



SASA NORTH DISTRICT DEVELOPMENT PENTAQUAS

25-26th June 2022

PARTICIPANT INFORMATION



Dear Clubs and Colleagues

We look forward to welcoming you all to the 2022 SASA North District Development Pentaquas. This is a new event for this year, replacing the development meet which usually runs on this weekend. Please read the following information and ensure that it is passed on to anyone in your team attending the meet.

Venue	Inverness Leisure, Bught Lane, Inverness, IV3 5SS			
200m Pentaqua Session Times	Session Number	Warm up	Start	Exp Finish
	Session 1	0900	1000	1220
	Session 2	1300	1400	1600
	Session 3	1640	1740	1930
100m Pentaqua Session Times	Session Number	Warm up	Start	Exp Finish
	Session 1	0900	1000	1210
	Session 2	1250	1350	1545
<i>All times above are provisional and subject to change if necessary</i>				
Team Managers Meeting	There will be no Coaches/Team Staff meeting for this competition			
COVID protocols	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.			
Athlete seating	Athlete seating will be available on poolside around the competition pool and in the spectator gallery. Clubs will not be allocated any specific space.			
Risk Assessment	A risk assessment covering the health and safety considerations is in place for the event and has been agreed by the venue management.			
Arrival and Depart times	Saturday Entry to the venue will be permitted from 0745 at the earliest. Everyone must be clear of the building by 2000			
	Sunday Entry to the venue will be permitted from 0745 at the earliest. Everyone must be clear of the building by 1630			

<p>Warm up & swim down arrangements</p>	<p>Guidelines for the effective running of warm-ups will be distributed via the WhatsApp broadcast and available on the SASA ND website.</p> <p>Please comply with allotted warm up times and announcements and co-operate with the warm-up Supervisors. All 8 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.</p> <p>The leisure waters are not available for this event as it is being used for other public activities. Please be aware of and be respectful towards other users.</p>
<p>Venue flow</p>	<p>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</p> <p>Athletes/Team Staff – Proceed down the ramp to the right of reception to the changing village and competition pool. No coaches pen will be in operation at this event</p> <p>Spectators – Proceed up the ramp to the right of reception up to the seating area</p>
<p>Rules</p>	<p>The meet will be held under FINA rules and Scottish Swimming regulations</p>
<p>Coaching Packs</p>	<p>Coaching packs will not be issued for this event. Withdrawal sheets can be collected from the recorders desk on poolside. All other information will be sent out via the WhatsApp Broadcast</p>
<p>Changing Village</p>	<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. Photography/video of any description is prohibited in the changing village, showers and toilets.</p> <p>Athlete clothing, kit bags, etc. can be placed in the lockers provided (4 digit code used to lock the lockers). Bags can be taken on to poolside/seating area where space in that area allows. No belongings can be left in the changing cubicles.</p>
<p>Spectating</p>	<p>Spectating will be available at this event. A section of the spectating area will be allocated for athlete seating and any remaining capacity will be available for spectators. Capacity of this area will be monitored and may need to be restricted during busy times.</p>
<p>Live Streaming</p>	<p>Live streaming will not be in place for this event</p>
<p>Footwear</p>	<p>Please note no outdoor footwear is permitted to be worn on poolside. 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>
<p>Front of House activities</p>	<p>There may be limited front of house fundraising arrangements in place. This may include a swim shop. If in place, it will be situated at the entrance to the competition pool spectator gallery.</p>
<p>Medal Presentations</p>	<p>There will be medals for the first three places in each age group in each event. There will be a further medal awarded to each of the overall Pentaqua winners in each age group. Overall Pentaqua winners will be determined using cumulative FINA Points with the FINA Points being those in the Meet Management programme used at the time.</p>

Athlete to Team Staff Ratio	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.
Marshalling	<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>
Withdrawals	Withdrawals should be made using the sheet(s) provided, at least 1 hour before the start of the session or returned 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.
Catering	<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 and afternoon sessions on the Saturday and after the morning session on the Sunday. Tea and Coffee may be available in the briefing room prior to start of the sessions.</p>
WhatsApp Broadcast (Start lists & Results sheets)	<p>A WhatsApp broadcast will be in place for this event. Important documents such as Start lists, results, warm up information and any other useful information will be sent out in a broadcast when necessary and appropriate.</p> <p>Registration for the broadcast is open to all Coaches and Team staff attending the event and registration MUST be completed by 9pm on Wednesday 22nd June.</p> <p>For heat sessions start lists will not be printed for coaches/team staff at the venue but will instead be distributed electronically. Start lists will also appear on MeetMobile where possible. Start sheets for all heats sessions will be issued in advance of the event by 10pm on Thursday 24th March.</p> <p>Results sheets will be printed at the venue and displayed on the wall and will also be distributed electronically. Results will also appear on MeetMobile where possible and on the SASA North District Website</p> <hr/> <p>WhatsApp Broadcast Instructions</p> <ol style="list-style-type: none"> 1. Save the following contact in your phone Claire Sutherland – 07788 310814 2. WhatsApp Claire the following information: Your Name, Your Number Your role at the event 3. Claire will then add you to the Event Broadcast

<p>Photography Permission</p>	<p>Please note that anyone wishing to use photographic equipment, including video cameras at the event MUST register using the QR codes available below and at the venue.</p> <p>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.</p> <hr/> <p>Photography QR code</p> 
<p>Feedback Survey</p>	<p>As this is a new event and meet format, 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.</p> <p>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>General notes</p>	<ul style="list-style-type: none"> ○ Vuvuzelas are not permitted at this meet. Air horns are not permitted. Please ensure quiet for the starts. ○ Please ensure that your team does not at any time block Emergency Exits or access around the pool ○ 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 – this includes the spectator areas. ○ All athletes, coaches and team staff must be a member of SASA prior to attending the event
<p>Code of Ethics</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"> • 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, Wellbeing & Protection Procedures 	
<p>Event Management Contacts</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>Arrival/End & between sessions</p> <p>During Competition</p>	<p>Meet Convenor</p> <p>Referees</p>	<p>Jayne Prosser jayneprosser@hotmail.com</p> <p>Sean Dawson & Derek Allan</p>