

A few reminders and final details for Sunday's Midsummer Madness Meet.

\*\*\*Due to the high number of entries we are extremely limited on spectator space. Can you have a word with the parents to warn them that we cannot guarantee a seat in the gallery, spectators will be admitted on a first come, first served basis\*\*\*

Registration for swimmers will be located in the Charter hall where signing in sheets will be found on two sets of tables (one for female swimmers and the other for male swimmers). Please ensure that your swimmers sign in for all of the accepted races that they wish to take part in. If they do not sign in for each race they have entered, they will not be able to swim in that event.

Signing in for session 1 starts at 7am and closes at 8.15am.

Signing in for session 2 starts at 12.30pm and closes at 1.45pm

Swimmers should sign in and then stay in Charter Hall with their team, until their age allocated warm up is due to start. The swimmers will then be taken up to the changing rooms to commence warm up, once warm up is completed, spaces have been allocated for each team poolside.

We would also like to remind swimmers that it is their responsibility to go to the whipping area, to be marshalled for your races, when instructed to do so by the announcer. Please make good behaviour a priority.

I attach the following:-

- The promoter's meet rules and information.

- The safety and security guidelines for swimmers, coaches, officials and spectators.

- The warm up schedule.

Finally we would like to thank you for entering our meet and wish your swimmers good luck.

Tracy and Jason Cole



## **Safety and Security Guidelines for Swimmers, Coaches, Officials and Spectators.**

### **STARTS**

The pool is 1.1 metres deep at the shallow end and 3.5 metres deep at the deep end. All starts will be from the deep end and starting blocks are available which are 0.75 metres above the water level. It is the responsibility of competitors, coaches and clubs to ensure all swimmers are competent, to the standard of the ASA competitive start award, to perform a shallow racing dive into the water. In the event of a faulty start swimmers should perform a safe entry with a shallow racing dive and not topple in headfirst. Swimmers are reminded they are permitted to start in the water for all events.

### **WARM-UP**

During the warm-up swimmers and coaches must ensure they (and swimmers in their charge) take no action that would endanger themselves or others. The instructions of Pool Lifeguards or others in authority must be obeyed immediately. No diving will be allowed except when lanes are designated as sprint lanes at which time diving will be allowed in those lanes from the deep end only.

### **SAFETY**

Everyone attending the event must familiarise themselves with the location of the Emergency Exits. These must be kept clear at all times. Everyone is asked to observe all normal precautions in the pool area and when moving around the leisure centre to ensure their own safety and that of others. Anyone observing anything they consider to be a safety hazard must report it to the Promoter's Representative.

### **BEHAVIOUR**

The Organisers and the Pool Management reserve the right to remove any swimmer or spectator from the pool area whose behaviour is either against Pool Rules or the efficient running of the Meet. Stewards will be patrolling the changing areas and anyone found causing damage or misbehaving will be banned from the Meet and refused entry to the building.

### **SECURITY**

Competitors are advised not to leave their belongings unattended and to ensure that valuables are locked in the lockers available or deposited with someone for safekeeping. Colchester Swimming Club and Colchester Leisure World will not accept any responsibility for property that is lost.

### **PHOTOGRAPHY**

In line with ASA Child Protection Policy the Promoters of this event request that any person wishing to engage in any video, zoom or close range photography (including using mobile phones) should register their details on forms provided at the spectator entrance, before carrying out any such activity.

### **MOBILE PHONES**

**Mobile phones must be turned off** or switched to silent in the pool area and spectators' gallery.

### **LITTER**

Competitors and spectators are asked to place all litter in the receptacles provided. This is particularly important in the spectator gallery and other public areas where it may represent a safety hazard.

### **RAFFLE**

A raffle will be run and tickets will be on sale in the area by the entrance to the spectator gallery.

### **SWIM SHOP**

Gogglebox will be operating a swim shop in the area by the entrance to the spectator gallery, selling costumes, goggles and other accessories.

### **REFRESHMENTS**

Chilled drinks and other refreshments will be on sale during the Meet.

Warm up-times for the Midsummer Madness Open Meet are as follows:

### **Morning Session 08.00-09.00**

There will be four 14 minute sessions with a 1 minute changeover time, the last 4-5 minutes of each session all lanes will become sprint lanes.

Lanes 1,3 and 5 are clock-wise : 2,4 and 6 are anti-clockwise

Warm-up Session 1 Boys age 9/10/11

Warm-up Session 2 Boys age 12/13/14/15+ and Girls age 14/15+

Warm-up Session 3 Girls age 9/10

Warm-up Session 4 Girls age 11/12/13

***The diving pit will also be available for younger swimmers warm-up***

### **Afternoon Session 13.30 – 14.30**

There will be four 14 minute sessions with a minute changeover time, the last 4-5 minutes of each session all lanes will become sprint lanes.

Lanes 1,3 and 5 are clock-wise : 2,4 and 6 are anti-clockwise

Warm-up Session 1 Girls age 9/10

Warm-up Session 2 Girls age 11/12/13

Warm-up Session 3 Boys age 9/10/11

Warm-up Session 4 Boys age 12/13/14.15+ and Girls 14/15+

***The diving pit will also be available for younger swimmers warm-up***

**All Clubs note that a coach or Club Official are required to supervise their swimmers during warm-up**

The lanes will be very busy during the warm-up as the pool will be at full capacity – all swimmers will be expected to observe correct lane discipline during warm-up.