

RULES SOUTH LONDON OPEN WATER SWIMMING CLUB

The Club was set up in 2009 as a sister club of the South London Swimming Club (SLSC) when SLSC disaffiliated from Swim England (then the Amateur Swimming Association, or ASA). The intention being for SLOW to remain affiliated to Swim England in order to maintain a link between the SLSC, the Lido, and Swim England, and to provide a means for those adult SLSC members who want to compete in Swim England events as club swimmers, to do so.

----- RULES ----- *(as agreed at the Annual General Meeting on 21 March 2021 and amended at the Annual General Meeting on 9 March 2025 and the Annual General Meeting on 28 March 2026)*

Definitions and interpretation:

In these rules the following words and phrases mean as follows:

AGM the Annual General Meeting of the members;

Club the South London Open Water Swimming Club (SLOW);

Committee the Committee of the Club as set up according to these rules;

General Meeting an SGM (Special General Meeting) or an AGM;

Lido Tooting Bec Lido;

Members the members of the Club as explained in Rule 3;

Membership all the members of the Club or a proportion of them;

the officers the officers of the Club (committee members) as elected by the membership as explained in Rule 3.1;

Chair the person who runs a meeting;

SGM Special General Meeting of the members;

Voting members those members whose membership fees are fully paid up by the date of any general meeting.

1.1 In these rules, unless otherwise stated:

- reference to a singular item includes a reference to the plural and vice versa.
- reference to any rule means reference to a rule contained in this document.
- reference to any gender implies reference to all genders.
- references to people include bodies corporate (a corporate body is like a company), unincorporated associations (i.e. a voluntary body or a sports club) and partnerships; and any reference to any party who is an individual also includes their legal representative (i.e. solicitor/lawyer)
- any reference to any decision, motion (a formal proposal) or resolution being approved, carried or ratified (agreed/made official) or set aside, reversed, or cancelled by a general meeting is presumed to comply with rules 9.4, 10.2 and 11.1 as the case may be.

1. Name

The name of the Club is the South London Open Water Swimming Club.

2. Objectives

2.1 The objectives of the Club are to maintain a link between the SLSC, the Lido, and Swim England, and to provide a means for those adult SLSC members who want to compete in Swim England events as club swimmers, to do so.

2.2.1 In pursuing these objectives, the Club shall treat everyone equally and with respect regardless of age, gender, racial or ethnic origin, disability, religious or philosophical belief or sexual orientation. It shall not apply nor endorse unlawful or unjustified discrimination, and shall act in compliance with the protections afforded by the Equality Act 2010.

2.2.2 The Club shall implement the Swim England Equality Policy (as may be amended from time to time).

2.3 The Club shall be affiliated to the London Region, and shall adopt and conform to the rules of the London Region, and to such other bodies as the Club may determine from time to time.

2.4. The business and affairs of the Club shall at all times be conducted in accordance with the Articles, Regulations and

Technical Rules of Swim England ("Swim England Regulations") and in particular

2.4.1 all competing members shall be eligible competitors as defined in Swim England Regulations.

2.4.2 the Club shall in accordance with Swim England Regulations adopt the current Swim England's Child Safeguarding Policy and Procedures ("Wavepower"); and shall recognise that the welfare of children is everyone's responsibility and that all children and young people have a right to have fun, be safe and be protected from harm.

2.4.3 members of the Club shall in accordance with Swim England Regulations comply with Wavepower.

2.5 By virtue of the affiliation of the Club to the London Region, the Club and all members of the Club acknowledge that they are subject to the regulations, rules and constitutions of:

2.5.1 Middlesex County association

2.5.2 London Region;

2.5.3 Swim England (to include the Code of Ethics);

2.5.4 Aquatics GB (in particular its Anti-Doping Rules and Judicial Code); and

2.5.5 LEN European Aquatics, the European governing body for the aquatic sports; and

2.5.6 World Aquatics, the World governing body for the aquatic sports.

2.6. In the event that there shall be any conflict between any rule or by-law of the Club and any of the Governing Body Rules then the relevant Governing Body Rule shall prevail.

3. Membership

3.1 The total membership of the Club shall not normally be limited to a certain number. If, however, the Committee considers that there is a good reason to impose a limit and restrict membership from time to time, then it shall have the authority to do so. Any such restriction must then be approved by the membership at the next general meeting. Should the membership

not approve such a restriction, or should the necessary procedures not be correctly followed at the General Meeting, then any such limit will not take effect.

3.2 All persons who assist in any way with the Club's activities shall become members of the Club and hence of Swim England and the relevant Swim England membership fee shall be paid. Assisting with the Club's activities shall include, but not be restricted to, administrators, associate members, voluntary instructors, teachers and coaches, Committee members, helpers, honorary members, life members, officers, patrons, presidents, technical and non-technical officials, temporary members, vice presidents and verifiers or tutors of Swim England's educational certificates.

3.3 Any individual who wishes to become a member of the Club must submit an application to the Membership Secretary accompanied by the membership fee and any other fee required, such as the Swim England fee.

3.4 The Membership Secretary has the discretion to accept or reject an application for membership. Should an application be rejected, reasons can be explained on request.

3.5 In the event of membership being refused, an appeal can be made to the Committee to reconsider the application at its next meeting. Any subsequent decision will be communicated as quickly as possible to the individual concerned and will be final.

3.6 In its consideration of applications for membership, the Club shall not act in a discriminatory manner and in particular, shall adhere to the Equality Act 2010 (as may be amended). Accordingly, the Club shall not refuse membership on the basis of a Protected Characteristic within the Equality Act 2010, neither may refusal be made on the grounds of political persuasion. The Club may refuse membership only for good and sufficient cause, such as conduct or character likely to bring the Club or the sport into disrepute, or, in the case of a swimmer, being unable to achieve the entry standards as laid down and provided by the Club to the applicant for membership.

4. Subscriptions and other fees

4.1.1 Annual members' fees are set by the Committee for different classes of membership. Any amendments to classes of membership shall be ratified by the membership at a general meeting. Should such amendments not be ratified at a meeting, then the classes of membership will revert to the classes in use (as approved by the membership) before any such meeting.

4.1.2 The categories of individual membership will be:

- adult
- life
- honorary (non-voting).

4.2 The full annual membership fee shall be due on joining the Club irrespective of the date of joining, and on the next and subsequent 1st day of April each year.

4.3 In line with Rule 5.2 or Rule 6, any member who fails to pay the relevant subscription, or other fee due, by 1 May in any year, may be suspended by the Committee from participating in some, or all, Club activities until such payment is made. The Committee's decision in respect of such suspension is final.

4.4 The Committee shall have the power to set event fees, training session fees or other fees as thought necessary, in line with the objectives of the Club, and according to the classes set out in

Rule 4.1.1. This shall include the power to make any increase in the subscription that may, where the Club pays the individual Swim England membership fees to Swim England on behalf of members, be needed because of an increase in individual Swim England membership fees. Members will be advised in writing of any increase in fees or subscriptions and the reasons for any increase will be reported to them at the next general meeting.

4.5 The Committee shall have the power in special circumstances to remit the whole or part of the fees, including the Swim England membership fees, to address issues of social inclusion.

5. Resignation

5.1 Any member wishing to resign from the Club must confirm this to the Membership Secretary in writing. A member's resignation shall only take effect once Rule 5.1 has been complied with, and no refund of fees – Swim England fee or Club membership fee – will be due.

5.2 A member whose subscription is more than one month in arrears shall be deemed to have resigned.

5.3 The Swim England Membership Department shall be informed should a member resign when still owing money or goods to the Club.

6. Expulsion and other disciplinary action

6.1 The Committee shall have the power to expel, suspend or discipline a member when, in the Committee's opinion, it would be detrimental to the Club for them to remain a member, or when suspension or disciplinary action is required. The Committee, in exercising this power, shall comply with Rules 6.2 & 6.3 below.

6.2. The Club shall comply with the relevant Judicial Regulations for handling Internal Club Disputes Procedures ("the Procedures") as the same may be revised from time to time. (A copy of the Procedures may be obtained from the Swim England website, Swim England Handbook or from the Office of Judicial Administration).

6.3 For a member to be expelled, suspended or excluded (other than temporarily), a two-thirds majority vote of the Committee, in favour of such action, will be required.

6.4 The Committee, or any person delegated with such power, may temporarily suspend or exclude a member from training sessions and/or other club activities, if they believe such action is in the interests of the Club. Where such action is taken the incident or matter will thereafter be dealt with in accordance with the appropriate Judicial Regulations.

6.5. The Committee's decision in respect of any suspension, exclusion, expulsion or disciplinary action shall be final.

7. Committee

7.1 The Committee shall consist of:

7.1.1 the President, Vice President, Secretary, and Treasurer, (together "the executive officers")

7.1.2 the Membership Secretary and Club Captain (together the "office holders");

7.1.3 Six or more additional elected people, all of whom must be members, to total a maximum of 13 members.

7.2 Subject to compliance with rule 9.3, the Committee members shall be proposed, seconded and elected by ballot of the membership at the AGM. Election to the Committee shall be for three years.

7.3 Committee members must be adult or life members, although the Committee may on occasion allow other members to attend committee meetings, as observers without the power to vote.

7.4 Committee members may not hold more than one executive officer post

7.5 The maximum consecutive period for which any person may serve as an executive officer is three terms, regardless of whether their service has been in one or more roles. A person who has served for three consecutive terms may be reappointed after a gap of at least three years.

7.6 If an executive officer stands down at an AGM because they have served the maximum of three consecutive terms, and no one stands as a candidate to replace them, the members attending the AGM shall be asked to agree that the incumbent may continue in their post for an additional year. If there are still no candidates for the post by the time of the AGM at the end of this additional year, the incumbent shall stand down and the Committee shall appoint one of their number to take on the vacant role.

7.7 In addition to the elected members of the Committee, the Committee may, by simple majority vote of those present at the relevant Committee meeting, co-opt up to three further members who shall serve until the next AGM (for example, an architect working on a Lido building project). These additional, co-opted members shall not be entitled to vote and shall not be counted in establishing whether a quorum is present.

7.8 Any vacancy, occurring by resignation or otherwise, may be filled by the Committee at any time prior to the AGM. Any member so chosen shall not be entitled to vote and shall retire at the next AGM, although they will be eligible for election at that meeting, subject to compliance with Rule 9.3.

7.9 The Committee shall appoint from amongst its members, the Race Handicapper(s), Trophy Custodian, Social Secretary, Press Officer, Club Archivist or any other role where necessary.

7.9.1 The Committee shall appoint a member of the Club as Welfare Officer. This person must be at least 18 years of age, cannot be a Committee member, and should have a fitting background for such a position. They will be required to undertake appropriate training in accordance with Swim England's child safeguarding courses. The Welfare Officer will have a right to attend Committee meetings but will not have the power to vote. The Welfare Officer shall not be related to or in a relationship with any of the Executive Officers of the Club or the Club's coaches or teachers.

7.10 Committee meetings shall be held not less frequently than quarterly. The quorum of meetings shall be a simple majority of current committee members (excluding co-opted members) but no fewer than four committee members, to include at least two executive officers, or one executive officer and one office holder.

7.11 The Committee may elect from among their number a deputy Chair.

7.12 Any committee meeting will generally be chaired by the President or, in their absence, the deputy Chair, or such person as agreed by a simple majority of those entitled to vote.

7.13 The President and the Secretary shall call meetings of the Committee, except where a committee meeting has not been convened within the last three consecutive months. In that case, any member of the Committee may request that the Secretary convenes a meeting.

7.14 The Secretary shall give all the members of the Committee no fewer than two days' notice (written or spoken) of a meeting. Decisions of the Committee shall be made by a simple majority of those members present and entitled to vote. In the event of equality of votes, the Chair shall have the casting or additional vote.

7.15 If a quorum (the minimum number of people required for a meeting to be legitimate) is not reached within thirty minutes of the published start time of a committee meeting, the meeting shall be adjourned to a later date and time, decided by the Chair. If a quorum is not reached at the subsequent meeting, then those committee members present may call an SGM, without complying with the conditions of Rule 10.2.

7.16 The Secretary, or other appointed committee members, shall take minutes of meetings. Minutes will be distributed to all committee members before, or at the next, committee meeting, and shall also be available for inspection by any member who makes a written request to the Secretary or President. The minutes will be made available within 14 days of the request.

7.17 The Committee may, from time to time, create such sub-committees as it considers necessary, from among the members of the Committee or other members, conferring upon such sub-committees appropriate powers as it sees fit. Sub-committees shall not have the authority to call general meetings or to conclude contracts on behalf of the Club or to commit the funds of the Club without the express authorisation of the Committee.

7.18 All executive officers, office holders or other members of the Committee or sub-committees and their members shall report their activities to the Committee when requested to do so, and shall conduct their business in accordance with the directions of the Committee.

7.19 The Committee shall be responsible for the management of the Club and shall have the sole right of appointing and determining the terms and conditions of service of employees or contractors of the Club.

7.20 The Committee shall have power to enter into contracts for the purposes of the Club on behalf of all the members.

7.21 The Committee shall be responsible for ensuring that the accounts of the Club for each financial year be examined by two independent examiners, to be appointed by the members in the AGM.

7.22 Subject to Rule 13, the Committee shall also have power to introduce new rules and to settle disputed points not otherwise provided for in these rules.

7.23 The members of the Committee shall be indemnified by the Members against all liabilities properly incurred by them in the management of the affairs of the Club.

7.24 The Committee shall maintain an Accident Book in which all accidents to Club members at swimming related activities shall be recorded. Details of such accidents shall be reported to the insurers in accordance with the Accident/Incident Notification guidelines. The Club shall make an annual return to the Swim England Membership Department indicating whether or not an entry has been made in the prescribed online form.

7.25 Any person nominated for a place on the Committee must also be nominated for the equivalent position on the Committee of any South London Swimming Club.

8. Officers and honorary members

8.1 The Committee may elect any person as an honorary member of the Club for such period as it thinks fit. Such a member shall be entitled to all the privileges of membership except that they shall not be entitled to vote at meetings, nor serve as officers or on the Committee unless they are also a member of the Club. Such honorary members must be included in the Club's annual return as to Swim England membership.

8.2 An honorary member will not be required to pay the membership fee but shall not be exempt from paying for their annual Lido, or other, pass or season-ticket, or any individual Swim England membership fee, unless expressly agreed by the Committee.

9. Annual General Meeting

9.1 The AGM of the Club shall be held in March each year, except where extraneous events, outside the control of the Club, shall prevent this. The Committee shall decide the date of the AGM.

9.2 The purpose of the AGM is:

9.2.1 – to receive the President's report of the activities of the Club during the previous year

9.2.2 – to receive and consider the accounts of the Club for the previous year together with the independent examiners' report on the accounts and the Treasurer's report on the current financial position of the Club

9.2.3 – to elect, remove or keep the independent examiners (who may not be members of the Committee nor family members of a member of the Committee)

9.2.4 – to elect the executive officers and other members of the Committee in accordance with Rules 7.1 and 7.2

9.2.5 – to decide on any resolution or proposal for rule change which has been duly submitted in accordance with Rule 9.3

9.2.6 – to ratify any actions of the Committee in the period since the last AGM, according to these rules

9.2.7 – There will be no other business taken at the AGM.

9.3 Any member wishing to put a resolution or proposed rule change before the AGM must put this in writing (letter or email) so that the Secretary receives it no later than 28 February (or 30 days before the AGM, whichever is earlier). Nominations for election of members to any office or for membership of the Committee shall be made in writing by the proposer and the seconder to the Secretary, together with written confirmation by the nominated person of their willingness to stand for election, no later than 28 February (or 30 days before the AGM, whichever is earlier).

10. Special General Meeting

10.1 Subject to compliance with the provisions of Rule 11.1, the Committee may call an SGM at any time.

10.2 Any member may request an SGM by submitting a request in writing, signed by no fewer than seven members entitled to attend and vote at a General Meeting, or one tenth of such members, whichever is the greater. The written request shall state the purpose (motion) for which the meeting is required, and the resolutions or rule changes proposed.

10.3 Where a meeting has been requested according to Rule 10.2, the Secretary shall comply with Rule 11.1 within 28 days of receipt of such a request.

10.4 Where a member has requested an SGM according to Rule 10.2, but then exercises their right to withdraw their proposed motion after the notification referred to in Rule 11.1 has been sent out, they will be liable for postage, printing and stationery costs incurred, unless the motion withdrawal was at the request of the Committee.

11. Procedure for General Meetings

11.1 The Secretary shall give all members at least 14 days' written notice of a General Meeting, either by email, or by post to the address on file, to include the following:

11.1.1 the date, time and place of the General Meeting

11.1.2 the agenda for such meeting, including: (a) details of any motions or proposals for rule changes and a statement of the rules and procedures for general meetings. (b) In the case of a general meeting requested according to Rule 10.2, details of such request made, the proposed resolutions and the identity of those making the request; and (c) In the case of an AGM (and an SGM if relevant), a copy of the examined accounts and a list of any nominations for the Committee. The notice of meeting shall in addition be displayed on the Club noticeboard, where one exists.

11.2 The quorum for general meetings shall be one-tenth of members entitled to attend and vote at the General Meeting, or 50 such members, whichever is the fewer.

11.3 The President, or in their absence, a member of the Committee selected by the majority of the members of the Committee present, shall chair the General Meeting.

11.4 Voting members are entitled to be heard and to vote on all matters.

11.5 Motions put for consideration (except proposals for rule changes) shall be passed by the majority of those members present and entitled to vote. The Chair of the General Meeting shall have a casting vote.

11.6 The Secretary or, in their absence, a member of the Committee, shall take a register of the members attending the General Meeting together with the minutes of the meeting.

11.7 The Chair shall, at all general meetings, have the ultimate decision on every question of order and shall be, for the purpose of such meeting, the sole interpreter of the rules of the Club. The Chair's decision in this respect shall be final.

11.8 Where a motion or resolution has been proposed prior to a general meeting but the proposer no longer wishes to pursue the motion, that motion may be withdrawn. The Chair may, at their discretion, continue to place the motion or resolution before the meeting.

11.9 Where a motion or resolution has been proposed prior to a general meeting but the proposer wishes to amend that motion, the Chair of that meeting may, at their discretion, allow the amendment, provided that the proposer has confirmed this in writing.

12. Alteration of the rules and other resolutions

The rules may be altered by resolution at any general meeting, complying in all respects with clause 11 above, provided that the resolution is carried by a majority of at least two-thirds of voting members present. No amendment(s) to the Rules shall become effective until such amendment(s) shall have been submitted to and validated by such person as is authorised to do so by the London Region.

13. By-laws

The Committee shall have the right to make, repeal (reverse) and amend such by-laws as they may from time to time consider necessary for the benefit of the Club. Any such changes shall have effect until altered by the Committee or at a general meeting.

14. Finance

14.1 All monies payable to the Club shall: a) be received by the Treasurer or Membership Secretary and deposited in a bank account in the name of the Club. The Committee may decide on an upper limit for withdrawal of funds by the Membership Secretary or Treasurer, by cheque, debit card or other means. Such a financial limit may be altered by the Committee from time to time. Sums above any such financial limit may only be withdrawn from the bank account by cheque or other bank document, signed by two authorised signatories. At least two of the authorised signatories of the Club must be the Treasurer and Membership Secretary. Any other authorised signatories must be members of the Committee, which will have confirmed its agreement to their status as signatories. b) if not required for immediate use, be invested in a cash deposit account or other similar account as decided by the Committee.

14.2 The income and assets of the Club shall be used only to achieve the objectives of the Club, and no part thereof shall be paid by way of bonus, dividend or profit to any members, except as indicated in Rule 14.3.

14.3 The Committee must authorise, in advance, the payment of remuneration to any officer, member or employee of the Club and to any other person or organisation that provides a service to the Club.

14.4 The Committee must authorise the payment of expenses to any officer, member or employee of the Club and to any other person or organisation for services rendered to the Club.

14.5 The financial transactions of the Club shall be recorded by the Treasurer as considered appropriate by the Committee.

14.6 The financial year of the Club runs from 1 October to 30 September. Any change to the financial year shall require the majority approval of club members present at a general meeting.

14.7 The Committee shall retain, for a minimum period of six years, all financial records relating to the Club and copies of minutes of all meetings.

15. Borrowing

15.1 The Committee may borrow money, on behalf of the Club, up to any pre-established limits for the general upkeep of the Club, the Club's assets, or the Lido. Additionally, with the prior approval of a General Meeting, the Committee may borrow money for any other expenditure, i.e. for additions or improvements.

15.2 When so borrowing, the Committee shall have discretion to raise the money and secure its repayment as it sees fit, including by mortgage of, or charge upon, or by the issues of debentures (a type of long-term loan) charged upon, all or any part of the assets of the Club.

15.3 The Committee shall have no power to make any member of the Club individually responsible for the repayment of any sums borrowed.

16. Assets

16.1 The assets of the Club, other than cash at the bank, shall be under the control of the Committee, which shall handle them in the best interests of the Club, as reasonably determined by the Committee.

17. Dissolution

17.1 A resolution to dissolve the Club can only be proposed at a General Meeting subject to compliance with Rules 9.3 or 10.2 and 11.1 and must specify (a) a date for such dissolution and (b) how any surplus funds should be dealt with, according to Rule 17.4. Any resolution to dissolve the Club must be carried by a majority of at least three-quarters of the voting members present.

17.2 The resolution specifying the recipient of surplus funds may be carried by simple majority of those voting members present at the General Meeting.

17.3 The dissolution shall take effect from the date specified in the resolution, and the members of the Committee shall be responsible for the winding-up of the assets and liabilities of the Club.

17.4 In the event of the dissolution of the Club, any assets remaining after the satisfaction of all debts and liabilities shall not be paid to, or distributed among, the members. Instead, they shall be given or transferred to one or more of the following approved sporting or charitable bodies:

- A registered charitable organisation involved in the promotion of community sport, preferably swimming.
- Another club which is a Community Amateur Sports Club (CASC)
- Swim England, or their successor, for use by them in connection with community sports.

18. Acknowledgement

The members acknowledge that these rules constitute a legally binding contract to regulate the relationship of the members with each other, and with the Club. The following statement should appear on Club membership forms and should be signed by the member. 'I acknowledge receipt of the rules of the South London Open Water Swimming Club and confirm my understanding and acceptance that such rules (as amended from time to time) shall govern my membership of the Club. I further acknowledge and accept the responsibilities of membership as set out in these rules.'