

# Frank Mansey Memorial Open Meet – Saturday 9th July 2022

## Information for Coaches/Poolside Helpers

### Warm Up

The warm up sessions will be broken down into four 15-minute sessions.

The morning warm up beginning at 8:30am will be broken down as follows:

- 8.30am – 8.45am: **GIRLS (aged 9, 10 & 11yrs).**
- 8.45am – 9.00am: **GIRLS (aged 12, 13 & 14 yrs).**
- 9.00am – 9.15am: **GIRLS (aged 15 & Ov) and BOYS (aged 14 & Ov).**
- 9.15am – 9.30am: **BOYS (aged 13 & Un).**

The afternoon warm up beginning at 1:00pm will be broken down as follows:

- 1.00pm – 1.15pm: **BOYS (aged 13 & Un).**
- 1.15pm – 1.30pm: **GIRLS (aged 15 & Ov) and BOYS (aged 14 & Ov).**
- 1.30pm – 1.45pm: **GIRLS (aged 9, 10 & 11yrs).**
- 1.45pm – 2.00pm: **GIRLS (aged 12, 13 & 14 yrs).**

There must be **no more than 12 swimmers per lane** at any time. Swimmers should not rest on the lane ropes and not stop in the lane.

### Starts

Lanes: 4, 5 and 6 are reserved for starts for the final 5 minutes of each section of the warm up:

#### Session 1

- 8.40am – 8.45am
- 8.55am – 9.00am
- 9.10am – 9.15am
- 9.25am – 9.30am

#### Session 2

- 1:10pm – 1:15pm
- 1:25pm – 1:30pm
- 1:40pm – 1:45pm
- 1:55pm – 2:00pm

More lanes may be made available dependant on demand.

## Lunch

Lunch will be served on the squash court between the two sessions. Please ensure you are wearing your poolside pass wrist band. Tea and coffee will also be available for coaches & helpers before the first session begins and at lunch.

## Health & Safety

It is requested that bags and equipment are kept in lockers. **No swim bags should be taken onto the poolside** (only a small drawstring type bag to hold goggles, towel & a drink will be allowed).

Note that **swimmers are not to take food on poolside, and no additional chairs are to be taken on to poolside**. The sports hall is available for clubs to base themselves if poolside space is limited.

**Shoes must be worn in all other areas of the leisure centre apart from the pool hall.**

- The Fire Alarm is a standard siren with a voice over directing swimmers. There are three fire exits situated at either end of the main pool and one at the end of the small pool. In the event of an evacuation swimmers will be lined up at the window side of the main pool and should follow the directions of the leisure centre staff.
- At no point should swimmers return to the changing rooms – foil blankets will be issued as necessary. The assembly point is located at the top of the main car park next to the bus drop off point. No drills are planned.
- There are 6 Emergency Alarms situated around the pool (red and yellow boxes) which flash when activated. They should only be pressed in an emergency. Make sure swimmers/parents are kept away from them so as not to activate them accidentally. If a rescue needs to be performed, all bathers must leave the pool in an orderly manner. All spectators and swimmers should ideally leave the pool area to give privacy to the casualty.
- The teaching pool is STRICTLY out of bounds – not even to dangle toes in!
- Lifeguards take priority and swimmers/spectators should not hinder staff in carrying out their duties.

## Swimmer Reporting

When swimmers are required to report to the marshals for their race they should do so leaving plenty of time. The marshalling zone will be in the group changing area of the village changing facility.

*From poolside:* swimmers should walk to the changing village and up to the hair drying station and turn right and walk towards the emergency fire door to get to the marshalling area.

*From the café area:* swimmers should walk through the double doors to the changing village and walk towards the emergency fire door (straight ahead) to get to the marshalling area.

Good luck to everyone! And we look forward to welcoming you to our future swimming open meets:

Rascals 50<sup>th</sup> Anniversary Open Meet – Arc Leisure, Matlock – 8<sup>th</sup> January 2023

The 4<sup>th</sup> Frank Mansey Memorial Open Meet – Alfreton Leisure Centre – July 2023