



## Information Pack for Parents/Guardians

Dear Epsom District, Cheam Marcuda, Crawley, Dulwich Dolphins, Kingston Royals, Leatherhead, Orpington Ojays, South Croydon and SW London Fin Swimming clubs.

We are looking forward to welcoming you all very soon. A special thank you to some new clubs visiting Epsom for the first time, I hope you and your swimmers have a wonderful weekend in the pool.

Please find attached the information files ahead of the Epsom District Swim Club Autumn Meet on the 19<sup>th</sup> and 20<sup>th</sup> October for **reading and sharing**. Thank you so much for entering, it is going to be a very exciting weekend of swimming!

In addition to the information provided below, I have included further attachments to this email including:

1. Final accepted Entries
2. Detailed Parking Information
3. Programme of Events
4. Warm-Up Schedule

**Access to the centre is not possible until fifteen minutes before warm-up at the start of each day**, so to avoid congestion, please encourage swimmers to arrive ready to swim. You can either wait in your vehicle or join the queue just outside the main door, please be mindful of other centre users and allow them easy access.

### Please note:

- **The new start times for each day**
- No large bags poolside, please use the lockers and ask swimmers to bring a smaller poolside bag for any belongings. Lockers need £1 to operate.
- No food or hot drinks poolside or in changing areas
- No camp chairs to be brought on poolside. Please bring a yoga mat to put on the ground for more seating space.
- Swimmers must wear shoes on the stairs, especially those clubs seated in the spectator stand must be careful on the stairs, no running.
- No outdoor shoes to be worn poolside
- Changing rooms are only for swimmers – swimmers can also access dry-side changing rooms and toilet. Please respect the space.
- **Swimmers should not enter the spectator area unless dry, clothed and wearing shoes**

**Parking:** There is limited space at the Rainbow Leisure Centre car park so please encourage your swimmers to carpool. The main car park for Rainbow Leisure Centre is in front of the Centre and there is an overspill car park which is available out of office hours to the left as you drive down towards the centre/main car park. The car parks are both pay and display. The attached document

details three additional parking options: Hook Road Multi-Storey (Saturday only), Upper High Street, and Depot Road as Rainbow Leisure Centre car park will become full.

***Please do not block or use disabled bays unless you have a disabled badge.***

**Raffle:** We will be selling raffle tickets for £5 a strip with some excellent prizes including Disney gifts, cosmetic and chocolate gift bags, wine and spirits amongst other items. Please buy your raffle tickets from the spectator entrance desk. All money raised will go towards Epsom District Swim Club, a not-for-profit organisation. Card machines will be available for purchase.

***There will be a draw towards the end of each session so prizes can be collected before the session ends.***

**Pocket Money Shop:** We will be selling a selection of small toys, jewellery, bottle stickers, croc jewels and other fun items. Please encourage your swimmers to come along with their pocket money to browse and buy to support raising funds for Epsom District Swim Club. We will have a card machine available for purchases and accept cash too.

### **Spectator Tickets:**

We are selling a limited number of mixed seating and standing spectator tickets using the link here –

**[OrderWhizz: Epsom District Swimming Club - Epsom District Swimming Club \(EDSC\) Open Gala 2024](#)**

Tickets are now on sale and cost £7.00 a session or £10 for the day, proceeds from these sales go towards the huge costs of hiring a large pool. *If online tickets sell out there will be no additional tickets available to purchase on the day if the tickets sell out.* Any tickets still available will be sold on the day on a first come, first served basis. No refunds will be given.

***Please note last year spectator tickets sold out before the day so please book early***

Access to the spectator gallery is by the stairs next to the café, please queue along one side so as not to block other centre users from access. There is a strict number limit of spectators. This is to comply with fire regulations for the venue. Hence, we may need to restrict entrance to the gallery when it is full.

***If bringing a camp chair, please make sure that it does not block a walkway or fire door.***

Anyone wishing to use a camera, mobile phone camera, or video camera, should adhere to the Swim England guidelines on the use of images and restrict to their own child and their own private use with no posting on social media or similar platforms. Flash photography is not permitted at the start of any heat.

**Withdrawals:** Please encourage your swimmers to use this withdrawal system to prevent empty lanes. Please process withdrawals using the online form before the deadline for each session:

Saturday session one - 11:00am  
Saturday session two - 5:30pm  
Sunday session three – 10:00am  
Sunday session four – 2:00pm

**QR code for online withdrawal:**



After this deadline there are paper withdrawals, the forms will be at the lanyard desk, announcer desk and spectator desk. ***Paper withdrawals close when the first warm-up session starts for each session.***

**Results and MeetMobile:** The programme, live start lists and results will all be on the HyTek Meet Mobile app. The app can be downloaded from both Apple and Google app stores. Search for 'Epsom District' and you should find the meet. Paper results will be posted onto the walls in the spectator area and poolside.

**Food and Refreshments:** There is a café for purchase of cold and hot food/drinks in Rainbow leisure Centre that will close between 18.30 and 19.00 on both days.

- No outside food to be consumed in the café area or at the table/seats.
- Please could you notify your swimmers that no food should be eaten poolside and hot drinks are also prohibited poolside.
- **We have swimmers at the gala with severe nut and fish allergies so it is essential that no nuts or fish are consumed in the pool and changing room areas.**

*We risk being prevented from operating future galas if swimmers do not adhere to these rules.*

### **Changing rooms:**

- For safeguarding reasons no adults are allowed in the changing area (except official helpers with lanyards).
- Everyone is strictly prohibited from using their phone in the changing rooms in line with Swim England regulations. This includes the dry-side changing rooms.
- The changing rooms are unisex and will be patrolled during the Meet to ensure the safety of all the swimmers.
- Possessions and articles must not be left unattended as neither the Promoters nor Rainbow Centre will accept any liability for any loss or damage that may occur during the meet.

### **Health and Safety:**

- All participants must observe the safety precautions in operation at Rainbow Leisure Centre.
- Swimmers and coaches must ensure that they take no action that could potentially endanger themselves or others. Supervision and behaviour of the swimmers is the responsibility of their swimming clubs at all times. Prior to leaving the pool area, swimmers must dry off and put on appropriate clothing and footwear.

- It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are competent to the standard of the Swim England Competitive Start Award. Competitors may start from the side or in the water.
- Swimmers must wear suitable clothing and footwear on poolside. No wet clothing is allowed in the spectator seating area.
- Clubs should be aware that the recommended ratio of adults to swimmers on poolside is 1:10.
- **We do not have use of the teaching pool, no swimmers should be in this pool.**

All Epsom volunteers will be wearing yellow volunteer t-shirts and will be happy to help with any queries