



IMPORTANT INFORMATION FOR GASC CLUB CHAMPIONSHIPS 2021

We are delighted to finally be able to invite you to our 2021 GASC Club Champs! Please read the whole of this document as it contains important information regarding Sunday's event and the Covid-19 measures that we need to adhere to in order for us to allow this to go ahead.

COVID-19

We need to adhere to Scottish Swimming's COVID-19 procedures in order to run this meet and these rules apply to ALL swimmers and adults taking part:

Face Coverings

EVERYONE must wear a face covering for the entire duration of the meet. This is a slight departure from usual, but we require all attendees, INCLUDING UNDER 12s, to wear a face covering (unless medical exemptions apply).

Face coverings must be worn at all times, except when swimming in the pool, so whilst seated in the spectator's area (unless eating or drinking), whilst moving around the building e.g. to changing rooms/marshalling/toilets, whilst in marshalling and until swimmers step on the blocks. There will be a spare chair next to the blocks to allow a towel/t-shirt/face covering to be placed until getting back out of the pool. Face coverings will need to be replaced when walking back to the seating area after the event.

We appreciate that face coverings are hard to wear when they are wet, and you have been working hard in a race, so please ensure you bring a good number of spare, dry face coverings with you, in a dry bag (e.g. freezer bag) so that you can swap your face covering when it is wet.

Physical Distancing

EVERYONE will need to maintain 1m physical distancing between each person, and this includes ALL swimmers, regardless of age, as well as adults. There will be coloured stickers laid out at 1m distance on the spectator seating area so that it is clear where each swimmer needs to be seated. Please make sure that swimmers understand this, and adhere to this. Physical distancing applies at all points during the day, including in marshalling/queueing, changing rooms and at lunchtime.

What To Bring

Please read this list as it contains some slightly unusual requests that we would ask for all swimmers to bring with them:

- **Swimming Costume/Trunks** (plus spare for changing into in the afternoon session);
- **Swimming Cap/Goggles** (plus spare if you have in case they break during the day);
- **GASC Kit** to wear poolside if you have it – shorts/t-shirt as a minimum;
- If you don't have any GASC branded kit, please bring a pair of **sports shorts and a t-shirt** (you will need this to put on over your swimming costume whilst sat poolside – plus a spare if you have so that you can change into dry shorts/t-shirt in the afternoon);
- **Water bottle x 2** (we don't have the ability to fill water bottles up during the day, so please bring sufficient water to drink with you – remember it is very hot when you are sat poolside all day and you need to be hydrated) – NO GLASS BOTTLES;
- **Towels (at least x 2)** (at least one to sit on, one to dry off with)
- **FACE COVERING** (please remember that you will need to wear one at all times when not swimming in the pool – bring at least 3 in a small, dry bag (e.g. freezer bag) so that you can change them when they are wet).

- **Clean shoes e.g. sliders/flip flops/crocs/trainers** for wearing poolside to prevent slips and trips – these MUST be clean and only for indoor use. All outdoor shoes MUST be removed before you go into the changing rooms.
- **Pyjamas** – these should be close fitting and for wearing in the swimming pool – please bring a plastic bag to put the wet pyjamas in to take home!
- **Felt tip pens or colouring pencils** – you will need these for one of the activities we will be doing but due to Covid restrictions we need to ensure that everyone has their own supply as we cannot allow these to be shared.
- **A clipboard (or something equivalent to lean on)** – for dry side use only – it won't be used in the pool but will be used to ensure we don't get the paper wet! Again, we can't allow these to be shared, so we need to make sure everyone has something to lean on.
- **Healthy snacks** for eating during the session – ideally in a bag/tupperware box. Cereal bars, fresh/dried fruit, digestive biscuits etc. etc. No chocolate/crisps/fizzy drinks. Swimming is hungry work!
- **Packed lunch** for lunchtime – this will be eaten in the Community Campus canteen/lunch hall (e.g. pasta, rice, sandwiches, salad, yoghurt, fruit etc.). Don't forget a drink with your lunch.

Please remember - no mobile phones or photos.

All of the above can be taken poolside in a small rucksack/tote bag/reusable shopping bag etc.

Volunteers

Thank you to everyone who has signed up to help run the meet. Unfortunately we have to minimise the numbers of adults we have poolside due to physical distancing requirements, and so we haven't been able to allocate everyone a role. A separate email will be issued with details of the role that you have been allocated to.

Please could all poolside volunteers just wear their white t-shirt (if you don't have a GASC white t-shirt, then just a white top or pale coloured top will be fine). Remember that it gets very hot poolside so please wear something comfortable (shorts/cropped trousers etc.). Don't forget your to bring your poolside shoes, water bottle, pen/clipboard and face covering.

For morning volunteers, please arrive at 8.30am and make your way into the Community Campus canteen/lunch hall, remembering to sanitise your hands upon arrival and maintaining 1m physical distancing. We should be finished by approximately 12.30pm.

For afternoon volunteers, please arrive at 1.30pm and make your way into the Community Campus canteen/lunch hall, remembering to sanitise your hands upon arrival and maintaining 1m physical distancing. We should be finished by approximately 4.30pm.

Please could **lunchtime volunteers** arrive at 12noon, making your way into the Community Campus canteen/lunch hall. There is no requirement to wear anything specific, but please remember to sanitise your hands upon arrival and maintain 1m physical distancing. For lunchtime volunteers, we will hopefully be finished by 1pm.

Arrival Time

Swimmers are to arrive at the pool by 8:15am on Sunday 9th January. When you arrive, please make your way to your allocated team area outside. We need to manage the flow of people within the building and so will be entering by team (see attached map for meeting locations):

- Bennachie Beasts – Team 1
- Don Devils – Team 2
- Ury Unicorns – Team 3

The morning session will begin with a quick warm-up before starting some fun races!

When your team has been called to enter the building, please ensure you put your face covering on, sanitise your hands before entering, and remove your outdoor shoes before entering the changing rooms. Quickly change into your swimsuit, shorts and t-shirt, put your indoor pool shoes on and place your belongings in a locker. PLEASE DO NOT LEAVE BELONGINGS IN THE CUBICLES. Take your poolside bag with you and line up to go poolside.

Training is on as normal for those Development, Squad 1 and Squad 2 swimmers who usually attend the Sunday morning session. These swimmers will finish their session at 8.30am, as normal, and do not need to participate in the warm up with everyone else. Instead, these swimmers will get changed and can eat their breakfast in the Community Campus canteen/lunch hall, returning poolside to join their team by 9.20am.

Lunch

Lunchtime will be from approximately 12.30pm – 1pm. Please bring a packed lunch to eat in the Community Campus canteen/lunch hall with everyone else. Please remember that you will need to wear your face covering AT ALL TIMES whilst moving around the building, but you can remove this when you are seated and eating. Note that the 1m physical distancing requirements still apply during lunchtime and there will be volunteers supervising this. Please ensure you adhere to this.

Departure Time

We aim to finish the day around 4.30pm. Please can we ask that all parents remain outside in a physically distanced manner and do not enter the building as we need to ensure that we maintain 1m physical distancing at all times.

Facebook Live Stream

Unfortunately, due to current circumstances we cannot permit any spectating, and we cannot allow parents to congregate in the reception area. However, the entire day will be livestreamed on Facebook so that you can join in the fun at home;

<https://www.facebook.com/groups/1975621792644884/>

We hope that this gives you sufficient information in advance of the club champs, but please do not hesitate to contact the Meet Convener at gascmeetconvener@gmail.com if you have any further queries.

Happy swimming!

#gogarioch