

# *Morningside Flyers Amateur Swim Club*

## *Handbook Season 2023-24*



[information@morningsideflyers.org.au](mailto:information@morningsideflyers.org.au)

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# Welcome to the Morningside Flyers 2023-24 Season

Morningside Flyers Swim Club is a friendly and supportive club that caters for beginners through to advanced juniors.

Club nights are held on Tuesday nights from 5:45pm (during Terms 1 and 4) and include races for children of all ages and abilities – no racing experience required!

Our club is a fantastic introduction to the world of racing for children as they have fun and make friends along the way.

On club nights the children compete in a carnival like atmosphere. As a club we celebrate self-improvement of each swimmer rather than the place getting.

Morningside Flyers is a *community* club run by and for its members. We are a sub-committee of the Morningside State School P&C Association. Volunteers are imperative for our club to operate and in fact exist. Our club will only be as strong as its volunteer base.

So that *everyone* gets to enjoy the season and share the highs and lows with their children's achievements, we call on each of our families and carers to volunteer on a rostered basis throughout the season. Whether it is time keeping, flipping a burger or spending some time in the canteen, your services will be called on to help the club function.

Each season we participate as a club in several carnivals. It enables our swimmers to compare their talents and development against other swimmers and also engages a strong club and community spirit.

We look forward to welcoming you and your swimmers to the Flyers family!

Warm Regards,

The Flyers Committee 2023 - 2024



# A Bit About Us

## Club History

Back in 1958, the Morningside State School P&C Committee had a dream - to build a pool for the school! A Swimming Pool sub-committee was formed to spearhead this project and on the 27<sup>th</sup> March 1963 the Morningside State School Pool was officially opened.

In the years to following the Morningside State School Amateur Swimming club was created, now affectionately known as the Morningside Flyers. It is still run as a sub-committee of the school's P&C association.

Our facility has a six lane, 25m heated outdoor pool, changeroom and shower facilities, a large covered grandstand and canteen facilities.

Our members are not just families from the school community, we welcome families from other schools and our surrounding community.

## Morningside Flyers Committee

The club has an enthusiastic committee for the 2023-24 season. Please feel free to speak to any of the committee members if you have questions or suggestions regarding our club. Committee meetings are held roughly every four weeks during the season. We welcome any new Committee members during the season. Our positions range from General Members who may wish to help with the running of club nights or carnivals, through to the Executive Committee members.

<b>Chairperson</b>	Matthew Hindley	
<b>Secretary</b>	Jodie West	
<b>Treasurer</b>	Isobel Ward	
<b>Nominations &amp; Rosters Coordinator</b>	David O'Neill	
<b>Canteen Convenors</b>	Alice Logan-Edwards	Kristy Lloyd-Jones
<b>Trophy &amp; Medals Coordinator</b>	Clare Audet	
<b>Seniors Coordinators</b>	Eve Thompson	Colin Thompson
<b>Merchandise Coordinator</b>	Belinda Hayter	
<b>Fundraising &amp; Raffles Coordinators</b>	Sue Prabhakar	Leslie Westray
<b>Photography</b>	Leslie Westray	
<b>General Members</b>	Lee Ann O'Neill	Alicia Drake

# Sign On Info

## Swimming Club Fees

Club nights are on Tuesday nights during Term 4 and Term 1, typically from Week 2 to Week 9. Club nights run from 5:45pm until about 7:30pm. Our 12.5m swimmers will typically be finished by 6:20pm. The swim club does not operate during the Christmas holidays.

### **Swim club registration per family** (all swimmers, excluding Noodlers):

- 1<sup>st</sup> family member - \$140
- 2<sup>nd</sup> family member - \$110
- 3<sup>rd</sup> family member - \$80
- 4<sup>th</sup> and subsequent family member – No cost
- \$100 membership for swimmers joining in Term 1 2023

### **Noodlers**

- With older sibling who is a 12.5m or competitive swimmer - \$30
- No older sibling who is a 12.5m or competitive swimmer - \$45

## Registration

All registrations are done online via the **Active Swim Portal** (see our website for the link). For further questions regarding registration please email: [information@morningsideflyers.org.au](mailto:information@morningsideflyers.org.au)

We use **Team App** as our main mode of communication to club members.

- Download from your App Store
- Search for Morningside Flyers
- Request to join—please state the name of your joining members so we know we are granting permission to a club member
- One of your committee members will approve your request

We use **Swim Club Connect Meet Manager** for you to nominate your swimmers into events each week and you'll see their time recorded in real time. It's also used for timekeeping for every race.

- Download from your App Store (there's currently a \$2.99 per month or \$10.49 annual fee)
- Nominate the events for your swimmer
- See your swimmers' events, heat and lane assignments
- Get real time race results and times
- Keep track of personal best results

**Morningside Flyers Website:** <https://www.morningsideflyers.org.au/>

**Morningside Flyers Facebook:** <https://www.facebook.com/mssasc>

# Season 2023 - 2024 Club Night Calendar

Date			100m Event	Stroke 1 25m, 50m	Stroke 2 25m, 50m	Stroke 3 25m, 50m	Stroke 4 25m, 50m
<b>Term 4</b>							
<b>October 10th</b>	Noodlers	12.5m Races Free, Back, Breast, Fly	IM	Free	Back	Breast	Fly
<b>October 17th</b>			Free	Back	Breast	Fly	Free
<b>October 24th</b>			Back	Breast	Fly	Free	Back
<b>October 31st</b>			IM	Fly	Free	Back	Breast
<b>November 7th</b>			Breast	Free	Back	Breast	Fly
<b>November 14th</b>			IM	Back	Breast	Fly	Free
<b>November 21st</b>			Free	Breast	Fly	Free	Back
<b>November 28th</b>			Back	Fly	Free	Back	Breast
<b>Term 1</b>							
<b>January 30th</b>	Noodlers	12.5m Races Free, Back, Breast, Fly	IM	Free	Back	Breast	Fly
<b>February 6th</b>			Breast	Back	Breast	Fly	Free
<b>February 13th</b>			IM	Breast	Fly	Free	Back
<b>February 20th</b>			Free	Fly	Free	Back	Breast
<b>February 27th</b>			Back	Free	Back	Breast	Fly
<b>March 5th</b>			IM	Back	Breast	Fly	Free
<b>March 12th</b>			IM	Free*	Back*	Breast*	Fly

\*Club Championship Preparation Night – includes 100m distance in Free, Back and Breast

Club Sign-On Night – Tuesday 12<sup>th</sup> September 2023

Southside Carnival – Sunday 12<sup>th</sup> November 2023

Club Championships – Sunday 17<sup>th</sup> March 2024

Club SGM & Awards Event – Sunday 24<sup>th</sup> March 2024

# Merchandise

A free club swimming cap is included with every membership. Due to pool regulations, we have a strict '**No Cap, No Swim**' policy.

For all other members, **the club has substantially subsidised the Flyers swimwear** to encourage the purchase of our wonderfully designed and great quality products.

Flyers' swimming caps are on sale every club night for \$15

Old stock Flyers' t-shirts are available for \$10 until sold out

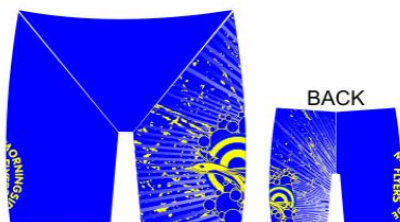
Goggles are available for \$10

*NOTE: Due to the nature of ordering, availability of sizes will be subject to change during the season or may require a wait time once ordered.*

## Club Merchandise



**\$40 (RRP \$65)**



**\$35 (RRP \$60)**



**\$65 (RRP \$90)**



**\$20 (at cost)**

*Prices and styles are subject to change*

# Club Night Information

## Nominations

***Ahead of every Club Night or Carnival, parents or carers must nominate swimmers into the events they wish to participate in. For Club Nights, this must be done every week.***

The events for each Club Night will be visible from the **Swim Club Connect** app on your phone. You must nominate your swimmer for every race they will take part in. This is a very straightforward process, completed in the **Swim Club Connect** app. Nominations will be open until the start of the next Club Night at **5:45pm** on Tuesday.

Our younger swimmers should nominate for and compete in 12.m races initially. They can progress to 25m either once they have met the qualifying time or when they are confident to swim 25m without assistance.

Older or more capable swimmers should nominate for 25m events until they have met the qualifying times to progress to the longer distances.

***Graduating times are outlined on a subsequent page***

## Club Night Schedule

5.45pm	Club Night begins
	Noodle Races (Senior swimmers to offer assistance and encouragement)
	12.5m Events (Senior swimmers to offer assistance and encouragement)
	100m Event
	25m and 50m
~7:30pm	Finish time, free swim and pack up

The full schedule for each Club Night is available in the Swim Club Connect app. Event times and results will also appear here once each heat is complete.

## Competitive Swimming Members (25m & Over)

Events will be held for all four strokes, over distances of 25m and 50m every Club Night. Additionally, a single 100m event will be held. There is a rotation of all strokes during the season.

Returning members will be able to nominate for races in the basis of their personal best times from the previous season. New members should swim 12.5m or 25m races – whichever they are comfortable with – on their first night to establish a personal best time which can be used for future nominations.

Swimmers may compete in a maximum of one 12.5m, 25m or 50m event for each stroke. They may additionally compete in the 100m races if eligible.



## Noodlers & 12.5m Races

The noodle races and 12.5m events are held at the beginning of the club night before the longer events. Noodle races are for swimmers still needing a flotation device (kicking whilst holding onto a pool noodle). The 12.5m races are for swimmers able to complete 12.5m aided or unaided, but are not able to swim 25m in a particular stroke. Each lane will have a senior swimmer within arm's reach, able to offer assistance if required. Points are not awarded for either of these races.

## Storms & Bad Weather

The safety of your children, attendees and our volunteers is paramount, but as a general rule we do not cancel the event simply because it is raining. If the rain is accompanied by strong or severe winds or lightning is present, then we will evaluate and we will always make a timely call and attempt to contact you by email.

If the weather hits in the course of an event, we will manage it as necessary – but always conservatively. Two processes will manage the situation if lightning is present, in the following order:

1. Flyers volunteers will utilise the “My Lightning Tracker App”, which accurately tracks lightning strikes. If any strikes occur within a 10km radius of the pool, the pool will be evacuated, and the event will not commence until 30 minutes have elapsed since the last strike within the 10km radius.
2. If the App is not available, then we will use the “30-30 Rule”. The “30-30 Rule” is an effective rule of thumb for pool safety: evacuate the pool if the flash-to-bang count is under 30, do not return until 30 minutes have elapsed since the last thunder or lightning.

On both occasions, we will require everyone to clear the pool deck and not stand under an open sky. During a Club Night if a strike occurs on or after 7:00pm the event will be cancelled.

In the event of rain, the swim night will still proceed as normal. However, if the weather is deemed unsafe for the swimmers, the Club night will be cancelled and a notification will be sent out via Team App. Our Facebook page will also be updated with any information. If the decision by the Committee is that the night will proceed, the Committee reserves the right to cancel the night at any time thereafter if weather is an issue.

# Graduating Times & Season Points

All 12.5, 25 and 50 metre swimmers are encouraged to attempt swims of a greater distance.

Once a swimmer has swum inside the set time limit for that stroke and distance, the swimmer automatically graduates to the next greater distance in that stroke.

Graduating swimmers will have their names and graduation times published in the weekly newsletter. They will be able to nominate for the longer distance in the Swim Club Connect app.

Swimmers who have graduated in a particular stroke are encouraged to attempt the longer distance but may continue to swim the shorter distance until they feel ready.

At the discretion of the Committee, a swimmer may be upgraded or a new member may be granted automatic qualification.

## Graduating Times

<b>Stroke</b>	<b>12.5m</b>	<b>25m</b>	<b>50m</b>
Freestyle	20.0 seconds	25.0 seconds	42.0 seconds
Backstroke	20.0 seconds	29.0 seconds	46.0 seconds
Breaststroke	20.0 seconds	30.0 seconds	50.0 seconds
Butterfly`	20.0 seconds	27.0 seconds	45.0 seconds

### **Individual Medley (IM) Events:**

To be eligible to compete in the 100m IM, a swimmer must have graduated to 50m in any two of the four strokes.

## Season Points

Points will be awarded for every club night swim (excluding noodle races and 12.5m events) correctly completed on the following basis:

<b>TIME COMPARED TO PERSONAL BEST TIME</b>	<b>POINTS</b>
More than 2.5 seconds slower	1
Between 1.6 and 2.5 seconds slower	2
Less than 1.6 and up to 0.6 seconds slower	3
Less than 0.6 seconds faster or slower	4
From 0.6 to less than 1.6 seconds faster	5
Between 1.5 and 2.5 seconds faster	6
More than 2.5 seconds faster	7
Disqualification	0

Points accrued on club nights are counted for end of season trophies and awards.

*NOTE: A swimmer's Personal Best time is the fastest they have swum that event on a club night in the current season.*

# Club Pool Rules

1. No member under the age of 14 shall be admitted to the Club nights unless they are accompanied by a parent or guardian. (If a sibling is the guardian, that sibling must be over the age of 14).
2. Pool decks can be slippery. WALK, DON'T RUN! Children are expected to keep off the pool deck on club nights **and remain** in the stands so that officials and swimmers may move safely.
3. Officials have the power to remove any person from the pool for offensive behaviour in any form.
4. Swimmers will be required to stay on the grandstand side of the pool unless they have been called to marshalling or are waiting for their race.
5. Diving is only allowed from the deep end dive blocks or beside them. The shallow end is only 0.9m.
6. Swimmers with open wounds or contagious skin conditions are not to enter the pool. This is a government health regulation, which cannot be waived.
7. There must be silence during the start of every race (when the beep is sounded). Swimmers in the pool must remain silent, and motionless against the end wall of the pool until the next swimmer diving over them has entered the water.
8. Competitors must remain in the water, in the lane in which they have swum until ordered from the water by the Referee.
9. Swimmers are not to sit or lie on the lane ropes or the pool cover roller.
10. The pool complex is a smoke-free zone. Smoking is not permitted within the grounds of any Queensland school or public sporting facility.
11. No glass bottles or containers are to be brought into the pool complex.
- 12. Swim caps must be worn at all times in the pool.**
13. Keep the pool area including grandstands, toilets and marshalling areas clean and tidy at all times.
14. For safety, no children under the age of 12 years are permitted inside the canteen or BBQ area.
15. Swimming rule tolerances will apply at the discretion of the Referee. Rule tolerances are generally applied at club nights and carnivals for swimmers aged 9 years and under.
16. Swimmers may be disqualified, and not awarded points for:
  - Failing to swim in accordance with the QSA rules for Freestyle, Backstroke, Breaststroke, Butterfly or Individual Medley;
  - Deliberate breaking on the start of any 50m or longer event or deliberate breaking on the start of any 25m event after one false start has been registered;
  - Failing to touch and turn correctly at the end of each lap in accordance with QSA rules;
  - Failure to report for any event in which they nominate or are selected, or delaying the start;
  - Pulling oneself along the lane rope or side of the pool;
  - Obvious or blatant lack of effort or inconsistent performance;
  - Disobeying official instruction or offensive language of any type; or
  - Interfering with other competitors
17. Members must at all times obey the instruction of any committee member/official/marshal. Wilful or persistent disobedience of any official's instructions or misconduct liable to bring discredit to the Club will result in the suspension of that member by the Senior Official present on that night.
18. A suspended member may be summoned before the Committee to show due cause why their membership should not be terminated.

# Swimming Rules

Although Morningside Flyers is not associated with Swimming Queensland (SQ), we do abide by the swimming rules and techniques outlined in the [Swimming Queensland Handbook](#).

A registered SQ Referee is present at both Southside Carnival and our Club Championships to preside over the correct swimming and racing technique of our swimmers. The Referee has authority to disqualify swimmers for incorrect racing technique. More lenience is shown to our swimmers aged 9 and under.

Below is a very general and basic checklist. Please refer to the Swimming Queensland Handbook for further information.

Our committee will make all best efforts to remind our swimmers during the season of the expected techniques, however, we are not swimming instructors and swimming technique is taught at a swimming school. The Morningside Flyers Committee do not take any responsibility for disqualifications determined by the SQ Referee.

These are some of the things a SQ Referee is looking for which may warrant disqualification at a carnival:

<b>Start</b>	Started before the starting signal Wasn't still for the start
<b>Freestyle</b>	Pulled on the lane ropes Swam underwater during the race
<b>Backstroke</b>	Turned over off their back before the finish of the race Pulled on the lane ropes Performed illegal turn
<b>Breaststroke</b>	Didn't surface in time after the start Swam with an alternating type of kick Swam with a dolphin kick Hands went back past the hips during the race Swam underwater during the race Moved off the breast during the race Touched at the turn/finish with one hand
<b>Butterfly</b>	Moved off the breast during the race Non synchronous movement of the arms Swam with an alternating type of kick Swam with a breaststroke kick Didn't bring arms forward at the same time Didn't bring arms forward over the water Touched at the turn/finish with one hand
<b>Other</b>	Didn't finish in the same lane as they started Didn't swim the entire race distance Didn't touch the wall at the turn Swam past the 15m mark underwater



# Senior Swimmers & Club Captains

The Senior Swimmers Program empowers swimmers in Grades 5 & 6 to provide leadership and mentoring to younger swimmers on Club nights and at Carnivals and assist with the running of club nights. The Senior Swimmers Program is a wonderful opportunity for our older members to support Morningside Flyers swim club.

Our Senior Swimmers are an important part of club night and regular duties include:

- Assist in the water with noodlers and junior 12.5m races
- Assist swimmers at marshalling (e.g. ensure swimmers have goggles and caps, don't miss their race, are in the right lane, know what stroke is to be swum)
- Assist with setting up and packing down around the pool deck when needed
- Provide encouragement and celebrate the achievements of younger swimmers
- Act as a role model for younger swimmers, showing good sportsmanship and commitment to the Club

Senior Swimmers must participate in at least six club nights during the season, to ensure the club nights run smoothly. A certificate of participation will be provided at the end of the season.

In order to ensure that all Senior Swimmers are able to contribute in a leadership role this season, all senior swimmers will rotate through a Captain role on a weekly basis to help with the running of the club night and present weekly awards. The Senior Swimmers group will select Captains for the carnivals from amongst their group.

A roster will be established and published weekly, showing who is required where and who the Club Captain is that week.

All Senior Swimmers will receive a free yellow Seniors swim cap – please collect yours from the Merchandise stand at Club Nights.

# Club Championships

Club Championships are our end-of-season carnival and celebration. Events will be held in the following age groups and with separate events for boys and girls

6 years & under	25m in all four strokes
7 years	25m in all four strokes
8 years	25m in all four strokes
9 years	50m in freestyle, 25m in other strokes
10 years	50m in all four strokes
11 years	50m in all four strokes
12 years & over	50m in all four strokes

*Note: Distance swum is determined by age, irrespective of the distance normally swum on a club night.*

Additionally, 100m Freestyle, Breaststroke, Backstroke and Individual Medley events will be held with age groupings to be determined, though still separate events for boys and girls. The 100m events require the usual graduation times (please see 'Graduating Times & Season Points' page) to be met in order to qualify.

A swimmer's age for championship events will be that swimmer's age on December 31<sup>st</sup> in the year Club Championships is being held.

To be eligible to compete in any event in the Club Championships, a swimmer must have swum and recorded a time in the event at at least one Club Night during the season.

Medals are awarded on the day to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed swimmers in each event. Points are awarded for 25m and 50m swims on the following basis, which will count towards the 'Age Champions' awards:

- 1<sup>st</sup> – 40 Points
- 2<sup>nd</sup> – 34 Points
- 3<sup>rd</sup> – 29 Points
- 4<sup>th</sup> – 25 Points
- 5<sup>th</sup> – 22 Points
- 6<sup>th</sup> – 19 Points
- 7<sup>th</sup> – 16 Points
- 8<sup>th</sup> – 14 Points
- 9<sup>th</sup> – 12 Points
- 10<sup>th</sup> – 10 Points
- 11<sup>th</sup> – 8 Points
- 12<sup>th</sup> - 6 Points
- 13<sup>th</sup> – 4 Points
- 14<sup>th</sup> – 3 Points
- 15<sup>th</sup> – 2 Points
- 16<sup>th</sup> & Onwards – 1 Point

A Swimming Queensland Referee oversees the racing of swimmers. Placings will be awarded on times, though adjustments may be made at the discretion of the Referee, whose decision is final.

# Season Trophies & Awards

After Club Championships, the club will hold its end of season Awards Event. All club members will receive their participation trophy for the season and the following perpetual trophies, awards and certificates will be presented.

## Age Champions

Age Champion trophies are awarded on the basis of the total number of points awarded across the 25m and 50m events for all four strokes swum at Club Championships.

- 6 and under Girls
- 6 and under Boys
- 7 years Girls
- 7 years Boys
- 8 years Girls
- 8 years Boys
- 9 years Girls
- 9 years Boys
- 10 years Girls
- 10 years Boys
- 11 years Girls
- 11 years Boys
- 12 years and over Girls
- 12 years and over Boys

## Stroke Points Champions

Stroke Points Champions trophies are awarded on the basis of the total number of points awarded by stroke and distance across all Club Nights during the season.

- 25m Freestyle Points Champion
- 50m/100m Freestyle Points Champion
- 25m Backstroke Points Champion
- 50m/100m Backstroke Points Champion
- 25m Breaststroke Points Champion
- 50m/100m Breaststroke Points Champion
- 25m Butterfly Points Champion
- 50m Butterfly Points Champion
- 100m Individual Medley Points Champion

## Season Points Champions

Season Points Champions trophies are awarded on the basis of the total number of points across all events awarded for swims at Club Nights during the season.

- Overall Season Point Winner (Girl)

- Overall Season Points Winner (Boy)
- Overall Season Point Runner Up (Girl)
- Overall Season Points Runner Up (Boy)

## Perpetual Trophies

- **Di Farmer Award (Girl & Boy)**
  - This trophy is donated by Di Farmer and is awarded to both a boy and girl 25m and under swimmer whose continual effort during the season gave outstanding results
- **Hamptons Swim School Award (Girl & Boy)**
  - The coaches of Hampton Swim School chose a boy and girl to receive this award. The recipients must attend Hampton Swim School and be a member of Morningside Flyers
- **Morningside State School Principals Award (Girl & Boy)**
  - This trophy is donated by the Morningside State School Principal for spirit and citizenship, irrespective of achievement and for making an outstanding contribution to the club. It is awarded to a boy and girl who must be or have been a Morningside State School student
- **MSS P&C Award (Girl & Boy)**
  - The Executive of Morningside State School P&C Association chose a boy and girls to receive this award. Recipients are selected based on regular attendance at club nights, participation in carnival, and generally being a positive representative of Morningside Flyers
- **Una Russell Trophy (Girl)**
  - Awarded to the girl, 13 years and under, with the fastest 100m IM time at Club Champs
- **Colin Russell Trophy (Boy)**
  - Awarded to the boy, 13 years and under, with the fastest 100m IM time at Club Champs
- **Martin Cup (Girl & Boy)**
  - Awarded to the girl and boy, 10 years and under, with the fastest 100m IM time at Club Champs

## Club Captains

A certificate of thanks will be presented to all our Club Captains for the season.



# Carnivals

## Southside Carnival

The Southside Carnival is Flyers' showpiece event of the season. It has been running for more than 50 years and is hosted by our own club at the Morningside State School pool. Participating clubs have a similar structure and philosophy as our own, which is why it is affectionately known as the Southside "Friendly".

- Events include 25m and 50m in all strokes are swum
- Events are based on age group, based on the swimmers' age on the day of the carnival (also known as 'age on the blocks')
- Medals (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>) are awarded for each event
- Points will be awarded for all swims on the following basis:
  - 1<sup>st</sup> – 40 Points
  - 2<sup>nd</sup> – 34 Points
  - 3<sup>rd</sup> – 29 Points
  - 4<sup>th</sup> – 25 Points
  - 5<sup>th</sup> – 22 Points
  - 6<sup>th</sup> – 19 Points
  - 7<sup>th</sup> – 16 Points
  - 8<sup>th</sup> – 14 Points
  - 9<sup>th</sup> – 12 Points
  - 10<sup>th</sup> – 10 Points
  - 11<sup>th</sup> – 8 Points
  - 12<sup>th</sup> - 6 Points
  - 13<sup>th</sup> – 4 Points
  - 14<sup>th</sup> – 3 Points
  - 15<sup>th</sup> – 2 Points
  - 16<sup>th</sup> & Onwards – 1 Point
- The Southside Cup is awarded to the Club accruing most points on the day
- A Swimming Queensland referee oversees the racing of swimmers

## Interclub Meets & Carnivals

At times our club may be invited to a meet or carnival held by a local club. We'll share information as and when these invitations arise, along with the nomination guidelines provided by the other club. These guidelines may enable anyone to nominate or for a smaller team to be put together. We'll always ensure any selection process is fair and equitable and the criteria are clearly understood.