

# **DASA Long Course Championships**

## **Sunday 03rd December 2017**

### **Warm Up:**

There will be two 25 minute warm up sessions, odd lanes will swim clockwise, and even lanes will swim anti clockwise.

Boys 08.30 - 08.55, Girls 09.00 - 09.25 the afternoon session will begin with the girls warming up first, the time will be confirmed later.

All swimmers will enter the pool from the Diving Pit end of the pool and will leave the pool at the scoreboard end of the pool; crossing the lanes when it is safe to do so. Swimmers should not climb out over the electronic pads.

Lanes 0 & 9 will be used as sprint lanes,

### **Health & Safety in the Venue:**

It is requested that all swimmers bags are stored in lockers, as swim bags are not allowed on poolside. Should swimmers require a bag for hats, goggles, healthy snacks & drinks, they should be in a draw string bag.

Swimmers are not allowed to take food poolside, and any additional chairs are to be kept to the side away from the access area pathways for swimmers & officials.

Swimmers are allowed to sit upstairs on the right hand side of the arena as you enter through the café area. Club officials with the correct poolside passes and swimmers will be allowed in this area. Swimmers should be dry when swimming in this area to reduce the risk of slippery wet surfaces.

No parents will be allowed in this area. Parents and spectators will sit on the left hand side of the arena on entry. Health & Safety officials will be in place to monitor this.

### **General Information:**

- ⦿ The Fire alarm is a standard siren with a voice over directing the swimmers
- ⦿ In the event of an evacuation swimmers will be lined up and should follow the directions of the leisure centre staff. At no point should swimmers return to the changing rooms - foil blankets will be issued if necessary.
- ⦿ No drills are planned during the event.

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- ⦿ If a rescue needs to be performed, all swimmers must leave the pool in an orderly manner. All swimmers & spectators should leave the pool area to give privacy to the casualty.
- ⦿ Lifeguards take priority and swimmers/spectators should not hinder staff in carrying out their duties.
- ⦿ No glass on poolside
- ⦿ No large bags allowed on poolside
- ⦿ All emergency exits must be kept clear
- ⦿ No running on poolside
- ⦿ No outdoor shoes allowed on poolside
- ⦿ Only drinks in plastic bottles allowed on poolside
- ⦿ No food on poolside