

Club Championships 2011 Help sheet

Our Club Championships are run under competition rules and are a way to introduce swimmers to competition etiquette in a friendly atmosphere. We are aware that for many of the swimmers this will be their first experience of competitions. To help them and the parents we have compiled this help sheet. We hope you find it useful.

Withdrawing from an event or session.

It is important that if you wish to withdraw from an event you inform the organiser. Failure to do this could mean that lanes will be left empty and could result in one swimmer swimming a race on their own! As you can imagine this is not very nice for the children especially as many have never competed before.

If you wish to withdraw from an event you must withdraw **before** the warm up commences of that session.* Warm Up times will be put on the notice board and web site when confirmed.

To withdraw from an event you must fill in a withdrawal slip available from the help desk. This should show your name, date of birth, age and the event you are withdrawing from. The completed withdrawal slip should then be handed in to the helpdesk.

Alternatively if you are withdrawing from a complete session or event you can telephone 07827998881 (Sean) **before** to the warm up of that session starts. Please note due to work and family commitments this phone will be occasionally switched off. This number will be available in the evenings and on the days of the galas.

In accordance with competition rules, failure to withdraw from an event could result in you being excluded from the rest of the championships or being fined.

One Start Rule

As per normal competition rules the "one start rule" will also apply in these championships.

Things needed on poolside.

We advise that your child should have a drink (no fizzy drinks) in an appropriate bottle (please note that clear plastic caps must be removed, as if the cap should fall into the pool it becomes invisible to the swimmer and represents a choking hazard) We advise they should also have two towels (one for poolside and another for getting changed) and a baggy T-Shirt for keeping themselves warm. **NO** food (including sweets, crisps or chocolate) is allowed on poolside.

Swimmers tend to split into two groups on poolside - a boys team and a girls team. Each group will have a Team Manager and some older/more experienced swimmers there who will help them - tell them where to go to race etc.

Balcony

We ask that all swimmers stay on poolside during a session; they should not go onto the balcony between their events. This helps create a better atmosphere on poolside and stops us from having to try and "find" a swimmer when it is time for them to race. As for the parents please be aware that the balcony will be cleared between each session therefore please do not leave any items on seats.

Photography

Unfortunately in line with Child Protection policies **NO** photography is allowed. This includes camera, video camera, mobile phone camera, PDA's and/or etc. that are camera enabled. **Anyone found to be taking photographs or videos may be removed from the balcony**

Presentations

Presentations will normally take place at the end of a session. In line with Child Protection policies, please ensure all swimmers attending presentations are wearing at least a t-shirt over their costumes. (Current Child Protection policies state that a full tracksuit should be worn)

Medals will be awarded for the first 6 places.