

Welcome to Simklubben Poseidon!

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

START HT 2025

Week 35-50 (not week 44) All groups starts at Högevallsbadet and Delphinenbadet.

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 adult 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.
- 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.

We recommend use of swimgoggles from the simskola 1-courses.

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.

Important! DO NOT exit through the emergency door in the women's changing room or the emergency door in the machinery park on the way out. This will set off the alarm.

INFORMATION REGARDING ENTRANCEBAND TO THE HÖGEVALLSBADET HT-25:

EVERYONE needs to deposit an entrance band at the reception at Högevall (SEK 130). However, if you continue with us from last semester and have kept your entrance bands, you can update your band at the reception before the start of this semester.

Come in good time to the first lesson, so you have time to deposit your entrance band before the lesson starts (there may be a queue). The entrance band is needed to be able to get in and out through the barrier in the bathroom and to the lockers in the changing rooms. The entrance lane 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.

When you return the band to the reception at the end of the semester you will get your deposit back.

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/50 meters** and **Tä = Tävlingsbassängen**). There are signs to follow at Högevallsbadet to make it easier to find the right pool.

BABYSIM/MINISIM 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. Trunks are 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 be able to see the child's awards and report absences etc or 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 FILM OF "BRAINSWIM" FOR PARENTS WITH CHILDREN IN SWIMMING SCHOOL

On our website there is an information film where we explain our method "BRAINSWIM" in detail. This is to increase understanding of our way of teaching in our swimming school. You can read more about "Brainswim" and watch the film here: [What is Brainswim](#)

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 receive extra fees that comes with a new booking. It is first in line that counts in this booking. 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 CANCELLED LESSONS:

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

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

We reserve the right to make any errors and changes during the semester, such as schedule changes, canceled groups, group distribution and prices. We are not able to offer extra swimming lessons if you cannot attend for various reasons or if we need to cancel for various reasons. We will also not compensate financially.

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

Those of you who will be doing Crawl 2, 3 will have land training once a week in connection with the swimming training and those of you who will be doing Medley will have land training at both training sessions. Please check the schedule on the website carefully to see which day and time applies to your group. You should wear a T-shirt and shorts. After the land training, you shower and change into swimwear. The groups are color-coded but have no significance for you swimmer.

OUR COACHES

We operate in a non-profit sports association and our coaches are often young people who do this in their free time. We ask that you treat them with respect and refer any comments to us who are responsible for the activities. You can reach us via kansliet@skposeidon.se

FOR THOSE OF YOU WHO HAVE BOOKED A DISABILITY GROUP

We do not conduct any rehabilitation or habilitation activities. Be aware that we are a sports club - our leaders are usually young and not professionally trained. Treat our leaders with respect. The children need to be able to receive instructions to a certain extent. If the child needs an assistant in the water - this is something that you are responsible for and arrange yourself. We also need to know about this.

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.

A warm welcome to the fall semester 2025!

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