

WELLINGBOROUGH AMATEUR SWIMMING CLUB

Affiliated to ASA and RLSS

SAFETY ADVICE FOR VISITING TEAMS

1. Please relay this information to your officials and swimmers prior to the start of the gala.
2. Everyone attending galas at The Waendel Leisure Centre must take all steps to ensure their own safety and that of others.
3. Pool length 25 metres.
4. All fire exits are clearly marked, the area in front of these must be kept clear at all times.
5. In the event of an evacuation or incident, swimming pool staff will take charge and direct the public as necessary.
6. During galas, the learner pool will remain out of bounds at all times.
7. No swimmer is allowed outside the poolside and changing room areas without suitable footwear and clothing.
8. Starting blocks are fitted at the deep end which is 1.8 metres in depth. All starts will take place from the deep end.
9. Water depth at the shallow end is 1.0 metres. Starting blocks are fitted at the shallow end. Only relay take-overs will take place at the shallow end.
10. It is the responsibility of coaches / team managers to ensure that all swimmers diving at the shallow end are able to execute a shallow racing dive and are skilled to the standard of the ASA Competitive Start Award.
11. Entry to the water is via the diving block – please do not allow swimmers to jump over, or stand, on the turning boards.
12. Swimmers must exit the pool at the sides of the pool. Swimmers must not climb over the turning boards at any time.
13. You are required to appoint two officials to supervise the warm up session. No diving is allowed during warm up.
14. The duration of the warm up is 30 minutes. This will be divided into three 10 minute sessions. Unless advised otherwise by the referee. Please swim your team in equal numbers in each warm up.
15. Please ensure swimmers do not sit on the lane ropes during the warm up period.
16. The instructions of the lifeguards must be obeyed at all times.
17. Your warm up lane is: Lane _____
Lane 1,3 & 5 CLOCKWISE ~ Lane 2,4 & 6 – ANTI-CLOCKWISE
18. No personal belongings should be left in the changing room or cubicles. Lockers are available.

***We hope you will enjoy your gala at
The Waendel Leisure Centre, Thomas Street, Wellingborough, NN8 1DZ
Pool Telephone: 01933 221622***

WASC CONTACT INFORMATION:

HOME / FRIENDLY GALA SECRETARY, GEORGE FROSDICK gef829@hotmail.co.uk

LEAGUE GALA SECRETARY, TONY FROGGATT tonyfroggatt@hotmail.co.uk

CLUB SECRETARY, JEAN THOMAS: 01933 226649 / 07951 418894