



# PNSC 1st Time Qualifier

16<sup>th</sup>/17<sup>th</sup> Oct 2021

# General information – CV-19



During the summer of 2021 Government relaxed the COVID-19 guidelines, therefore PNSC COVID-19 protocols for meets have been amended as follows:

- **Self-assessment** - Before attending any PNSC meets, all members, officials, volunteers and spectators should self-assess for COVID-19 symptoms (a high temperature; a new, continuous cough; a loss of, or change to, their sense of smell or taste). If they have one or more of these symptoms (even if they are mild), you should not to attend this meet, and to follow NHS guidance on testing and self-isolation.
- **Self-isolation** - All members, officials, volunteers and spectators should not take part in any PNSC meet if they need to self-isolate (for example, because they have tested positive or are asked to self-isolate by NHS Test and Trace). If they are displaying any COVID-19 symptoms (a high temperature; a new, continuous cough; a loss of, or change to, their sense of smell or taste), they should not to attend, even if these symptoms are mild. Please refer to latest government guidance on what to do if you live with, or have close contact with, a positive case.
- **Recommended COVID-19 adaptations** - Whilst we welcome this return to normality, the Government has nonetheless continued to urge caution and care. A number of COVID adaptations are therefore strongly encouraged:
  - You should continue to follow good hygiene practices, to reduce the risk of transmission
  - Hand washing before leaving home, and hand sanitising when entering the building, leaving the building and returning home
  - Face coverings are no longer required by law, but the government expects and recommends that people should continue to wear them in indoor spaces where you come into contact with people you do not normally meet. You should use your judgement in deciding where you should wear one. Please see latest government guidance, including exceptions: [Face coverings: when to wear one, exemptions, and how to make your own - GOV.UK \(www.gov.uk\)](#)
  - Please follow all COVID-19 Mountbatten Centre protocols (i.e. one way systems)

Given the changes on government guidelines, we would like to stress the importance to everybody attending to consider their own health and circumstances (for example, if they are not yet double-vaccinated or they live with somebody vulnerable), so they can make an informed choice about whether they wish to participate.

# General Information



- Timings:

	Session	Set up Volunteers' start time	Officials' start time	Warm up	Session Starts	Session Ends
Saturday 16 <sup>th</sup> Oct	1	11:30	12:30	12:30	13:30	16:30
	2	16:30	17:00	17:00	18:00	20:30
Sunday 17 <sup>th</sup> Oct	3	08:00	08:30	08:30	09:30	12:00
	4	12:30	13:00	13:00	14:00	16:30

- Pool A will be available for warm up/ down.
- Spectators will be allowed. Tickets can be bought on the day.
- Electronic payments for entry tickets, raffle, cup-cake stand, etc will be available. We are trying to limit cash handling.
- Swimmers will be able to use showers, changing cubicles and lockers.
- Food will be provided for Officials and Coaches.
- BH Live café will be open.
- Please don't forget it is the **Great South run on the Sunday**, so there will be road restrictions around the city and it may take longer than usual to get to the Mountbatten Centre.



# General info

- Entry and Exit Points (see plan) for 1<sup>st</sup> session of the day:

Club	Entry Sessions 1 & 3	Entry Sessions 2 & 4	Exit
Gosport	B	A	A
Ryde	B	A	A
PNSC	B	A	A
Fareham	A	A	A
City of Southampton	C	A	A
Leatherhead	C	A	A
Individual entries	C	A	A
Officials	A	A	A
Volunteers	A	A	A

A – Reception

B- Side door (opposite ambulance parking)

C – Pool Back Emergency door

