



## SASA NORTH DISTRICT DISTANCE MEET

### 8<sup>th</sup> & 9<sup>th</sup> October 2022



### PARTICIPANT INFORMATION

Dear Clubs and Colleagues

We look forward to welcoming you all to the 2022 SASA North District Distance Meet. This is the first time since October 2019 that this meet has been held. Please read the following information and ensure that it is passed on to anyone in your team attending the meet.

<b>Venue</b>	<b>Fraserburgh Community &amp; Sports Centre, Maconochie Place, Fraserburgh, AB43 9TH</b>			
<b>Session Times</b>	<b>Session Number</b>	<b>Warm up</b>	<b>Start</b>	<b>Exp Finish</b>
	Session 1 (101) (102)	0900 1050	0935 1120	1300
	Session 2 (201) (202)	1330 1510	1405 1540	1725
	Session 3 (301) (302)	0900 1045	0935 1115	1300
	Session 4 (401) (402)	1330 1510	1405 1540	1725
	<i>All times above particularly the interim warm up times are provisional and subject to change if necessary</i>			
<b>Team Managers Meeting</b>	There will be no Coaches/Team Staff meeting for this competition			
<b>COVID protocols</b>	No opt-in forms, health surveys, LFT or temperature checking will be in place for the event. Anyone symptomatic, not feeling well or testing positive should not attend the venue. Face coverings are not mandatory but are recommended in busy areas. No specific physical distancing measures will be in place. All attendees are encouraged to give each other sufficient space to allow everyone to be comfortable while at the event.			
<b>Athlete seating</b>	Athlete seating will be available on poolside around the competition pool and in the spectator gallery. Clubs will not be allocated any specific space.			
<b>Risk Assessment</b>	A risk assessment covering the health and safety considerations is in place for the event and has been agreed by the venue management.			
<b>Arrival and Depart times</b>	Entry to the venue will be permitted from 0830 at the earliest. Everyone must be clear of the building by 1800			
<b>Warm up &amp; swim down arrangements</b>	Guidelines for the effective running of warm-ups will available on the SASA ND website prior to the meet.  Please comply with allotted warm up times and announcements and co-operate with the warm-up Supervisors. All 6 x 25m lanes will be available for warm up sessions. The competition pool is not available for swim down at any time during the meet.			
<b>Venue flow</b>	Entry to the building will be in the main reception door. Teams should not congregate immediately outside the venue or in the foyer/reception area prior to the start or end of the sessions			

	Athletes/Team Staff – Proceed past reception and turn right into the changing village and competition pool. No coaches pen will be in operation at this event
<b>Rules</b>	The meet will be held under FINA rules and Scottish Swimming regulations
<b>Coaching Packs</b>	Coaching packs will not be issued for this event. Withdrawal sheets can be collected from the recorders desk on poolside.
<b>Changing Village</b>	<p>The changing village will be available for use but time in this area should be limited as far as possible. Consumption of food is not allowed in the changing village. <b>Photography/video of any description is prohibited in the changing village, showers and toilets.</b></p> <p>Athlete clothing, kit bags, etc. can be placed in the lockers provided. Bags can be taken onto poolside/seating area where space in that area allows. No belongings can be left in the changing cubicles.</p>
<b>Spectating</b>	There is no spectating space on poolside. Any spectators should remain in the foyer area.
<b>Live Streaming</b>	Live streaming will not be in place for this event
<b>Footwear</b>	<p>Please note no outdoor footwear is permitted to be worn on poolside.</p> <p>In the interests of safety, swimmers are required to wear dry footwear when using the steps to and from the pool deck. Please do not climb over seating.</p>
<b>Front of House activities</b>	There may be limited front of house fundraising arrangements in place. This may include a swim shop. If in place, it will be situated in the main foyer area.
<b>Medal Presentations</b>	There will be medals for the first three places in each age group in each event. There will be no medal presentations. Medals can be collected from a table in the foyer.
<b>Athlete to Team Staff Ratio</b>	A ratio of 1 coach to 10 athletes, with the maximum of 4 coaches/team managers in venue per session. A reminder that coaches/team managers should have a PVG in place through their club to be present on poolside at the competition.
<b>Marshalling</b>	<p>There will be marshalling for all heats. All swimmers must attend marshalling before their events and are advised to attend in good time. The start of a race will not be delayed for absent competitors and swimmers who have not presented themselves to the marshals prior to their heat leaving at the <u>first</u> marshalling area will not be permitted to swim, will be treated as a late withdrawal and may be fined accordingly.</p> <p>Reserves must marshal unless they have withdrawn.</p>
<b>Withdrawals</b>	Withdrawals should be notified on the relevant withdrawal form. The sheets should be handed in to the recorders no later than the start of the first warm up in each session ie first session withdrawals by 9.00am on Saturday for 101 and 102. Withdrawal forms must be updated accordingly at the start of each main session warm-up thereafter.
<b>Catering</b>	<p>Catering provision is available for coaches and team staff. This should be purchased in advance of the event when submitting entries.</p> <p>Meals will be available for serving technical officials after the morning sessions on both days. Tea and Coffee will be available in the briefing room prior to start of the sessions and at each session break.</p>

<p><b>Technical Swimsuits</b></p>	<p>As of 1st September 2022, new regulations will come into force regarding technical swimsuits. From this date all swimmers 13 years and younger cannot compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's please see link below.  <a href="#">Swimsuits   Scottish Swimming</a></p>
<p><b>WhatsApp Broadcast</b></p>	<p>A WhatsApp broadcast will not be in place for this event.</p>
<p><b>Start lists &amp; Results sheets</b></p>	<p>Sessions start lists will be printed and made available to coaches/team staff for every session and should be collected from the recorders desk when available. Start lists will also appear on MeetMobile where possible.</p> <p>Results sheets will be printed at the venue and displayed on the wall and will also be distributed electronically post event. Results will also appear on MeetMobile where possible and on the <a href="#">SASA North District Website</a></p>
<p><b>Photography Permission</b></p>	<p>Please note that anyone wishing to use photographic equipment, including video cameras at the event <b>MUST</b> register using the QR codes available below and at the venue.</p> <p><b>The use of mobile phones or other devices capable of photography/video are not permitted at any time in the changing village, toilets or shower areas and they must be switched to silent in the pool hall.</b></p> <p><b>Photography QR code</b></p> 
<p><b>Feedback Survey</b></p>	<p>The SASA North District Swimming Committee would really like to hear your feedback on the event, including what went well and what could be better. The survey is contained in the QR code below and will also be available at the venue and sent out through the broadcast.</p> 
<p><b>General notes</b></p>	<ul style="list-style-type: none"> <li>○ Vuvuzelas are <b>not</b> permitted at this meet. Air horns are <b>not</b> permitted. Please ensure quiet for the starts.</li> </ul>

	<ul style="list-style-type: none"> <li>○ Please ensure that your team does not at any time block Emergency Exits or access around the pool</li> <li>○ Teams are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day. Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them. Glass bottles or containers are not permitted in the poolhall</li> <li>○ All athletes, coaches and team staff must be a member of SASA prior to attending the event</li> </ul>				
<p><b>Code of Ethics</b></p>	<p>All participants should adhere to the Scottish Swimming Code of Ethics (detailed below), and relevant codes of conduct. Please ensure that your team is aware of this.</p> <p>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 Scottish Swimming.</p> <p>Scottish Swimming Staff, Board of Directors, Council, Districts, Committees, Members, Clubs and their members agree to:</p> <ul style="list-style-type: none"> <li>• Abide by the principles above</li> <li>• Sign and agree to relevant Codes of Conduct</li> <li>• Set a good example at all times</li> <li>• Follow the spirit of policies as required, e.g. Equity</li> <li>• Abide by and agree to international/national policies and guidelines, e.g. anti-doping, Wellbeing &amp; Protection Procedures</li> </ul>				
<p><b>Event Management Contacts</b></p>	<p>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.</p>				
<p><b>Arrival/End &amp; between sessions</b></p> <p><b>During Competition</b></p>	<table border="1" style="width: 100%;"> <tr> <td style="width: 30%;">Meet Convenor</td> <td>Jennifer Reid <a href="mailto:wpobrochasc@gmail.com">wpobrochasc@gmail.com</a></td> </tr> <tr> <td>Referees</td> <td>Saturday – Brian Hendry &amp; Andy Coueslant Sunday – Brian Hendry &amp; Colin Oswald</td> </tr> </table>	Meet Convenor	Jennifer Reid <a href="mailto:wpobrochasc@gmail.com">wpobrochasc@gmail.com</a>	Referees	Saturday – Brian Hendry & Andy Coueslant Sunday – Brian Hendry & Colin Oswald
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