



**Berkhamsted
Swimming
Club**

SWIMMER'S HANDBOOK

Visit the Club website for the most up to date handbook and Club documents
www.berkosc.org.uk

Welcome to Berkhamsted Swimming Club (BSC)

Please enter your name, family user name and password below.

You will need this information to access your individual records, including your times, and to enter many of the competitions.

You will be provided with your user name and password upon completion and submission of the BSC and Swim England/British Swimming Combined Registration Form. If you require a reminder, please contact the Membership Secretary (membership@berkosc.org.uk).

In addition, please keep a note of your Everyone Active Membership number here. Please note that it is a condition of membership of BSC that you take out Everyone Active Membership (please see **Membership Fees** document for further information).

THIS HANDBOOK BELONGS TO:

WEBSITE ADDRESS: www.berkosc.org.uk

MY USER NAME: _____

MY PASSWORD: _____

EVERYONE ACTIVE MEMBERSHIP NO.: _____

Note - Everyone Active Membership does not entitle swimmers membership of Knox Johnston. If you wish to use facilities outside of training times at Knox Johnston, you will need to purchase a specific membership or pay non-member charges.

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ABOUT BERKHAMSTED SWIMMING CLUB

Berkhamsted Swimming Club (BSC) was created by the merger of Berkhamsted Sports Centre Swimming Club (BSCSC) and Berkhamsted Barracudas in 2012.

The Club has a long history of developing successful swimmers at local, county, regional and national levels. This is achieved by developing the swimmer from an all-round perspective, providing them with not only focus, direction, commitment and support, but also providing them with life skills.

The Head Coach leads an enthusiastic team who create a challenging, stimulating and supportive development environment where swimmers from all backgrounds can fulfil their aspirations to swim competitively and achieve their full potential.

The size of the Club ensures that each member receives individual attention and is directed in a training programme suited to their needs and abilities. The Coaching Team keeps up to date with the very latest techniques in swimming training and athlete development.

BSC is best described as a family Club, with swimmers aged 8 years up to Masters level, and is proud of its caring and friendly atmosphere. Parents are encouraged to become involved in Club activities, by supporting the Coaching Team in a variety of roles.

VOLUNTEERING WITH THE CLUB

The Club is run by volunteers, without whom the Club would not be able to function. These volunteers organise and manage pool time, and are responsible for the administration of the Club, together with all the other things necessary to run a swimming Club.

There are many opportunities to volunteer with BSC, such as:

- roles on the Committee (age 18+);
- coaching and coaching support; - **sponsorship for coaching is available**
- swimming gala/competition support; we also support Duke of Edinburgh schemes
- “Facilitated Meets” we must have parents poolside
- timekeepers and competition judge/official roles (age 14+).

These roles can be as part of the Committee or just occasional help, either way any help you can provide to the Club benefits everyone.

It is expected that all parent(s)/guardian(s) volunteer or joining the Committee in any way possible, please contact any one of the Committee members. If we do not get volunteers we cannot run events for your swimmers.

All roles can be found on the Club website, sign in and from the top menu select **Information** followed by **Club Volunteer Roles**.

THE COMMITTEE

The Committee is made up mainly of elected volunteers, the majority of whom are parents of swimmers.

COMMITTEE CONTACTS

Chair	<i>chair@berkosc.org.uk</i>
Club Shop Co-ordinator	<i>shop@berkosc.org.uk</i>
Coaching Representative	<i>coaching@berkosc.org.uk</i>
Communications Officer	<i>communications@berkosc.org.uk</i>
Fundraising	<i>fundraising@berkosc.org.uk</i>
Head Coach	<i>headcoach@berkosc.org.uk</i>
New Members' Liaison	<i>liaison@berkosc.org.uk</i>
Membership Secretary	<i>membership@berkosc.org.uk</i>
Open Meet Secretary	<i>openmeet@berkosc.org.uk</i>
Open Water Co-ordinator	<i>openwater@berkosc.org.uk</i>
Secretary	<i>secretary@berkosc.org.uk</i>
Social	<i>social@berkosc.org.uk</i>
Team Gala Secretary	<i>teamgala@berkosc.org.uk</i>
Treasurer	<i>treasurer@berkosc.org.uk</i>
Vice-Chair	<i>vicechair@berkosc.org.uk</i>
Webmaster	<i>webmaster@berkosc.org.uk</i>
Welfare Officer	<i>welfare@berkosc.org.uk</i>
Workforce Co-ordinator	<i>workforce@berkosc.org.uk</i>

Please see the website for names and contact details of the current post holders.

The Committee meets approximately once a month. There is an Annual General Meeting, usually held in the early part of each year. Extraordinary General Meetings may be called at any time by the Committee.

CLUB FEES

Details about Club Fees and Cancellation can be found in the separate document BSC Membership Fees.

HANDBOOK CONTENTS

This handbook and its contents were correct at the time of printing. For the most up to date handbook please go to www.berkosc.org.uk selecting **Information** followed by **Club Documents** from the top menu on the website (only visible when logged on).

For help and guidance on the terminology used within the Club, please refer to our website www.berkosc.org.uk selecting **Information** followed by **Glossary** from the top menu on the website (only visible when logged on).

THE COACHING TEAM

GEOFF WOOD – HEAD COACH

A late convert to swimming, Geoff was a competitive cyclist and runner to Regional Level. Qualified to UKCC Level 3 Performance Coach, he has taken the Club from small beginnings to one of the most competitive in Hertfordshire, with multiple county and regional swimmers and competing to national standard.

He has experienced swimming from the perspective of parent, administrator, official (to referee level), teacher and coach, and so has a very good understanding of the issues for all those involved in the sport.

Well respected for his 22 years in the sport, including a stint as President of the County, he is now also one of the coaches taking responsibility for the County Squad.

MICHELLE HEWSON

With 25 years of teaching and coaching expertise and a competitive swimming background spanning 30 years, Michelle is a knowledgeable and experienced swimming coach, having headed up Tring Swimming Club (1997-2002) and Berkhamsted Barracudas from 2004. She has coached County, Regional and National medallists across all strokes and distances.

Michelle was targeted to be on the ASA's Advanced Coaching programme and was mentored by one of the country's most reputable swimming coaches. She is now part of the East Region England Talent Coaching Team as well as Senior Swimming Coach at Berkhamsted Prep School and has had much success at district, county and national level with the school team.

RESPONSIBILITY OF COACHES

The Coaches' responsibility for swimmers commences upon their arrival poolside for their allotted session(s) only, both at training and at competitions, and continues for the duration of the session(s). Parent(s)/Guardian(s) are responsible for swimmers (if under 18) prior to this time and after the session has been concluded.

BRITISH SWIMMING - www.britishswimming.org

British Swimming is the national governing body for swimming, diving, synchronised swimming, water polo and open water swimming in Great Britain. It is responsible internationally for the high performance representation of the sport. The members of British swimming are the three Home Country national governing bodies of England (Swim England), Scotland (Scottish Swimming) and Wales (Swim Wales).

British Swimming seeks to enable its athletes to achieve gold medal success at the Olympics, Paralympics, World Championships and Commonwealth Games.

SWIM ENGLAND (SE)

<http://www.swimming.org/swimengland/>

The Amateur Swimming Association (ASA) came into existence in 1869. It was the first governing body of swimming to be established in the world and today remains the English national governing body for swimming, diving, water polo, open water and synchronised swimming. In March 2017, the ASA became Swim England.

Although Swim England has a long history, it has moved on considerably since its foundation and is now a vibrant modern governing body, providing leadership to the industry of swimming in so many ways.

It supports over 1200 affiliated swimming Clubs through a National, Regional and sub-regional structure. It endeavours to ensure every athlete – whatever their age or level of experience – belongs to a Club that provides the best possible support and environment through schemes such as SwimMark for Clubs.

It organises competition throughout England, from grass-roots to elite level, including the highly successful Age Group and Youth Championships that attract more than 1600 young swimmers aged 11-17, and the Swim England Nationals.

The English talent programme is a world-leading, seamless pathway that puts in place performance opportunities for swimmers to develop their skills and potential.

SE operates comprehensive certification and education programmes for teachers, coaches and officials. It has pioneered work on the UK Coaching Framework and is developing e-learning programmes, all of which are helping to drive up quality and 'raise the bar' to ensure Swim England has an appropriately skilled workforce for the whole swimming industry.

As well as being a governing body, Swim England also operates several subsidiary companies (see Swim England website for details).

CODE OF CONDUCT FOR SWIMMERS

General behaviour:

1. Treat everyone equally and never discriminate against another person associated with the ASA on any grounds including that of age, sexual orientation, ethnic origin or nationality.
2. The use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the Club disciplinary or child welfare policy.
3. Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate Club officer.
4. Recognise and celebrate the good performance and success of fellow Club and team members.
5. Treat all members and persons associated with Swim England with due dignity and respect.

Swimming training:

1. Treat your coach and fellow swimmers with respect.
2. Make your coach aware if you have difficulties in attending training sessions as laid down for your group.
3. Arrive in good time on poolside before the training session starts to complete poolside warm up as directed by your coach.
4. If you arrive late report to your coach before attempting to enter the pool.
5. Ensure you have all your equipment with you, i.e. hats, goggles etc. if you have them, paddles and kick boards, fins and snorkels maybe used in some instances.
6. If you need to leave the pool for any reason during training inform your coach before doing so.
7. Listen to what your coach is telling you at all times and obey instructions given.
8. Always swim to the wall as you do in a race, and practice turns as instructed.
9. Do not stop and stand in the lane, or obstruct others from completing their training.
10. Do not pull on the ropes as this may injure other swimmers.
11. Do not skip lengths or sets - you are only cheating yourself.
12. Think about what you are doing during training and if you have any problems discuss them with your coach at an appropriate time.
13. If you have any problems with the behaviour of fellow Club members report them at the time to an appropriate adult.

Competition:

1. At competitions whether they be open meets, national events or Club galas always behave in a manner that shows respect to both your Club coach, officers and team mates and the members of all competing Clubs.
2. You will be required to attend events and galas that the Head Coach has entered or selected you for unless previously agreed otherwise with the relevant Club official and coach.
3. You must wear appropriate swimwear, tracksuits, T-shirts or shorts and hats as required by the Club.
4. Report to your Club coach or team manager on arrival on poolside.

5. Warm-up before the event, as directed by the coach in charge on that day, to ensure you fully prepare yourself for the race.
6. Be part of the team. Stay with the team on poolside. If you have to leave poolside for any reason inform and in some cases get the consent of the team manager or coach before doing so.
7. After your race report to your coach for feedback.
8. Support your teammates. Everyone likes to be supported and they will be supporting you.
9. Swim down after the race if possible as advised by your coach. Your behaviour in the swim down facility must be appropriate and respectful to other users at all times.
10. Never leave a Team Gala until either the gala is complete or you have the explicit agreement of the Club coach or team manager.
11. In Open Events swim all the events you have entered unless injured or sick and remember to tell the meet organisers and poolside coaches if you do have to withdraw before you leave.

CODE OF CONDUCT FOR PARENTS/GUARDIANS

Parents/Guardians are expected to:

1. Complete and return the Medical Information Form as requested by the Club and detail any health conditions or concerns relevant to your child on the consent form. Any changes in the state of your child's health should be reported to the coach prior to coaching sessions. Ensure the Club has up to date contact details for you and any alternative person.
2. Deliver and collect your child punctually to and from coaching sessions and swimming meets. Please inform a member of the Committee or coaching staff if there is an unavoidable problem. If the Club changes your child's group or lane, please remember the change is to provide appropriate levels of training and enable your child to progress and should be facilitated and encouraged at all times.
3. Ensure your child is properly and adequately attired for the training session or events including all required equipment, i.e. hats, goggles etc.
4. Inform the coach before a session if your child is to be collected early from a coaching session or meet and if so by whom.
5. Encourage your child to obey rules and teach them that they can only do their best.
6. Behave responsibly as a spectator at training and meets and treat swimmers, coaches, Committee members and parents of yours and other Clubs with due respect meeting the ASA commitment to equality.
7. Ensure you do not use inappropriate language within the Club environment.
8. Show appreciation and support your child and all the team members.
9. Ensure your child's needs are met in terms of nutritional needs and listen to advice given from the Club coach.
10. Support the Club coach and Committee appropriately and raise any concerns you have in an appropriate manner. Details of the Club Welfare Officer can be found on the website.
11. Do not enter poolside unless requested to do so or in an emergency. If you wish to have a discussion with the coach please contact him/her by e-mail or after a session has

finished.

12. Most of all help your child enjoy the sport and achieve to the best of their ability.

The Club will undertake to:

1. Inform you at once if your child is ill and ensure their well-being until you are able to collect them.
2. Ensure good child safeguarding guidelines are followed at all times to keep your child safe.
3. Ensure all activities are properly supervised, taught and coached and that consent is obtained for any activity outside of that previously agreed.

The parent/guardian has a right to:

1. Make a complaint to the Club if they feel the Club, or a member of the Club, is not acting appropriate to Swim England or Club rules and regulations. Details of how to do this can be obtained from the Club's Welfare Officer.
2. Make a complaint on behalf of their child to the Swim England Office of Judicial Administration.

The Codes of Conduct can also be found on the website at www.berkosc.org.uk under **Information, Club Documents**, from the top menu.

PERSONAL AND MEDICAL INFORMATION

UPDATING YOUR PERSONAL AND MEDICAL INFORMATION

You or your parent(s)/guardian(s) will have provided BSC with personal and medical information on joining the Club. This information can change over time and it is very important that the Club is kept up-to-date with any changes so that the Coaching Team can accommodate any individual requirements, has the correct information should they have to deal with a medical incident, and has the correct emergency contact details. In addition, the Club needs to be able to contact you from time to time about, for example, school holiday training times and pool closures.

Should there be any changes to your personal and medical information, please notify the **Membership Secretary** as soon as possible by e-mail to membership@berkosc.org.uk.

BSC DATA PROTECTION POLICY

The BSC Data Protection Policy is in line with the Swim England/British Swimming policy which can be found at www.swimming.org. Search for Swim England Data Protection Notice.

CHILD PROTECTION POLICY

As a Swim England affiliated Club, Berkhamsted Swimming Club has adopted and implemented *Wavepower 2020-23: The Swim England Child Safeguarding Policy and Procedures*.

Wavepower aims to safeguard children and young people in line with current legislation and guidance. It states that the responsibility to safeguard children in Clubs and related

activities lies with all those involved in the sport and is not the sole responsibility of any one person at Club, county or national level. Safeguarding children should be an integral part of all Club activities and create a culture that provides a safe, happy and fun environment in which children can learn to swim and develop their skills.

The aim of Wavepower is to enable everyone in our sport to play their part in safeguarding children, offering practical guidance for those who are directly involved in working with children and providing awareness of both mandatory requirements and good practice guidance.

The Wavepower documents, which are regularly updated to reflect any new guidance or policy changes, can be accessed at:

<https://www.swimming.org/swimengland/about-swim-england/safeguarding/>

ASSESSMENTS OF SWIMMERS

There will be regular formal assessments of swimmers in each training group to assess the swimmer's ability and maturity to cope with the next training level. This may take place on a specific date or over the course of a week during normal training times. In all cases, the swimmers will be notified in advance of when assessments will be taking place and the format that these will take. All swimmers will be given individual feedback (by e-mail) after the assessments have taken place. Where a change of training group is advised, the Membership Secretary will be in touch to confirm training times and changes to fees.

Assessment of returning swimmers and those moving back from Group 7 & 8 will also need to be carried out, please refer to our **Join** page on our website.

SWIM ENGLAND COMPETITIVE SWIMMING AWARDS

Competitive Swimming Performance Awards have been developed in conjunction with the British Swimming Coaches and Teachers Association, and swimmers at BSC are able to attain these.

Competitive Swimming Performance Awards can be secured in:

- Breaststroke
- Butterfly
- Freestyle
- Backstroke
- Individual Medley

Bronze, Silver, Gold and Platinum Awards are available depending on the times taken to complete the relevant distances (these are available on the ASA and BSC websites). Awards can be attained for times obtained at Club 50s, Team Galas, Open Meets and Official Time Trials.

If you are interested in collecting these awards, please check with the Head Coach which ones you have achieved. The Membership Secretary can provide you with a badge and certificate and/or a cloth flash for a small fee to cover costs.

A GUIDE TO COMPETITIVE SWIMMING

COMPETITIVE EVENTS

Competitive events in which you may be able to take part include:

Club Nights

Open to all members. Take place normally once every two months on Sunday evenings (as advised in advance). Book your slot and turn up to the appropriate session for your training group.

BSC Team nights

Open to all members. Usually three events each year. Great for team participation and gaining competition experience.

Note - as a guide you must be aged 9 before you are allowed to compete in non-club galas.

League Galas

Hertfordshire Peanuts League (www.hsleague.org.uk/index.php/leagues/peanuts-league): For swimmers aged 12 and under. Events take place on three Saturday nights from April to July. Selection to the team(s) is by invitation to represent the Club.

Hertfordshire Major League (www.hsleague.org.uk/index.php/dates4): For swimmers of all ages. Events take place on three Saturday nights from January to March. Selection to the team(s) is by invitation to represent the Club.

National Arena League (www.nationalswimmingleague.org.uk/dates): For swimmers of all ages. Events take place on three Saturday nights from October to December, across a wider geographical area. Selection to the team is by invitation to represent the Club.

Local Development Galas

For younger novice swimmers. Selection is by invitation to swimmers to represent the Club. Great for gaining competition experience. Events take place on Saturday nights.

Specific Swim Club Trophy Meets

For swimmers aged under 14. Event usually takes place a couple of times a year on a Saturday night. Selection to the team is by invitation.

Licensed Meets

These can be “open”, i.e. open to all individual swimmers who meet the relevant age criteria and qualification times, or “closed”, i.e. restricted to selected groups and based on results obtained at licensed meets (e.g. East Region Age Groups or Hertfordshire County Championships). There are many weekend meets each year. Entry in events is required.

County Championships

Hertfordshire County Championships take place over three weekends in January/February. Qualifying times from licensed meets in the preceding year are required.

Regional Championships

Qualifying times from licensed meets and events of a certain standard/level are required.

National Championships

Qualifying times from licensed meets and events of a certain standard/level are required.

HOW TO ENTER OPEN MEETS

- Check the information on the website to ensure that the meet is suitable and that you do not have other commitments on the date(s) of the meet.
- Decide which events you would like to enter (if you are not sure, ask a coach for advice).
- The majority of Open Meets operate on a first come, first served basis. BSC will set an entry cut off date with a limited notice period as, in most cases, entries need to be in well in advance of the organisers' stated closing date.
- BSC usually operates a system of online entry. Log on to the BSC website, click on the events you wish to enter, print off the entry form and submit it with a cheque for the entry fees (made payable to “Berkhamsted Swimming Club” or “BSC”) by placing it in the BSC box file located at Everyone Active Berkhamsted reception.
- Once entries to an event have closed, the host Club decides which entries to accept and sends details back to BSC. If there are any rejections, details of any refunds will be notified.

WHAT TO TAKE TO COMPETITIONS

A training costume (for warm up), a close-fitting race costume, goggles (including spares, if possible), BSC hat (plus spare, if possible), T-shirt(s), shorts/tracksuit bottoms, flip flops/crocs to wear poolside, two towels, water bottle(s) and snacks. Some entertainment, e.g. a book, can help to pass the time between races. Please note, computer games have been shown to slow swimmers down! Plus, you will not be able to watch your belongings at all times, so think carefully before bringing electronic devices.

WHAT TO EAT AND DRINK

Take plenty to drink – at least one litre of water, diluted fruit juice or diluted squash per session. No fizzy drinks and no glass bottles, please.

Suitable foods include pasta/rice salad, bananas and other fruit, sandwiches (e.g. cheese, ham, tuna, chicken, jam, honey), cereal bars, fruit bars, raisins/sultanas, scotch pancakes, malt loaf, Jaffa cakes. No crisps, sweets or chocolate bars, please.

DROPPING OFF/COLLECTING SWIMMERS

If the swimmer is under 18, it is a parent/guardian's responsibility to ensure the safe dropping off and collection of the swimmer at venues for competitions. The swimmer should inform a member of the Coaching Team/member of staff at the venue if they have not been collected. **Under no circumstances should the swimmer leave the building unaccompanied unless they have been permitted to do so.** In an emergency, the parent/guardian should contact the relevant venue's reception desk if they are unable to collect the swimmer on time.

COMMONLY USED COMPETITION VENUES

All swimming Clubs and pools have websites with their addresses and instructions on

Venue	Address	Parking
Everyone Active Berkhamsted	Lagley Meadow, Douglas Gardens, Berkhamsted, HP4 3QQ	Free parking on site
Everyone Active Hemel Hempstead	Park Road, Hemel Hempstead, HP1 1JS	Free parking on site for up to 3 hours – need to enter car registration in machine in Reception
Knox Johnson Sports Centre, Berkhamsted	Kings Road, Berkhamsted, HP4 3BG	Free parking on site (limited)
Watford Woodside Leisure Centre	Horseshoe Lane, Watford, WD25 7HH	Free parking on site – make sure in a marked parking bay or a parking ticket will be issued
Luton Inspire Sports Village	Butterfield Green Road, Off Hitchin Road, Luton, LU2 8DD	Free parking on site
Aqua Vale Swimming and Fitness Centre, Aylesbury (Maxwell Swimming Club)	Park Street, Aylesbury, HP20 1DX	Parking charges may apply
The Venue Leisure Centre, Borehamwood	Elstree Way, Borehamwood, WD6 1JY	Parking charges apply 8am to 6.30pm Monday - Saturday
Stoke Mandeville Stadium	Guttmann Road, Aylesbury, HP21 9PP	Parking normally free for an event – usually need to submit car registration at Reception
Stevenage Swimming Centre	St Georges Way, Stevenage, SG1 1XY	Free parking on site (limited)
Furzefield Leisure Centre, Potters Bar	Mutton Lane, Potters Bar, EN6 3BW	Free parking on site
Hitchin Swimming Centre	Fishponds Road, Hitchin, SG5 1HA	Parking charges apply 8am to 6pm Monday - Saturday
Chiltern Pools, Amersham	Bensheim Way, Chiltern Avenue, Amersham, HP6 5AH	Free parking on site. Chiltern Pools Car Park (next door) - parking charges apply 7.30am to 6pm Monday – Saturday.
Westminster Lodge Leisure Centre, St Albans	Holywell Hill, St Albans, AL1 2DL	Parking charges apply 7.30am to 6.30pm Monday - Sunday
Hatfield Swim Centre	Lemsford Road, Hatfield, AL10 0EB	Free parking on site

how to find them. A full list can be found on the Club website www.berkosc.org.uk selecting **Information** followed by **Swimming Pools** from the top menu on the website.

EQUIPMENT FOR SWIMMERS

TRAINING SESSIONS

A training costume, towel, goggles, hat and water bottle are required for training sessions.

COMPETITIVE SWIMMING

A training costume (for warm up), a close-fitting race costume, goggles (including spares, if possible), BSC hat (plus spare, if possible), Club T-shirt(s), shorts/tracksuit bottoms, flip flops/crocs to wear poolside, two towels, water bottle(s) and snacks.

CLUB SHOP

The Club Shop enables swimmers to purchase products with the BSC logo. It is run by the Club Shop Co-ordinator who can be contacted by e-mail at shop@berkosc.org.uk. To order items please go to the Club website and select **Club Shop** from the top menu, from there you will be directed to the right location/person to order the specific item(s).

CLUB T-SHIRTS

As part of the Club sponsorship agreement with our partners, upon commencement of the sponsorship, each existing member swimmer, coach and official will receive an official Club T-Shirt which must be worn when representing the Club at all events. New members will receive their Club T-Shirts as part of their joining fee. The provided Club T-shirts need to be worn at all Club events and competitions.

DRINK BOTTLES & HATS

Upon first joining the Club, each swimmer will receive a Club drinks bottle and hat, subsequent items can be purchased from the Club Shop.

CLUB HOODIES & OTHER MERCHANDISE

Club hoodies and other items can be ordered via the Club Shop via our suppliers.

SUPPLIERS

As the Club develops partnerships with other providers, you will see an expansion of suppliers at the Club Shop on the website.

SPONSORSHIP

The Club has various packages for sponsoring our activities, if you are interested in being a sponsor or know someone who could sponsor the Club, big or small please go to our **Partners** web page on the website.

NUTRITIONAL GUIDELINES FOR TRAINING

PRE-TRAINING

The purpose of a pre-training meal or snack is to make sure that you have enough energy for your training session. As the training session gets closer, meals should get smaller and more like snacks. Meals and snacks should be **carbohydrate rich**. Eat low Glycaemic Index (GI) foods that release energy slowly over a longer period of time. Make sure that you drink plenty of fluids to help you stay hydrated before your training session.

Examples include:

- Before morning training – toast (wholemeal); porridge (try adding banana and/or berries); cereals (e.g. muesli, All Bran) (N.B. Try to avoid cereals such as Coco Pops as energy is released very quickly)
- Before evening training – pasta (whole-wheat); rice (wholegrain); jacket potato and salad
- Snacks – low fat cereal bar; fruit juice; smoothie; fruit
- Drinks – water; squash; fruit juice; smoothie

DURING TRAINING

Snacks should be carbohydrate rich and low in fat. Eat high GI goods that release energy quickly to maintain energy stores. Make sure you drink plenty of fluids to avoid becoming dehydrated. It is important to replace the water lost by sweating during training.

Examples include:

- Foods – low fat cereal bars; fruit (banana, orange, raisins); dried fruit; healthy flapjacks (lots of oats, seeds, nuts); rice cakes
- Drinks – water; squash; fruit juice; smoothie

POST-TRAINING

The purpose of a recovery snack or drink is to replace the energy that has been used and the sweat that has been lost during the training session. The sooner you eat after training, the better your recovery will be. Ideally you should eat within 30 minutes after a training session, so keep food handy in your bag.

Meals and snacks should be carbohydrate rich with a little bit of protein. The protein will help you to recover faster as it is used to build and repair muscles. Eat high GI foods that release energy quickly to top up stores. Make sure that you drink plenty of fluids to replace the water lost by sweating during training.

Examples include:

- Foods – sandwiches (e.g. chicken salad, peanut butter, egg); bagel; yoghurt; fruit; dried fruit, nuts and seeds; low fat cereal bar
- Drinks – water; squash; fruit juice; smoothie