

## Event Attendees Information

### NSW LC Qualifying Meet 1 – 10<sup>th</sup> & 11<sup>th</sup> October 2020

Document Version 1.0 - 8 SEPTEMBER 2020

The 2020 LC Qualifying Meet 1 will be held at SOPAC on 10-11<sup>th</sup> October 2020. Information on the Meet is as detailed below. This advice may change prior to the meet and any changes will be communicated directly with you. There are going to be differences in how our events have been conducted in the past and it is important to read and understand all information provided to ensure the safety of all members and continual resumption of our sport.

#### General Meet Safety Information

We ask that you please be aware of the following safety information in relation to the event.

- If you or any member of your household are feeling unwell or have any symptoms of COVID-19, please do not attend the event.
- If you or any member of your household have tested positive for COVID-19, please do not attend the event.
- If you or any member of your household have visited any of the locations listed on the NSW Health website here, <https://www.nsw.gov.au/covid-19/latest-news-and-updates> or Victoria in the last 14 days, please do not attend the event. Please note that this page is updated daily, so we ask that you check back regularly to this page prior to the event.
- If you are unable to attend due to the reasons above, Swimming NSW will provide you with a full refund for your entries.
- All event attendees will need to register their details prior to entry into SOPAC.
- **We request that only one spectator attend the event per household.**
- Please practice proper hygiene whilst present at the event and if you do begin to feel unwell during the day, please leave the venue. There will be several hand sanitiser stations available throughout the venue as well as fully stocked bathroom facilities.
- Swimming NSW encourages the wearing of masks at the event for spectators and competitors when they are not swimming, although this is not mandatory.
- Please be mindful of social distancing at all times, particularly for spectators when selecting a seat.
- There will be COVID Marshalls and Swimming NSW staff in attendance at the Aquatic Centre and respectfully ask for your compliance and cooperation with complying with instructions from these individuals.
- We ask that you minimise your time at the venue and only attend for the period that you need to swim. We encourage all competitors to shower at home after the meet.
- SOPAC will have food available for sale, however, Swimming NSW encourages competitors to bring any food or drink they require with them and do not share this with others. If Competitors or Spectators do purchase food or drink from the venue, please don't share this with anyone outside your household.
- Please bring with you, all of your own equipment that you need to compete and please do not share this with others.
- Swimming NSW staff will ensure that any equipment that does need to be shared to ensure the smooth running of the meet is cleaned at regular intervals throughout the event.
- If you have not already done so, we encourage you to download the COVIDSafe app.

### Technical Director

The Technical Manager for this meet will be announced closer to the meet.

### Rules

The Meet will be conducted under SNSW Rules.

Heats will be conducted in order of **fastest to slowest**. **This is the opposite to the normal order at SNSW events.**

The program of events will be finalised before the meet and this program will be final. No reseeding or modifications to lane allocations will be made, except as outlined below for 400m events and above. A copy of the program will be placed on the Swimming NSW website on Wednesday prior to the meet.

If it is deemed that we may be able to reseed due to the withdrawal athletes in 400m, 800m & 1500m events swimmers or their representatives will be called to the Recording Room and informed of this. Athletes will be encouraged to inform SNSW if they are withdrawing via [meet.entries@nsw.swimming.org.au](mailto:meet.entries@nsw.swimming.org.au)

### Social Distancing

Parents, club managers, and coaches are responsible for ensuring that their team members adhere to social distancing, both within the venue and warm up pool at all times.

A Swimming NSW employee will be appointed as the COVID Safety Officer for the meet.

### Coaches Meeting

The Technical Manager will be available during warm up each morning if there are any other matters that arise in the course of the meet.

**Coaches & Swimmers** are required to maintain social distancing at all times.

### Warm Up Pool

- Maximum of Ten (10) Swimmers per lane at any one time.

### Assisted Self Marshalling at this Meet

- Swimmers are responsible for being ready to take their position on the starting platform or in the water when whistled up by the Referee.
- Swimmers will have assisted self-marshalling at this meet. Check Starters will be available to assist, support and direct swimmers on the pool deck when requested by the swimmer. The Clerk of Course in the marshalling area will indicate when the next heat is required to move to the chairs behind the blocks.
- Swimmers are expected to know what event, heat and lane they will be swimming in from the published program.
- There will also be copies of the race sheets posted in the Marshalling area.
- Swimmers will **report to the chairs behind the blocks**, for their event preferably via the marshalling area, as per the following process. **The fastest heats will report first.** In order to avoid congestion and ensure social distancing, please note that swimmers need only be available to enter the marshalling area or chairs behind the blocks
  - **four (4) heats prior** to their heat for 50m, 100m and 200m events.
  - For events 400m and more, **two (2) heats prior** to their event.
- The **first heats of sessions** should report **10 minutes prior** to the scheduled start time.

- There will be chairs behind the timekeepers (100m, 200m, 400m, 800m and 800m Events) at the start end and also chairs put behind the starting blocks at the bridge end of the pool (50m Events).
- After the start of the previous heat, swimmers may progress to the next deck chair position without causing any interference to Technical Officials. Swimmers are expected to be at the chair ready for the whistles to start their heat.
- Swimmers will not be prevented from swimming if they only make it to their seat one heat prior to their event (This is a guide only to allow the event to flow. Leniency will be employed by Referees whilst this process is initially implemented). If a swimmer misses their heat, they must alert a Technical Official and they will be placed in a spare lane if, it becomes available.
- The Referee will ultimately make decisions as to entitlement to swim.
- There will still be a Marshalling area setup with two (2) rows of chairs (In case there is a need revert to full Marshalling). Swimmers will have the option to either report directly to the row of chairs behind each lane or proceed through the Marshalling area to pool deck. We will have some Clerks of Course (Technical Officials) in the Marshalling area to assist swimmers if needed. These Officials will be available for Athletes, Team Managers and Coaches to find information on events, withdraw swimmers and make enquiries.
- Swimmers will need to leave any clothing so that it is able to be collected without re-entering the competition area after their event.
- Swimmers exiting the pool after events will move to the swim down pool via designated exits and the rear corridors shown on the pool layout map below.
- Where a swimmer has entered, but will not be in attendance for a day, or the whole meet, the Recorders should be advised prior to the commencement of the day's competition.

We look forward to your assistance and cooperation in making this change a success and that it will benefit the performance of our athletes.

### **Multi Class (MC) Swimmers**

MC swimmers competing in able bodied events are required to report with their classification card to the Referee prior to each Session, where their exceptions have not already been submitted with their entries for the MC events on the program.

Each Support Staff member for MC swimmers must wear their Pool Deck Accreditation tag while in the Marshalling Area, and on Pool Deck. Support Staff must comply with the applicable SNSW Multi Class rules when they are on deck.

### **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 the Inspector of Turns and it will be swimmer's responsibility to adjust the ledge, and to make sure that it is locked in place after this adjustment.

### Taping

- The following uses of tape are **generally permitted** in competition and **advanced notification to the Technical Manager is recommended**:
  - a. Wound protection and closure.
    - Band-Aids, dressings, “Butterfly” type, etc. are normally permitted **with no advanced notification to the Technical Manager**.
  - b. When the tape to hold a dressing in place completely circles a major limb **or** the dressing is exceptionally large in size
  - c. Taping of no more than two (2) injured fingers or toes together.
  - d. Tape to secure medical alert bracelets and pendants, religious objects, etc.
  - e. Tape to secure medical devices such as insulin pumps, ostomy bags, etc.
- In all other cases 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 Technical Manager** 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 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.

### Timekeeper Roster

In case of a “soft touch” or touch pad failure, Timekeepers are very important to the successful running of a meet. Thank you to Clubs providing Timekeepers at this Meet.

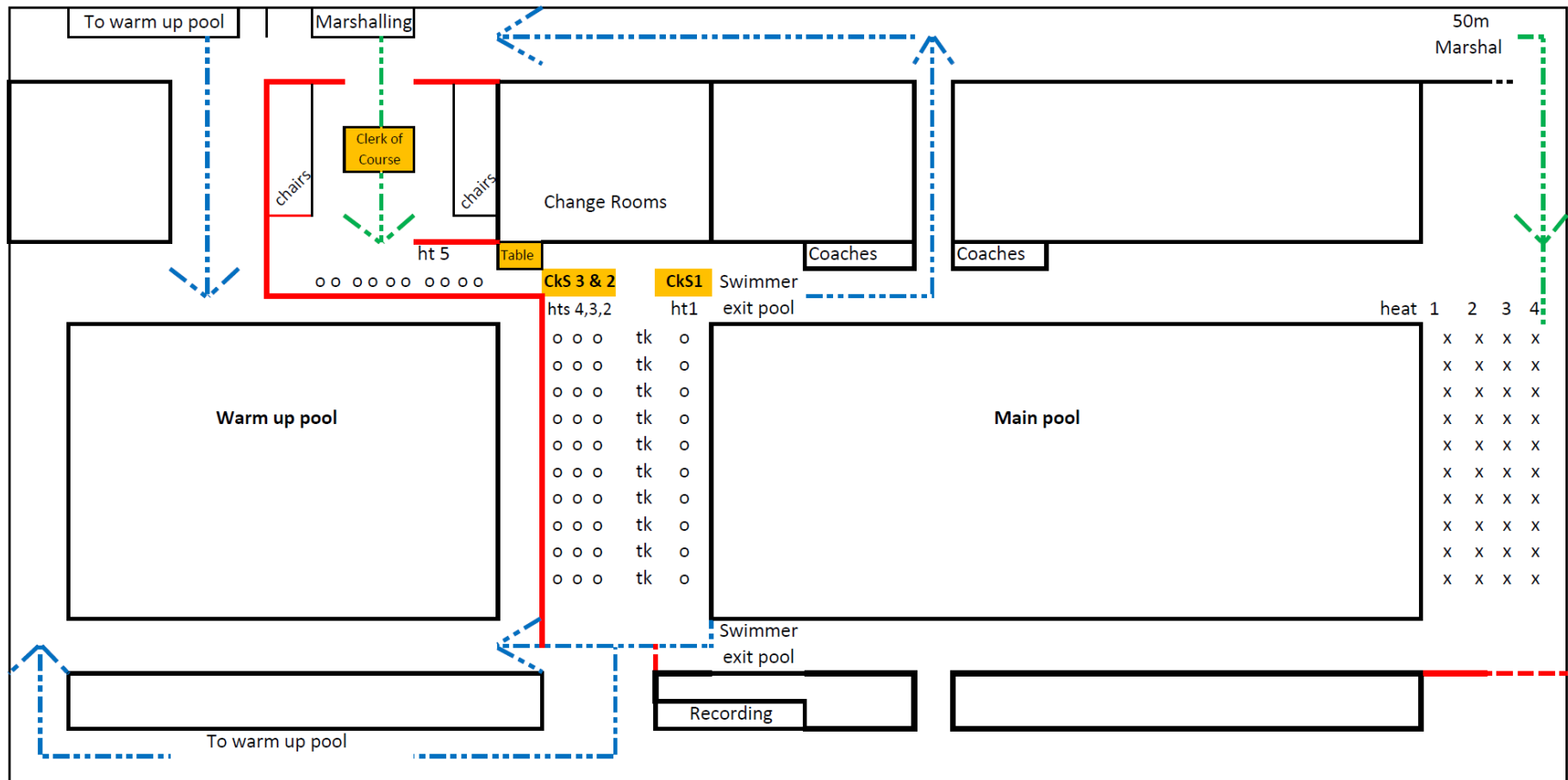
When on Pool Deck please remember

- If you have been allocated as a Timekeeper at the commencement of a Session, please report to the Chief Timekeeper in the designated room at least 30 minutes prior to the session commencing,
- Please bring your own drink bottles.
- You may be replaced only at **hourly intervals on the hour**. This is to facilitate COVID-19 cleaning measures.
- No mobile phones are allowed on pool deck. If you need to be contactable, please leave your phone with the SNSW Staff Member
- As athletes are concentrating on their race, please avoid conversations with swimmers, unless initiated by the swimmer.
- Refrain from talking and maintain silence during the period between the Referee’s long whistle and the point where the starting signal is activated by the Starter.

**Swimming NSW will actively monitor all relevant guidelines, health directives and restrictions and will communicate any updates to event attendees through email, social media and the SNSW website.**

**We appreciate everyone’s cooperation to make our events safe for all attendees and wish all swimmers the best for the meet.**

**POOL LAYOUT**



Cks = Check Starter  
ht = Heat

Table

Cks 3 & 2

Cks1

ht1

hts 4,3,2

o o o tk o

o o o tk o

o o o tk o

o o o tk o

o o o tk o

o o o tk o

o o o tk o

o o o tk o

o o o tk o

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heat 1 2 3 4

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