chlorine as possible. Washing is repeated after using the toilet.
- **Swimwear:** For girls, swimsuits are preferred. Bikinis can be very bothersome for girls when swimming because the upper piece often falls off. In addition, we recommend that swimmers wear swimming goggles. Babies should use bath diapers and possibly regular swimwear on the outside. These can be purchased at Swimming.dk.
- **NO ONE is allowed to go into the water until the instructor has said go ahead.** You ONLY swim on your own team. In Forum Horsens it is NOT allowed to use pools other than the one you are having swimming classes in.
- **With consideration from you parents**, it is allowed to be in the hall. Remember it's the instructor who takes care of the teaching. We encourage parents in Bankager to be in changing rooms or on the benches in the hall. In the Forum Horsens there are benches around the hall. Our experience shows that parents on the edge take the focus away from teaching.
- **No mobile phones:** No mobile phones are allowed in the swimming pool. Likewise, it is not possible to take pictures of your children. It's an overall political decision.
- **Belt and arm wings:** The club's position on these aids is to work purposefully to get the swimmer rid of these as quickly as possible. Arm wings are particular a very false sense of security. If the child gets their head under water, there is no possibility that they can get their head back up on their own, as the arm wings prevent them from using their arms.

We wish you all a good time swimming in Horsens Swimming Club

