



DERBYSHIRE AMATEUR SWIMMING ASSOCIATION

(Affiliated to Swim England East Midland Region)



Derbyshire Distance Day 2023

Coach and Swimmer Information

LOCATION

Repton Sports Centre, Willington Rd, Repton, Derby DE65 6FH

There is free car parking on site at the Sports Centre, plus additional parking further into the village on Willington Road, a short 5min walk to the Sports Centre – however, we have been asked that all visitors park respectfully and not park on the side of the road as this will block the flow of traffic.

Swimmers will be located in the sports hall when they are not swimming and can bring their own camping/foldable chairs to use in the sports hall.

It is requested that bags and equipment are kept in lockers or in the Sports Hall. **No swim bags should be taken onto the poolside** (only a small drawstring type bag to hold goggles, towel & a drink will be allowed).

Note that **swimmers must only get changed in the changing facilities (not on poolside or in the sports hall) swimmers are not to take food on poolside, and no additional chairs are to be taken on to poolside.**

Shoes must be worn in all other areas of the leisure centre apart from the pool hall.

WITHDRAWALS

Withdrawals can be made by emailing entries@derbyshireswimming.org.uk.

For this meet swimmers will need to sign in at the reception desk before the start of the warm-up for their session to show they are on site and swimming. If they do not sign in then their lane may be given to a reserve swimmer. No refunds will be given.

SPECTATORS

Spectator tickets must be pre-ordered in advance and collected on arrival

<https://shop.derbyshireasa.org.uk/>

We will not be sending tickets or programmes in the post.

Please be prepared to show evidence of purchase ie email or text at the entrance and collect a wristband that will allow access.

Any tickets that have not been sold in advance will be available to purchase at the door.

Spectator seating can be accessed via the second floor (stair and lift access)

Spectator seating is limited to 130 spectators which should be sufficient for spectators to watch their swimmers but for the busier 400m Freestyle session we may have to request spectators not to sit in the gallery while their swimmer is not swimming.

There will be additional seating in the café, which is open until 6pm.



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ACCREDITATION

Accreditation obtained for the Derbyshire SC Championships is valid for this competition.

The generic SE DBS, Safeguarding, qualification check is also valid for this competition but holders must also purchase a poolside pass for the day at <https://shop.derbyshireasa.org.uk/>

Coaches, team leaders and chaperones must have their accreditation checked either at the desk located in the foyer before sessions start or at event control if later, and obtain a wristband that allows for poolside access. Stewards will be under instruction to only allow poolside and sports hall access to people with accreditation and poolside wristbands. Accreditation only needs to be checked once for the day, unless replacement wristbands are required.

RESULTS

Results will be published at <https://results.derbyshireswimming.org.uk/DDMeet23/>

START LISTS

Start lists will be provided according to the number of coaches and team managers required by the Swim England Team Manager, Coach and Chaperone Policy for the number of swimmers with each club. Start lists will also be available on the results website and notified via Telegram (see later for details).

SWIMMER REPORTING

Swimmers must sign in to the desk in reception to show that they are on site to swim.

Swimmers must report to the Competitors Stewards, when requested by the announcer. Races will not be delayed for latecomers.

PHOTOGRAPHY

No photography is permitted in the pool area (this includes poolside, the changing room, and spectator gallery) as per the Rules & Guidelines of Repton Sports Centre and Repton School.



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HEALTH & SAFETY

- The fire Alarm is a standard Siren.
- In the event of the alarm sounding all swimmers will be directed off poolside via the fire exit at the deep end which leads directly into the car park. Everyone else is to leave immediately as instructed by the centre staff.
- Swimmers are to be issued foil blankets as necessary when evacuating. At no point are swimmers to return to the changing rooms.
- In the event of an evacuation the assembly point is located across from main building on the far side of the car park.
- No drills are planned.
- The emergency pool alarm is also a standard siren that can only be heard in the pool hall and the reception area.
- In the event a rescue is performed all swimmers are to leave the pool in an orderly manner. And the area around the rescue to be kept clear.
- Lifeguards take priority and swimmers/spectators should not hinder staff in carrying out their duties.
- The fire escape stairs are to be kept clear and are for officials use only except in the event of an evacuation.

Good luck to everyone! And we hope you have an enjoyable and successful competition.



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TELEGRAM

In order to reduce the amount of paper used at the event and provide effective communications with coaches and swimmers we will be using the Telegram messaging app to provide notification of when start lists and results have been published , with links to the documents on the website.

Results and notifications of disqualifications will also be pushed to Telegram. There is also a separate channel where results of all heats will be published.

Results will not be posted on the wall as per the current Swim England guidance these will be available on the DASA website and pushed out via the Telegram channel Telegram is a secure messaging application that works on mobile, tablet and laptop devices that have an active internet connection - details can be found here:

<https://telegram.org/faq#q-what-is-telegram-what-do-i-do-here>

You will need to install Telegram on your device and create an account - you will need a mobile phone to receive a validation text but the same mobile can be used for multiple devices using the same account. The app and sign up is completely FREE. Telegram can also be used on laptops and tablets.

Telegram can be installed from <https://telegram.org> or just search for Telegram in your App Store. Once you have Telegram installed then you will need to join the DASA Competitions Channel by following the below link, or with a QR Code scanner you can scan the code below to join (Not from within the app). The other channels that are available will also be advertised via the competitions channel.

DASA Competitions Telegram Channel

Most information will be published here



<https://bit.ly/dasa-comp>

DASA Heat Results Channel

Heat results will only be sent here



<https://bit.ly/dasa-heatresults>



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Warm Up Schedule

ALL SWIMMERS MUST ENTER THE POOL AT THE SHALLOW END ONLY.

SWIMMERS ARE NOT TO STAND ON THE TURNING BOARDS OR CLIMB OUT OVER THE TIMING PADS

SWIMMERS ARE ALSO ASKED NOT WEAR ANY SORT OF FACE OR BODY PAINT OR TEMPORARY TATTOOS DURING THE EVENT

NO EQUIPMENT SUCH AS KICKBOARDS, PULL BUOYS AND FINS MAY BE USED.

MAX. 12 SWIMMERS PER LANE. ODD NUMBER LANES SWIM CLOCKWISE – EVEN ANTICLOCKWISE

Swimmers must be supervised by a coach/team manager at all times.

Saturday 7th October 2023

Session 1 - Warm-up 13:00 - 13:30

Warm-up 1 - 13:00 - 13:15 Mixed - Swimmers in event 701 400m Individual Medley (54)

Warm-up 2 - 13:15 - 13:30 Mixed - Swimmers in event 702 1500m Freestyle (28)

Session 1 - Start 13:30

Session 1 - Expected Finish 16:30

Session 2 - Warm-up 16:30 - 17:00

Warm-up 1 - 16:30 - 16:45 Mixed - Swimmers aged 15 & under in event 801 400m Freestyle (71)

Warm-up 2 - 16:45 - 17:00 Mixed - Swimmers aged 16 & over in event 801 - 400m Freestyle(11)
and swimmers in event 802 800m Freestyle (56)

Session 2 - Start 17:00

Session 2 - Expected Finish 20:30

After 10 minutes of each part of the warm up (or earlier if advised by the Stewards), lanes 1 & 6 (unless otherwise advised) will be cleared and opened as SPRINT LANES initially.

Additional lanes will be opened depending on demand.

Diving will be permitted in the last 5 minutes of each warm-up slot.

Warm up times may change but any changes will be announced.