



Springboard Gala 2019

DISS OTTERS SPRINGBOARD GALA
Saturday 9th March 2019 at
Diss Leisure Centre, Victoria Road, Diss IP22 4JG

Coach Information

SESSION TIMINGS

Warm Up: 5.00pm
Start: 5.30pm
Est. Finish: 7.30pm

WARM UP SCHEDULE

A coach or team manager must be on deck with their swimmers while warming up. Warm up session will be conducted in two 10-minute sessions.

Group 1	Boys & Girls 10/UN 5:00 – 5:10pm	Lanes 1-6
Group 2	Boys & Girls 11/OV 5:10-5:20pm	Lane 1-5 Lane 6 - One-way sprint lane

Lanes 1, 3, 5 and 6 will swim Clockwise
Lanes 2, 4 and 6 will swim anti-clockwise

1. **Parking**

Limited parking is available at the Diss Leisure Centre. Additional parking at no additional charge has been arranged at Tesco, Victoria Road. Directions will be provided by members of DOSC.

2. **Entry**

Entry for swimmers to the pool will be from 4.45pm. Spectators entry to the viewing area will be from 5.00pm. Spectators entry fees: Adult £3.00 Under 16s free of charge Programme £1

3. **Warm-up schedule.**

A coach or team manager must be on deck with their swimmers while warming up and supervise their own swimmers. The warm up session will be conducted in 10-minute sessions. Please be on time getting in to and out of the water. No diving when entering the pool during warmup. A sprint lane will be made available during warm up. Lane 1, 3 and 5 are clockwise. Lane 2, 4 and 6 are anticlockwise.

4. **Withdrawal Sheets.**

Please return withdrawals sheets prior to 5:15pm. Please indicate swimmers that intend to withdraw from entered events with a cross (x).

5. **Refreshments**

Refreshments for Coaches and Officials will be available in the reception meeting room from 4.45pm.

6. **Results and Medals**

Results will be posted on the wall next to the entrance to the pool from the changing rooms as well as being emailed to the Club contact after the event. Medals will be available for collection from the medals table situated on the raised balcony once the results are confirmed. Swimmers are encouraged to collect medals in a timely manner.

7. **Photography**

We are all well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within a swimming gala setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

Diss Otters Swimming Club encourage all spectators/participants to make themselves familiar with the photography and filming arrangements and be vigilant during the event. Should individuals have any concerns about photography or filming at the event, this should be brought to the immediate attention of the Meet Promoter.

8. **Safety and Pool Rules**

- Swimmers must use the changing rooms when changing – do not change poolside.
- Swimmers are not allowed poolside until the coach, gala promoters and lifeguard are present.
- No flash photography is permitted.
- Swimmers and coaches should wear appropriate footwear poolside.

9. **Protests and Complaints**

Protests must be made as per ASA Laws and Technical Rules. Complaints during the competition must be made to the Meet Promoter or Lead Referee on the day. After the completion email protests/complaints to: julietgrimes@gmail.com (Meet Promoter) or adam@lelean.co.uk (Lead Referee).