



Portsmouth Northsea Swimming Club
Level 4 Meet (July 2021)
Day 3 / Session 4 - Meet Brief

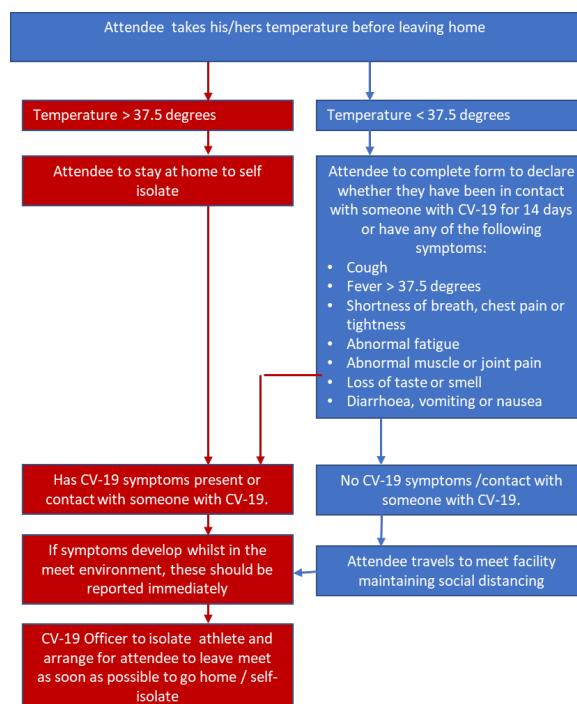
****This Brief applies to all attendees****

1. Before the meet

- All attendees will be required to:
 - Read this brief in full.
 - Carry out the Pre Attendance Screening Process (as per section 2 of this document) and complete an electronic 'Attendee Declaration Form'.
 - Take their temperature before arrival.
 - All attendees are also encouraged to take a lateral flow test at home before travelling to this meet.
- **No attendee will be allowed in the competition without an electronically signed Attendee Declaration Form.**

2. Pre-Attendance Self Screening

- All attendees must follow the following Pre-Attendance Self Screening process prior submitting the electronic Attendee Declaration Form.



- All attendees must adhere to the Pre-Attendance Self Screening process and do not go to the meet venue if they currently have any illness symptoms or have been in contact with a known Covid-19 case in the last 14 days.

3. Prior Leaving Home

- All individuals attending must assess whether they have (or exhibit any symptoms of) Covid-19 (high temperature or fever, a new continuous cough, new, unexplained shortness of breath or loss of taste or smell).
- As defined by Public Health England, a temperature of 37.8 degrees Celsius or above must be used as the threshold for a suspected case.
- All individuals must also assess and confirm that no-one in the same household has reported or exhibited any of the symptoms in the Attendee Declaration form.
- No individual should leave home if anyone in their household or anyone they have had close contact with is having symptoms.
- Attendees are encouraged to travel with their respective household or training bubble.

4. Session Timetable:

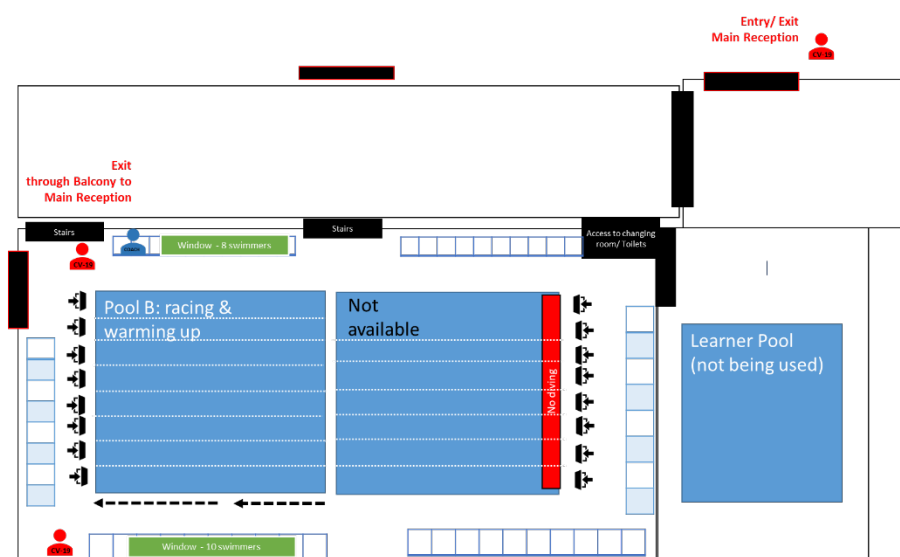
- Set up 16:30 - 17:30
- Volunteers arrival time: 16:45
- Enter building 17:15 - 17:30
- Warm up 17:30 - 18:00

- Session Start 18:15
- Session End 19:15
- Leave building 19:30

5. Key Contacts/Roles

- Meet Manager: Gemma Clinton
- Referees: Casey, Edith and Alan Edge

6. Session Facility plan



- **Entry Route:** Attendees will enter the building via the Main Reception, through the Changing Rooms and enter poolside via the door after the Group Changing Rooms. athletes will be escorted by a CV-19 Officer.
- **Exit route:** Attendees will leave poolside by using the back stairs by the pool-side office, through the balcony and down the stairs to the main Reception. athletes will be escorted by a CV-19 Officer.

7. Session 1: Athletes allocations

Athlete	Squad	Entrance Point	Changing/ Seating Station	Warm Up Pool/ Lane
Blastique, Shane	Junior Performance	MBC Reception	Window - 2	Pool B- Lane 1
Sawle, Jemima	Junior Performance	MBC Reception	Window - 4	Pool B- Lane 1
Collins, Lilly-Lou	Junior Performance	MBC Reception	Window - 6	Pool B- Lane 2



Hickman-Hall, Lily	Junior Performance	MBC Reception	Window - 8	Pool B- Lane 2
Lovell, Lucas	Junior Performance	MBC Reception	Window - 11	Pool B- Lane 3
Shanahan, Ashley	Junior Performance	MBC Reception	Window - 13	Pool B- Lane 3
Valentine, Nathan	Junior Performance	MBC Reception	Window - 16	Pool B- Lane 4
Wicks, Rebecca	Junior Performance	MBC Reception	Window - 19	Pool B- Lane 4
Woodage, Sam	Junior Performance	MBC Reception	Window - 21	Pool B- Lane 5
McCauley-Wright, Adam	Junior Performance	MBC Reception	Window - 24	Pool B- Lane 5
Aris, Charlotte	Junior Performance	MBC Reception	Office - 5	Pool B- Lane 6
Ayling, Amelia	National Squad	MBC Reception	Office - 8	Pool B- Lane 6
Jenkins, Eva	Junior Competitive	MBC Reception	Office - 11	Pool B- Lane 7
Quinton, Esme	Junior Competitive	MBC Reception	Office - 14	Pool B- Lane 7
Lawson, Anya	Potential 1	MBC Reception	Office - 17	Pool B- Lane 8
Mavrikakis, Lewis	Potential 1	MBC Reception	Office - 20	Pool B- Lane 8
Medlow, Holly	Potential 1	MBC Reception	Office -22	Pool B- Lane 8
Cummings-Candal, James	National Squad	MBC Reception	Office -24	Pool B- Lane 7 *
COACH			Office -2	

Athletes Changing Stations/Seating: Poolside seating area by the window.

	24	23	22	21	20		19	18	17	16	15	14	13		12	11	10	9	8		7	6	5	4	3		2	1
	x			x			x			x			x			x			x			x		x			x	

Athletes Changing Stations/Seating: Poolside seating area by the pool side office.

24		23	22		21	20		19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
x			x			x				x			x			x			x			x			2	x	



8. Covid-19 Protocols

- All officials, coaches and volunteers **must wear a face mask and adhere to social distancing rules** at all times whilst inside the Mountbatten Centre. Volunteers, coaches and officials are only allowed to take their masks on if social distancing can be maintained or their role requires it.
- Athletes must wear a face mask and adhere to social distancing rules at all times whilst inside the Mountbatten Centre, except when they are in the pool or entering/exiting the race.
- Under no circumstances can a athlete or volunteer who has been instructed to self isolate by a health care practitioner or PHE can participate at this meet. If an individual is symptomatic and/or living in a household with possible Covid-19 infection they should remain at home and follow Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are contact of a known Covid-19 case, must not attend this meet.
- All athletes are strongly advised to comply with public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when they do attend.
- Should participants have had Covid-19 prior to this meet, a clear period of self-isolation and appropriate training time to allow for safe competition needs to have been completed following the latest Government and Swim England's guidelines.
- The club reserves the right to withdraw/remove from the competition any athletes or volunteers that refuse to follow social distancing and/or the operators' CV-19 and safety procedures. There will be no refunds for any athlete that is removed from the competition for not complying with the promoter's conditions.

9. Getting ready at home/ What to bring

- Athletes must arrive changed and ready to swim wherever practical.
- Due to limited space poolside, athletes will only be allowed to bring small bags to the meet (maximum size allowed 50x40cm). Lockers will not be available for athletes.
- Athletes: what to pack?
 - Swim cap (including spare)
 - Goggles (including spare)
 - Racing swimwear
 - Several towels
 - Drinks bottles and small snacks
 - Any relevant medical equipment e.g. Inhaler's etc
 - PNSC T- Shirt and shorts
 - Face mask
 - Pool shoes (such as flip-flops, crocks, etc)



10. Entry/Exit

- For this session the entry and exit point is: Mountbatten Centre Main Reception. athletes to queue outside Main Reception and wait for CV-19 Officer to escort athletes into the poolside area.
- CV-19 Officers will check if the athlete has submitted a Pre Attendance Screening Form before entering the building. No attendee will be allowed in the competition without a signed Pre Attendance Screening Form.
- The Mountbatten Center will have official NHS QR code posters at all the entry points (reception, side door entry, emergency door entry) so that all participants, aged 16 or over, can 'check-in' upon arrival at the premises.
- Athletes will need to adhere to social distancing rules and wear a mask whilst entering/exiting the building.
- Athletes shall use the Sanitising stations whilst entering and exiting the Mountbatten Centre.
- All athletes must leave the Mountbatten Centre at the end of the session.
- Social Distancing and PPE Guidance must be followed by all attending the meet. athletes and volunteers must follow the Mountbatten Centre's signage.
- Parents are asked to follow social distancing whilst dropping off/ collecting their children from the Mountbatten Centre.
- All meet participants must observe the PNSC CV-19 protocols and safety precautions in operation at the Mountbatten Centre and must have footwear when leaving the poolside. athletes must be fully clothed and wear shoes when using common areas of the Mountbatten Centre.

11. Poolside /CV-19 Bubbles

- This session will have a single CV-19 Bubble. There will be an allocated Marshall/ CV-19 .
- Each athlete is allocated a changing/seating station and lane for the warm up as per the above table.
- Athletes must wear masks whilst on their changing station at all times.
- Athletes must ask their allocated CV-19 officer if they need to use the toilets or the changing room. The CV-19 officer will ensure that changing facilities are used in line with the operator's safety procedures, allowing for social distancing, limited time access, avoiding congestion and maintaining safe hygiene standards to prevent transmission.
- Athletes must wear masks and footwear when going to the toilet.
- Athletes will be encouraged to dry themselves in their changing station, and change back into their clothes after competition, away from the venue.



- **IMPORTANT NOTE (Safeguarding):** At the end of the session, any athletes removing their swimming costume whilst changing by pool side are requested to cover themselves with a changing robe/towel or a large towel, so accidental inappropriate displays are avoided.
- Athletes should bring their own water bottle, equipment, medicines including hand sanitiser, all clearly marked with their name. They must not share these with anyone else. Should it be necessary for athletes to have snacks on the poolside, for medical reasons or otherwise they must not be shared with other athletes. Preferably there should be no snacks taken onto the poolside.

12. Warm up/warm down

- Pools A will be used for warm-ups.
- Athletes must use their dedicated lanes for warm-ups as per Section 4 of this document.
- Please note there will be no diving during warm up periods.
- Athletes will be able to warm-down after all the races are completed if time allows.

13. Marshalling/Racing

- The CV-19 Officer/Marshall will make sure athletes are directed to their races in good time.
- Competitors must report to the CV-19 Officer /Marshall when they are called. Any competitor not reporting in time may be excluded from that race.
- Athletes should arrive at the marshalling area race-ready, wearing a face mask, racing / swimming costume, t-shirt and flip-flops or non-slip footwear only. athletes will only be allowed to carry their water bottle, hat, goggles and relevant medical equipment items in a small bag.
- Athletes will be requested **to put their t-shirt and mask inside the small bag prior racing.**

14. Becoming unwell during the meet

- Any attendee that starts to feel unwell during the meet must report to one of the CV-19 Officers immediately.

15. Coaches' Feedback

- Coaches will view races from the poolside, so any advice will be given prior to race day.
- Coaches will only provide feedback to their athletes during a training session after the meet.

16. Medals

- Awards will be made to the top 3 in each event on a heat declared basis. Medals will be distributed after the event.

17. Meet Conditions



- For further information please see Meet Conditions.

18. Questions

- Any questions regarding this meet can be sent to meets@pnc.org.uk