



S.A.S.A North District

Participant Information – North District Time Trials

Coaches' Packs

These can be collected on arrival from the reception/programme desk located at the entrance of the aquatics centre before the stairs.

Changing Village

Swimmers clothing, kit bags, etc. must be placed in the lockers provided (£1 coin needed). No belongings can be left in the changing cubicles. Bags must not be taken on to poolside due to restricted competitor seating. Consumption of food is not allowed in the changing village.

Photography of any description is prohibited in the changing village, showers and toilets.

Swimmers/Teams

Teams will be able to choose their own seating in the available areas. Team seating will be available on the far side, turn end and near side of the pool up to the marked division.

As seating is restricted, coaches/team staff on poolside will be limited to one per ten swimmers up to a maximum of three for any team.

Spectators

All seating in the main pool hall spectator area is available except for any designated VIP seating, and other marked areas. These will be clearly signed. Spectator admission will be free of charge.

Warm Up/Swim Down

Access to the pool deck is from 15 minutes before the start of the first warm up of each day. Guidelines for the effective running of warm-ups will be enclosed in your information pack. Warm up for each session a single 45 minute session without segregation. Please comply with allotted warm up times and announcements and co-operate with the warm up Supervisors.

The diving hall pool (25m) is not available for this meet as it is being used for other public activities. Please be aware of and be respectful towards other users. The main pool MAY be available for swim down at the end of each session in which case swimmers must not enter the pool unless an announcement is made. Coaches/ Team Managers must supervise their swimmers during warm up/swim down

Marshalling

Competitors, including reserves, are required to report to Call Room 1 (signed) in good time. Start sheets with expected event start times will be issued and at least 10 minutes prior to the start of the event is suggested for marshalling. Any swimmer who fails to report by the time their heat leaves Call Room 1 will be deemed to have withdrawn from the event and may be fined accordingly. If a swimmer is in two events in quick succession they may report for both.

Withdrawals

Withdrawals should be made using the sheet(s) provided and by the deadline announced. Failure to notify a withdrawal prior to the start of the competition may result in a fine. Please check that any prior email withdrawals have been removed from or noted on the sheet.

Presentations

There are no medals or presentations at this meet.

Photography /Videos

Photographic and video equipment, (including mobile phone cameras and iPad/tablet cameras) to be used in the pool halls must be registered on the appropriate form. One form will be included the information pack for the convenience of coaches/team managers. Additional forms or a book with a declaration will be available from the information desk. Due to space restriction, photography/video on the pool deck except by officially appointed photographers, is not permitted.

The use of mobile phones as phones in the pool hall is prohibited during the competition and call functions should be disabled. If you are using your mobile phone for other purposes (eg meet mobile) please ensure it is switched to silent.

General

All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct - see attached. Please ensure that your team is aware of this.

Vuvuzelas are not permitted at this meet. Air horns are not permitted. Please ensure quiet for the starts.

Swim Shop

There is no swim shop at this meet.

Different people have authority and overall responsibility for the running of the meet at different stages. The list below shows whom you should approach with any queries, concerns or complaints during the various stages of the meet.

Arrival – Start of Competition	Meet Convenor	Kenny Dryburgh
During Competition Session	Session Referees Day 1	Sean Dawson Alison Low
	Session Referees Day 2	Doris Mair Steve Robertson
Between Competition Sessions	Meet Convenor	Kenny Dryburgh
End of Competition – Departure	Meet Convenor	Kenny Dryburgh

CODE OF ETHICS

Sporting integrity is based on the acceptance of rules, fairness, equality, respect for others, moral conduct and a sense of what is right.

Violence, breaking the rules, abuse of drugs, lack of fair play and other unethical behaviours are unacceptable to the Scottish Amateur Swimming Association Limited.

Scottish Swimming Staff, Board of Directors, Council, Districts, Committees, Members, Clubs and their members agree to:

- ☒ Abide by the principles above.
- ☒ Sign and agree to relevant Codes of Conduct.
- ☒ Set a good example at all times.
- ☒ Follow the spirit of policies as required, e.g. Equity.
- ☒ Abide by and agree to international/national policies and guidelines, e.g. anti-doping, Child Protection Procedures.

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