

SNSW TECHNICAL SWIMMING COMMITTEE COACHES AND ATHLETES BRIEFING - 2021 NSW COUNTRY REGIONAL MEETS

The 2021 SNSW Country Regional Meet, Taree - will be held from 23rd to 24th January, 2021. This Meet is conducted under a Timed Finals format. Information on the Meet is as detailed below.

Rules

The Meet will be conducted under Swimming NSW Rules.

Withdrawals

Please advise the Clerk of the Course in advance if a swimmer is not competing in a race in which they are entered. This can allow for early amalgamations or reseeds of Events.

MC Swimmers

Multi Class swimmers are required to report with their classification card to the Referee prior to each Session. Each Support Staff member for MC swimmers must wear their Pool Deck Accreditation tag while in the Marshalling Area, and on Pool Deck

Taping

- The following uses of tape are **generally permitted** in competition and **advanced notification to the Referee is recommended (via email: greta.brodie@nsw.swimming.org.au)**:
 - a. Wound protection and closure.
 - Band-Aids, dressings, "Butterfly" type, etc. are normally permitted **with no advanced notification to the Technical Manager**.
 - When the tape to hold a dressing in place completely circles a major limb **or** the dressing is exceptionally large in size
 - b. Taping of no more than two (2) injured fingers or toes together.
 - c. Tape to secure medical alert bracelets and pendants, religious objects, etc.
 - d. Tape to secure medical devices such as insulin pumps, ostomy bags, etc.
- In all other cases of taping, including Kinesio Taping, Elastic Therapeutic Tape, taping intended to provide compression or support to muscles, ligaments, tendons or joints (except as stated above), the swimmer must provide **advanced notification to the Referee** by way of a medical certificate. The certificate must be signed and dated by a Medical Practitioner or Physiotherapist indicating credentials of the medical practitioner and incorporate the period taping is required.
- Casts and splints supporting a broken bone or other injury, whether fibre glass, plastic or plaster, are **not permitted in competition** – irrespective of whether a Medical Practitioner's note has been presented.

Backstroke Ledges

Backstroke Ledges will be used during this Meet. A swimmer is not required to use the Ledge for the start of a backstroke race. The ledges will be set to "0" (zero) by an Official and it will be swimmer's responsibility to adjust the ledge, and to make sure that it is locked in place after this adjustment.

Medal Presentations

After results have been finalised, medal recipients will collect their medals from the medal table.