

POOL PROTOCOL FOR SWIMMERS ON THE DAY OF A MEET

1. Swimmers should be aware of the events they are competing in. It would be useful if parents could provide their swimmers with their race schedule – a printout of the registration confirmation e-mail setting out the races you signed up for will suffice. Alternatively, print out a copy of the Finalised Timings Programme of Events and highlight their races. All their events can be located on the Accepted Entries List.
2. Swimmers only need to turn up for the Session/s in which they are swimming.
3. Swimmers should ensure they arrive at the Venue in good time for the Warm Up for their Session/s.
4. Swimmers should not arrive at a venue late without doing a warm up.
5. On arrival, place any excess bags in lockers (if they are available) and then go poolside and find the Kingston Coaches. It may be worth having a £1 coin in your swim bag at all times as most lockers will require the use of a £1 coin which is returnable.
6. Swimmers should stay around the pool area during the Session. Coaches cannot be expected to come and find you in the changing rooms, spectator gallery, etc.
7. The club cannot take any responsibility for any missed swims as a result of a child not remaining poolside.
8. In the event a swimmer misses a race, they should immediately notify one of the marshals (or their coach if they are nearby) as they **MAY** be able to arrange for you to be slotted you into a later heat if another swimmer has failed to turn up for an event – ultimately, the Meet Manager and Referee will have the final decision on whether to allow a swimmer to swim in a later heat. Please note their decision is final. This type of arrangement will not be entertained at County, Regional or National level.

9. If children need to use the bathroom, they should inform the coach where they are going and return poolside as soon as possible.
10. If swimmers decide to leave the Venue early as a result of not feeling well, they should advise the poolside coach/es.
11. Children should not go and sit with parents in the Spectator gallery during sessions in which they are swimming. They can do this in the lunchbreak/ breaks between sessions but they must wear some sort of footwear and be towel dried.
12. Use of mobile phones poolside is not encouraged as coaches want swimmers to engage with the meet and support their team mates. Mobile phones cause a huge distraction and swimmers tend to lose focus.
13. **IMPORTANT:** With effect from 3 January, Swim England has changed the rules about changing rooms. Any use by any person of a device that can connect to the internet is prohibited from the point of entry to a changing room until after exiting the changing room. In practice this means that any device must be in a bag or pocket, it must not be visible. There are no exemptions to this rule so if someone has an issue, they cannot use the device in the changing room; their need must be solved in some other way. As a result, if you need to use your phone, you must do this outside of the Changing Areas.
14. Whilst snacks are permitted poolside, all rubbish should be disposed of properly in bin bags which are generally located around poolside.
15. Children should be reminded that, if they encounter a pool with a cover on at any venue, **ON NO ACCOUNT SHOULD THEY STAND ON THE POOL COVER.**
16. **Please ensure your swimmer is aware Warm Down pools are for doing a cool down after a race, they are not a play area for doing handstands and playing with friends as this impedes others who want to do a proper cool down from using the pool.**

17. Parents (except for Volunteer) are reminded they should not enter the Changing Areas or go Poolside.