

Competition Guidelines – Crown Pools, Ipswich

The following guidance has been put in place for Swim England Suffolk for the County Championships taking place on 29/30 January, 5/6 February, and 13 February 2022.

What to do before the meet:

- As a precautionary safety measure, all athletes, volunteers, officials and team personnel are strongly advised to complete a Lateral Flow Test (LFT) on Friday before weekend of competition. They should remain at home if the test is positive
- No person should attend the meet if they are feeling in any way unwell. There will be other opportunities.
- Ensure that swimmers have appropriate poolside shoes, a towel, and clothing to wear over their costume prior to racing
- Please do not arrive to the venue excessively early
- Bring a supply of masks/face coverings. As a precaution, we will be encouraging everyone at the meet, including swimmers, wear masks inside the facility, except when they are swimming or where they are medically exempt
- Swimmers should arrive 'beach ready' with their costume on under some light clothing. Those travelling long distances will be allowed to change quickly in the changing rooms, but this may impact the amount of water time they get
- Swimmers should leave the venue when their racing is done for the day unless they are required for presentation. Swimmers may use the changing rooms before going home
- Only designated meet personnel are allowed in the competition venue
- Team personnel need to print their accreditation prior to arrival – please do not arrive without it

Withdrawals

Withdrawals should be notified to the Promoter as follows –

- Friday 28/1/22 by 6pm – Session 3
- Saturday 29/1/22 by 6pm – Sessions 4 and 5
- Friday 4/2/22 by 6pm – Session 6
- Saturday 5/2/22 by 6pm – Sessions 7 and 8
- Saturday 12/2/22 by 6pm – Sessions 9 and 10

Subsequent withdrawals must be verbally notified on the day to the Promoter for the relevant event to avoid holding up the competition whilst we look for “missing” swimmers. Heats will be swum with empty lanes.

Entry to Pool

All personnel will enter the pool through the fire exit at the deep end of the pool – please see attached for further details.

Club Designated Areas

All clubs will be designated an area around the pool for coaches, team managers and swimmers – they must wait in this area throughout the competition.

Wherever possible, alternate seats should only be used. Everyone will be expected to always wear a face mask unless racing or medically exempt.

Marshalling

Swimmers do not need to report to any marshalling area. It will be the responsibility of club personnel to ensure that swimmers are ready for the start of their race.

Please note that swimmers should not arrive at the start end no more than 3 races before theirs is due to start.

Two Marshalls will check swimmers are lined up in the correct lane.

Poolside will operate in an anti-clockwise direction so swimmers should follow this when moving to and from the start end of the pool, including exiting the pool from lane 8 wherever possible.

Spectators

There will be no spectators allowed during the County Championships. This will be reviewed if the situation changes significantly in relation to the latest guidance in relation to the pandemic.

Live streaming of the competition will take place wherever possible.

Exit from Pool

All personnel will leave the pool through via the fire exit halfway down the pool on corridor behind pool seating – please see attached diagram for further details.