

# BISHOP'S STORTFORD SWIMMING CLUB

(Affiliated to ASA East Region)



## AUTUMN OPEN MEET (3ER4283)

### DAY OF MEET INSTRUCTIONS

SATURDAY 1<sup>ST</sup>, SUNDAY 2<sup>ND</sup> FEBRUARY 2014

We would like to draw your attention to the following points: -

1. Parking restrictions may apply visit <http://www.freeport-braintree.com/how-to-find-us> for up to date information.
2. **Warm-up times**  
**Session 1 – Warm-up 4:00pm – Start 4:45pm**  
**Session 2 – Warm-up 4:00pm – Start 4:45pm**
3. **Signing in closes at start of warm-up for all sessions. 4:00pm. Can you please remind swimmers only to sign in for each event they are swimming – for all events which are not being swam please leave sign in box blank.**
4. If there is any problems with arriving at the pool on the day please phone **07591 618355 or 07505 924246**
5. Swimmers will be able to enter the changing rooms at 3:45pm on the Saturday and Sunday
6. Swimmers please note that no large swimming bags will be allowed on poolside only small drawstring type bags please leave large bags in lockers provided (£1), otherwise the vents get blocked. **B.S.S.C. and the pool management cannot be held responsible for any loss or damage to personal belongings.**
7. Poolside shoes and clothing are essential for all competitors, as swimmers will not be allowed in the spectator's area in wet swimwear. **NO OUTDOOR SHOES TO BE WORN ON POOLSIDE.**
8. No unauthorized personal will be allowed on poolside.
9. Marshalling it is the responsibly of swimmers, coaches, team mangers to ensure that swimmers are at the marshalling area in good time for their swims, please listen out for the announcements. We shall expect swimmers at the marshalling area at least 5 heats before their swim.
10. **In the interest of Health and Safety no glass containers will be allowed poolside or in the changing village. If swimmers are taking medication please make sure it is kept with a parent / guardian or carer.**
11. Spectators will be allowed entrance at 3:30pm on the Saturday and Sunday. Entrance fees which include a programme are as follows £3.00 each session, Senior Citizen £2.00 per session. Children (under 16) are Free.
12. Spectators, Officials and Competitors are asked to familiarise themselves with the location of all emergency exits.
13. Spectators, Officials and Competitors are asked that any Mobile Phones are switched off or on silent mode.
14. **Anyone wishing to use close range photography, video or mobile phone imagery this includes swimmers, coaches, team manger please register your details at the entrance desk (first floor).**