

# Swim England South East Festival of Swimming

**31<sup>st</sup> July/1<sup>st</sup> August – K2 Crawley**

**DOWNLOAD THE HEALTH DECLARATION  
COMPLETE BETWEEN NOW AND SATURDAY**

**NO COMPLETED FORM = NO RACING**

**<https://www.swimmeets.org/downloads/get.php?id=610>**

**No health declarations = no swimming**

Please take a Lateral Flow Test before you come each day  
Our measures are in place to protect everybody





**If you don't feel well, don't come**

- Please do not come to the meet if :
  - you are experiencing any coronavirus symptoms
  - you are self-isolating as a result of either symptoms or as a result of being in contact with a confirmed case of COVID-19
  - you are sharing a household with somebody with symptoms
- Swimmers who do not swim will not be charged

## Sanitise hands regularly

When you leave home

Before walking into the reception

Before going to the toilet

After going to the toilet

Upon leaving the facility

Upon arrival at home

**... and at any time you feel you need to!**



**Simple Rule – Sanitise at every “transition point”**

## FACE MASKS



**Swimmers:** When not swimming you must wear your face mask at all times.

**Coaches & Meet Volunteers:** Please wear face masks at all times inside

**Officials:** Please wear facemasks at all times (Starter and Referee, are exempt when 'active')

**Maintain social distancing – in all areas –  
including your Club area**



**Only with Masks &/or suitable PPE**



**At all times without Masks &/or PPE**

**Approximately 1 in 3 people with Coronavirus have no symptoms**







Please note there will be 3 sessions per day, warm-up at the times given below

|              | Saturday 31 <sup>st</sup> July | Sunday 1 <sup>st</sup> August |
|--------------|--------------------------------|-------------------------------|
| Morning      | 08:00                          | 08:00                         |
| Late Morning | 11:15                          | 11:15                         |
| Afternoon    | 14:30                          | 14:15                         |

- Only turn up for the sessions that you are racing in
- We will not admit swimmers until 30 minutes before the start of the session
- If you are in 2 consecutive sessions, you may remain in the gallery

## The Changing Rooms will be in limited use

1. Please arrive in your warm-up kit
2. Immediately after warm-up, you may change into your race suits.
3. Please avoid changing between races if possible
4. You may change out of your swimming kit before leaving after your races



Bring a tracksuit / shorts, t-shirt & footwear for keeping warm in the balcony

**We will issue you with a plastic sack at sign-in**  
**This is your poolside bag**

Use it to hold your kit when you go onto poolside:

- Tracksuit / shorts & t-shirt
- Footwear
- Towel
- Mask

It is see-through so you can recognise your own kit - Please do not pick up anyone else's



Use the side entrance to enter the pool (there will be marshalls .. Follow the Region banners)



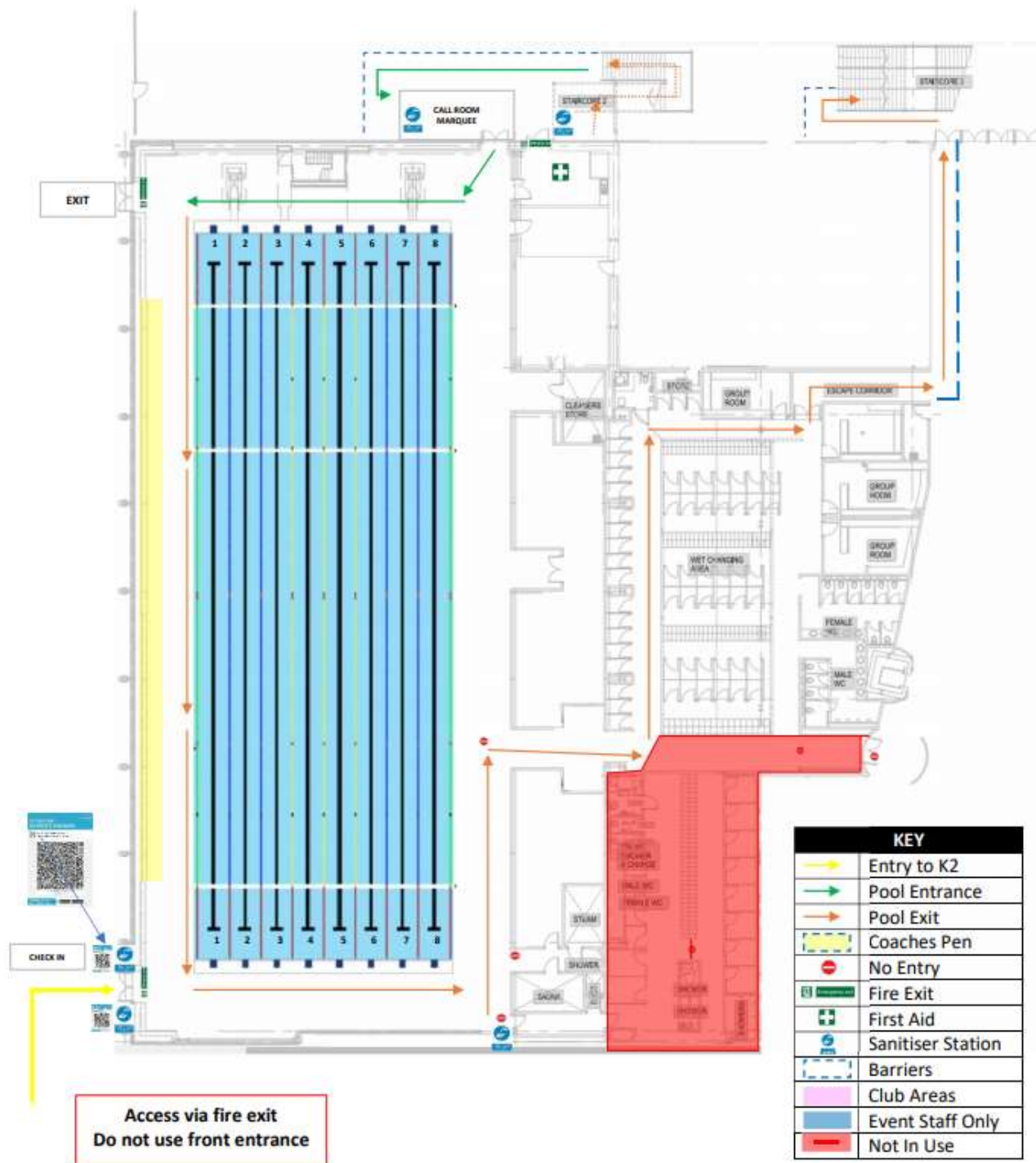


## Ground floor 1 way system

Download a printable  
version from:

<https://www.swimmeetts.org/downloads/get.php?id=612>

### Venue Map – Ground Floor

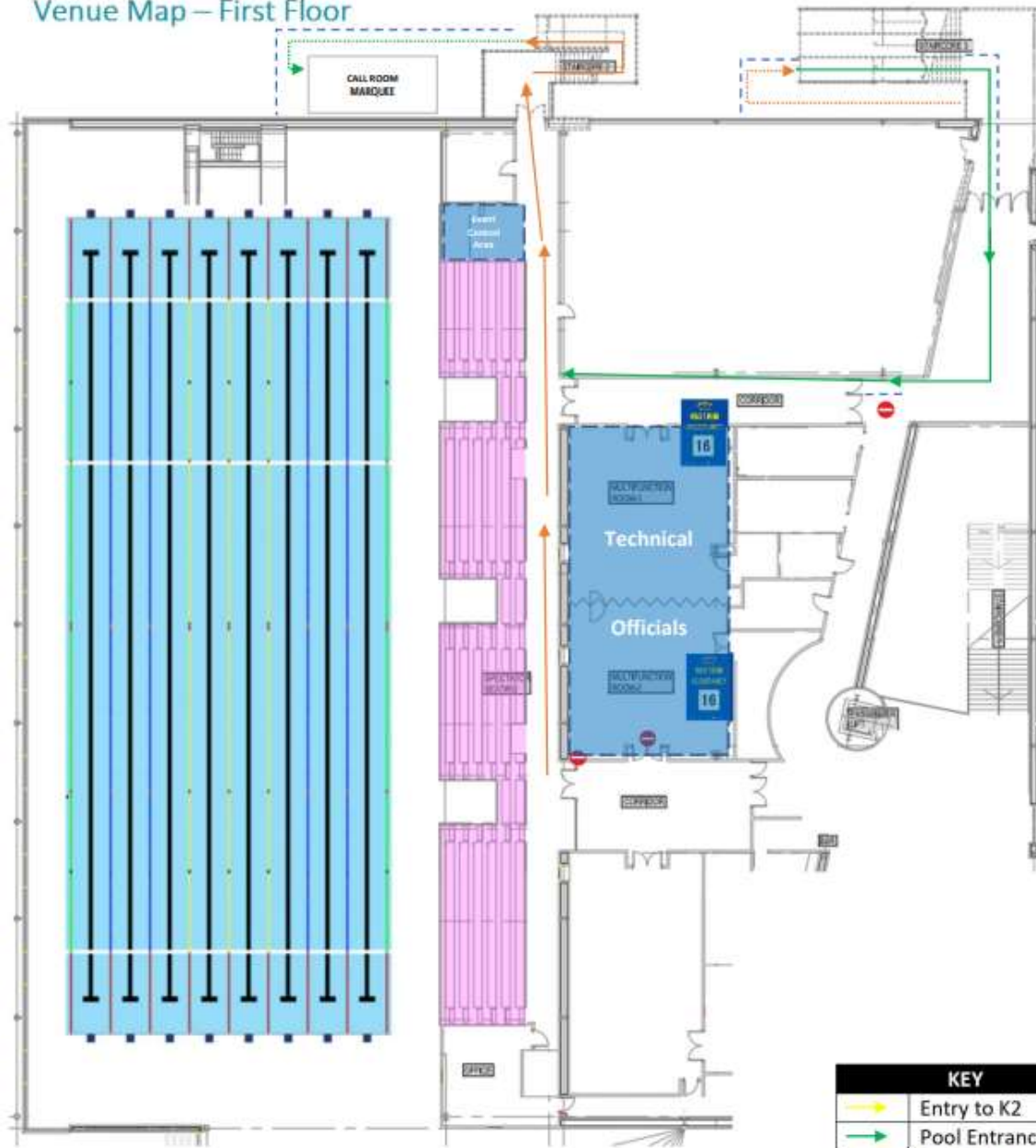


First floor  
1 way system

Download a printable  
version from:

<https://www.swimmeetts.org/downloads/get.php?id=612>

Venue Map – First Floor



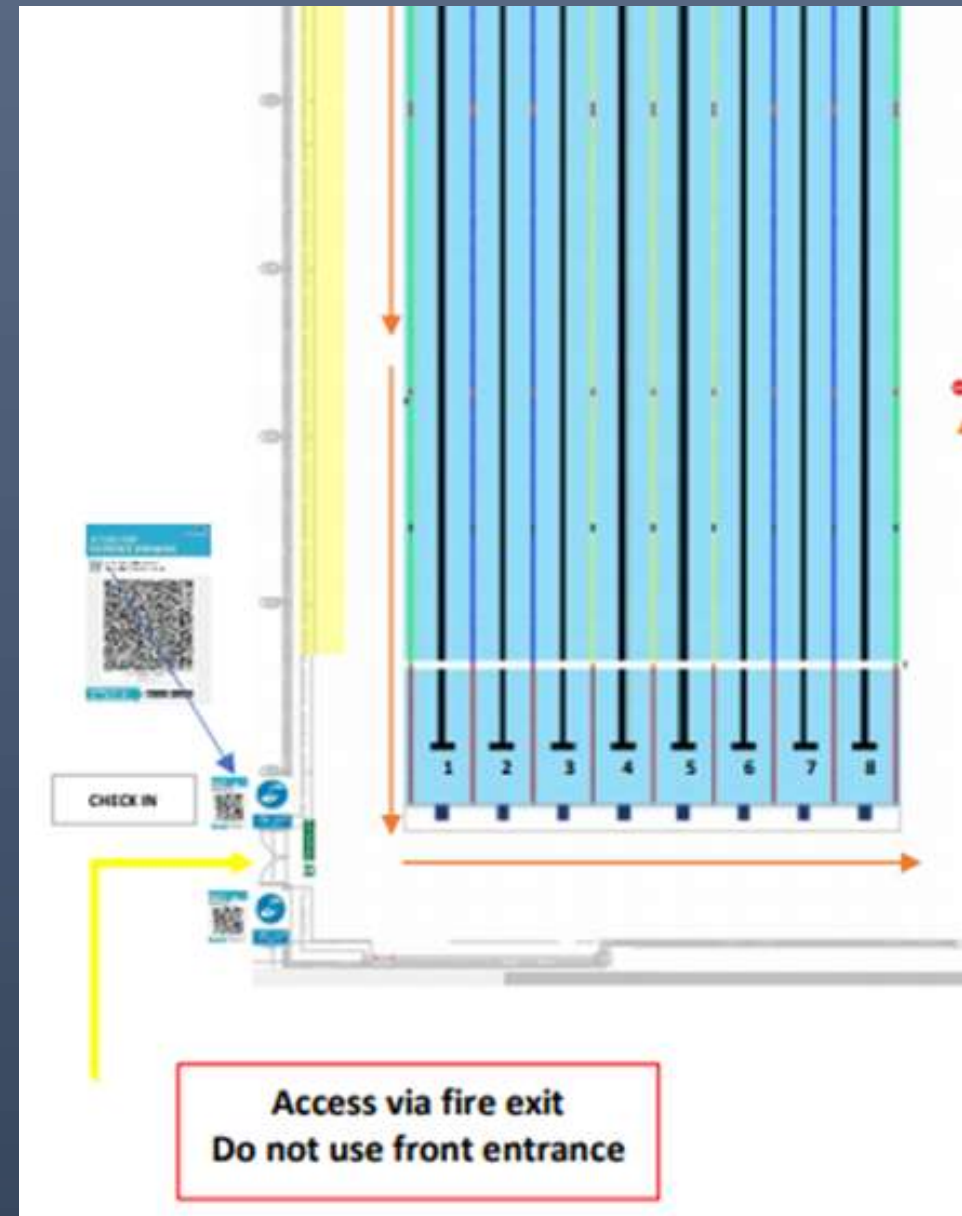
| KEY |                   |
|-----|-------------------|
|     | Entry to K2       |
|     | Pool Entrance     |
|     | Pool Exit         |
|     | Coaches Pen       |
|     | No Entry          |
|     | Fire Exit         |
|     | First Aid         |
|     | Sanitiser Station |
|     | Barriers          |
|     | Club Areas        |
|     | Event Staff Only  |

## You MUST SIGN IN before each session

- We MUST take a record of who enters the building
- We will sign you in as quickly as we can
- Please queue in the tent outside and maintain social distance
  - Swimmers keep right
  - Coaches, officials, volunteers keep left
- Hand in completed health questionnaire
- Security Mark(s) showing sessions you are competing in
- Swimmers collect a see-through plastic sack for your kit
- Follow the one way system to your designated area



Allow time!





You will receive a MARK (X)  
on one of your hands  
upon entry.

This permanent marker will  
highlight to everyone that you  
are permitted to be on site for  
the session in question.

There will be a random colour  
picked for each of the 4  
sessions.



## Swimmers' Waiting Area – Spectator Gallery

- Please show your security mark to the COVID Volunteer on the door before entering the gallery
- You will be directed to a designated “zone” of the gallery
- Each club will have an allocated area with sufficient space for the swimmers to socially distance (1m+ with face masks)
- Leave your swim bags in the gallery – only see-through sacks will be allowed on poolside



Please keep your masks ON !

## Warm-up & One Way System

We plan to have two separate warm-ups of 25-30 MINS each for each session

1. You will be called to warm-up by Zone – please be ready to swim and carry your shoes, shorts, t-shirt and towel in your plastic sack
2. Leave the gallery through the fire exit at the start/finish end. Go down the fire stairs and enter the pool hall through the marquee
3. Walk along the gallery side of the pool and leave your plastic sack against the wall
4. Enter the pool from the scoreboard end, in your allocated lane(s)
5. When warm up is over, get out at the start end, walk up the side again and collect your plastic sack as you go past
6. Dry and dress yourself in the changing room
7. Put your mask back on, before returning to the gallery, following the one way system

You may use the changing room toilets



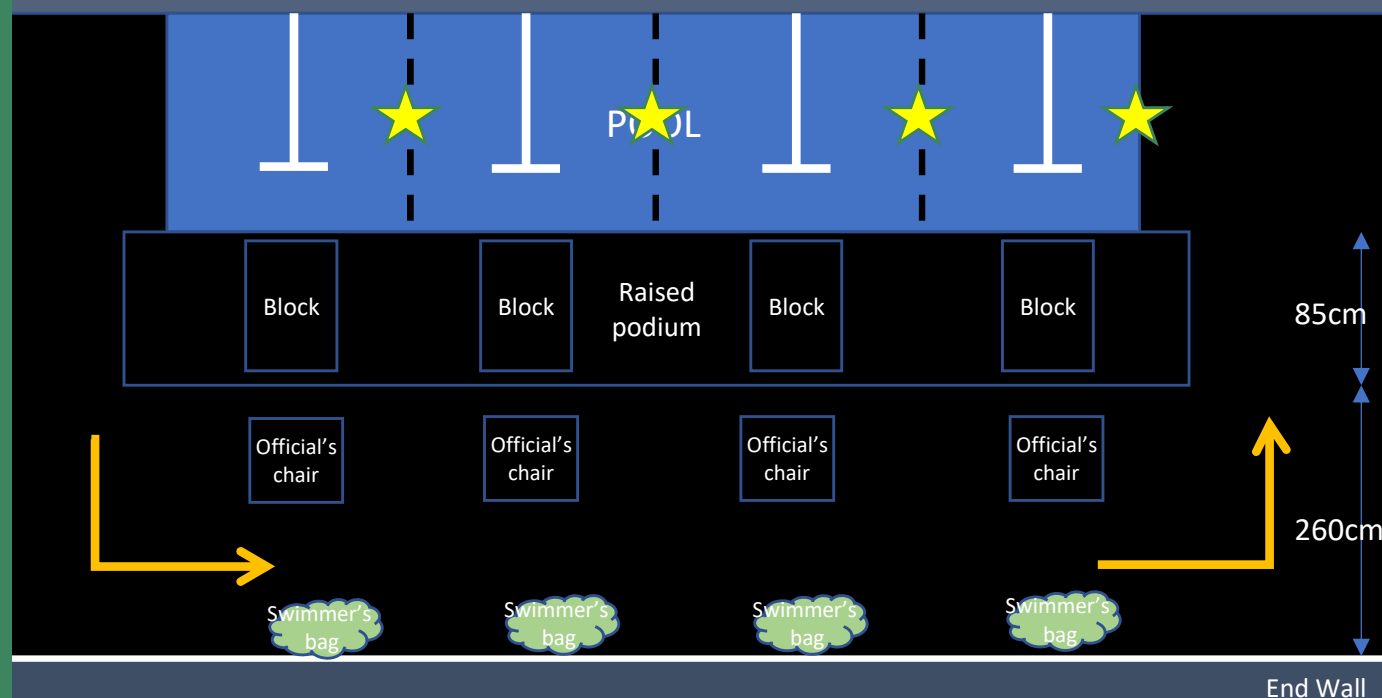
Your co-operation is needed to  
start & finish warm-up promptly!



# Before and after your heat

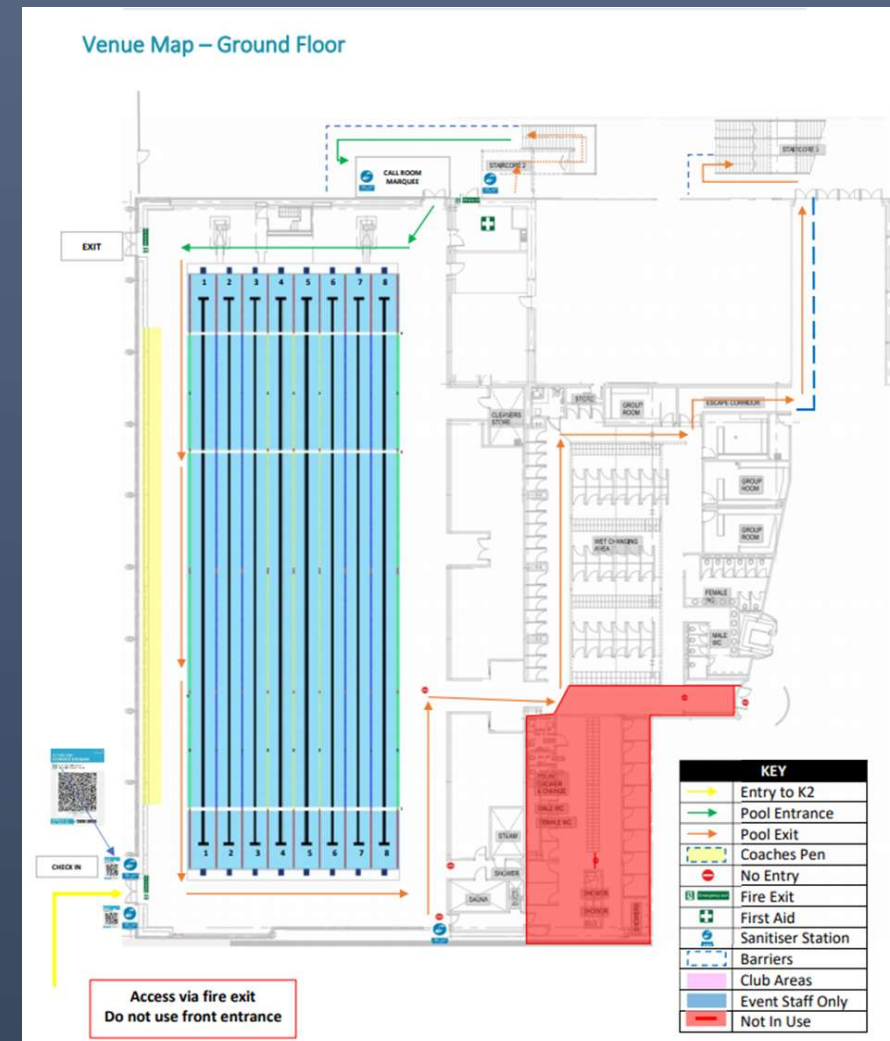
## CRAWLEY SWIMMING CLUB

- You will be marshalled into heats in the marquee outside the emergency exit and enter the pool hall via the emergency exit
- Walk **BEHIND** the Official's chair
- Leave your plastic kit sack by the wall – there will be no box
- Step forward when called by the referee
- Over-the-top starts will be used where possible
- At the end of your heat, hold onto the lane rope nearest the window, 1 metre out from the wall
- Clear the pool quickly when asked, collect your bag promptly and move along the window side of the pool
- You may talk to your coach for a short period as you walk past
- Return to the gallery following the one way system through the changing rooms



## Coaches & Team Managers flow

1. The designated area for coaches is along the window on the pool deck
2. You may talk to your swimmers BRIEFLY as they leave the pool after their swim
3. You may use the changing room toilets
4. Coaches are not permitted to enter the gallery
5. Team Managers must remain in the 1<sup>st</sup> floor gallery



## Officials Flow

1. On arrival at the pool, officials should follow the one way system to the 1<sup>st</sup> floor conference rooms
2. The officials briefing will be in the conference rooms
3. The route to the pool is along the back of the gallery and down the fire stairs.
4. At the end of the session officials should follow the one way system back to the conference rooms
5. There will refreshments before the start of each day and between sessions served in the conference rooms
  - Including tea/coffee

