

**Poolside Changing Policy**

Swimmers are expected to follow the instruction of the gala referee regarding poolside changing. If a referee has deemed that it is not suitable for swimmers to change poolside then swimmers must respect this or be at risk of being disqualified from the gala.

If a swimmer chooses to change on poolside it is expected that it will be done discretely with no visible areas that would deem it unsuitable for fellow swimmers, coaches or poolside staff to see. If it is felt that a swimmer is not changing discretely then the Coach, Team Manager or Welfare Officer will ask the swimmer to change in the changing rooms available.

During a gala, if a swimmer is wearing a bikini top for warm up sessions, it is at their discretion where they change however it must be in line with the above statement.