



TYNEMOUTH AMATEUR SWIMMING CLUB

Winter Level 3 Gala at Tynemouth Pool
27th and 28th November 2021

COVID 19 Supplementary Information

Welcome to the Tynemouth ASC Winter Gala, we are extremely excited to host you at Tynemouth Pool. The aim of this information is to make sure that you can enjoy the gala while minimising the risks of transmission of Covid-19. This information is for swimmers, coaches, volunteers, officials and spectators.

This is the first gala at Tynemouth Pool since restrictions have been lifted and we have worked closely with North Tyneside Council to agree the procedures below. The aim is to limit the numbers on poolside and in the spectator gallery and to minimise the contact between individuals, particularly in potentially crowded areas such as the changing village and foyer. If you have any questions please contact us on covid@tynemouthasc.co.uk.

Pre-competition procedures

All participants (including swimmers, coaches, officials, team managers and volunteers) must:

- Take a rapid lateral flow test within 48 hours of the competition starting.
- Complete the attached Return to Competition Risk Awareness Declaration Form:
 - Clubs are requested to ensure that **poolside participants** (swimmers, coaches, team managers) complete the form and are aware of the risks involved. We are happy for clubs to collect these forms from participants in their usual way and we do not require copies of paper forms
 - **Officials** are requested to return their completed form to Nicola Comrie at nlcomrie@blueyonder.co.uk or to bring a paper copy on the day
 - **Spectators** (including children) are requested to complete the attached form prior to entry to the competition and these forms will be collected at the reception desk. Please bring a completed paper form if you can as this will reduce congestion on entry to the venue, although there will be some forms available on the day. Spectators will need to provide a completed form on the Saturday and a new one on the Sunday. **Note: Spectators who do not complete a form will not be allowed entry to the competition.**

Spectators

- We request that you wear a wear face covering when entering and moving around the venue if you are able to
- An NHS Test and Trace QR code will be displayed for all those who wish to register
- There is reduced spectator capacity within Tynemouth Pool (240 seats available) so **tickets will be limited to one spectator per swimmer**. Seating can be booked from 15th November @ 08:00 through Eventbrite using the following links:

<https://www.eventbrite.co.uk/e/205401680957> - Sat am

<https://www.eventbrite.co.uk/e/205405331877> - Sat pm

<https://www.eventbrite.co.uk/e/205406415117> - Sun am

<https://www.eventbrite.co.uk/e/205406996857> - Sun pm

- Payment for entry will be on arrival at the reception desk (£4 for one session; £7 for one day; £12 for whole weekend). All spectators will be asked to wear a wrist band to help us ensure that seating capacity limits are adhered to
- If you leave the competition early, could you please hand your wristband in to the reception desk to allow another spectator entry
- We aim to be able to support live results on the day and a web link will be shared as soon as it is available.

Swimmers/Clubs Poolside

- Swimmers should arrive swim-ready for warm up sessions if possible
- Clubs will have allocated seating areas. We are using the changing village and space around the main pool as club areas
- Swimmers must stay in their designated areas and are not allowed access to the spectator gallery
- Swimmers will have the opportunity to warm up and a cool down facility will be in use
- Clubs are requested to minimise the time swimmers spend in the cool down pool to avoid overcrowding
- The marshalling area will be in the small pool room
- Swimmers are asked not to take unnecessary items into marshalling.

Details of warm up and session times

Session 1

Warmup: 07:30

Start: 08:30- End: 11:55

Session 2

Warmup: 12:30

Start: 13:30- End: 17:15

Session 3

Warmup: 08:30

Start: 08:30- End: 11:56

Session 4

Warmup: 12:30

Start: 13:30- End: 17:18