

Competition Guidelines – St Felix School, Southwold

The following guidance has been put in place for the Long Distance Meet at St Felix School, Southwold on 20/21 November 2021.

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 each swimmer has a see-through plastic bag in which to carry their race essentials.
- 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 insisting that 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
- 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 Sarah Elmer suffolkasa.championship@outlook.com before Friday at 6pm the day before the meet is due to take place. After 6pm each day the seeding for the weekend's events will be done and start lists will be published on the website results page.

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

This will be through the main entrance to the sports facility, and all swimmers will make their way to the sports hall where each club will have a designated area.

Club Designated Areas

All clubs will be designated an area in the sports hall – they must wait in this area until a swimmer competing. This area will also be used for warm-ups – these will be land based only.

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 2 races before theirs is due to start.

One Marshall 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.

No Spectators

No spectators will be allowed into the building for these competitions.

We appreciate that it will be disappointing for family members not to be able to spectate but our primary aim at this stage is to give the swimmers the opportunity to compete once more and work within the restrictions in place for using the facility.

Live streaming of the competition will take place wherever possible.

Exit from Pool

All personnel will leave the pool through the main door having returned to sports hall to collect their belongings.