

NOTES TO COACHES AND TEAM MANAGERS

1. Please note that access to the deck area is controlled. Each club will have a pack containing all the information for that club. This should be collected from the entrance control point. The organisers will be strictly controlling access to the deck area. Only swimmers swimming in the 5K need to be arriving for the initial briefing. Other swimmers should be encouraged to arrive later.
2. Each club has provided name details of their coaches / team managers. Please note that substitutes will not be allowed on the day. Any substitute must be notified in advance to the email address at the bottom of this document.
3. In order for the organisers to brief the officials can you please note the following:

Please collect your club pack between 08.45hrs and 09.00hrs. If your swimmers are present by 09.00hrs then please go through to the deck area.

If you arrive after this time then please DO NOT assemble in the foyer area. The Centre is open to gym users and you are requested to ensure that the foyer is not obstructed and neither is the entrance doorway blocked. Please assemble in the car park area with your swimmers so that you can be briefed at 09.30hrs. You will be able to collect your club's pack after the officials briefing. If the weather is inclement then we will endeavour to make the marquee available for shelter. Swimmers will not get access until team managers have collected your club's pack.

Please DO NOT assemble in the foyer area during any part of the day. The Centre is open to gym users and you are requested to ensure that the foyer is not obstructed and neither is the entrance doorway blocked.

The organisers will then let you through as soon as the briefing is complete.

4. A lot of swimmers will be arriving later in the day. Can you please ensure they have a means of contacting you as they will not be allowed onto the deck area until they have been collected.
5. As part of your coach pass you will receive a packed lunch. You will need to hand in your lunch voucher in order to receive it.
Tea and coffee and water will be available throughout the day.
If you have any special dietary requirements then please advise the event organiser on Openwater@londonswimming.org **by 20th June 2019.**
6. If you have a competitor swimming in **BOTH** the first and last events a car parking permit will be issued allowing you to have access to parking at the front of the centre. Due to limited availability of spaces these will be limited to one per club. Unfortunately, the organisers

cannot give car parking spaces for those who will not be at the event all day due to limited space.

7. Please remember to bring each competitors' signed declaration forms for use in the event of a medical emergency. **It is your responsibility to have this with you.**
8. If you have a swimmer who comes in **the 1st three** in the following age group events for the Regional competition (you may be placed lower than 1/2/3 in the overall result) and the swimmer does not have a qualifying pool time then they are eligible to swim in the Open Water National Event. It would help the organisers if you can confirm name, Swim England number, email address and telephone contact details on the day as they have to be provided to Swim England.

Age	Distance
12	2KM
13	2KM
14	3KM
15	3KM
16	5KM
17-18	5KM
19+	5KM

9. The event has run very smoothly over the last few years and this has in part been down to your help. The day will run under tight time constraints. Please ensure your swimmers are at their briefing on time (if for any reason they are going to be late please let us know as soon as possible)
10. This event is being run under Swim England rules. This means that wetsuits can be worn under certain conditions:

Water temperature up to 18 degrees – wetsuits compulsory.

Water temperature between 18 and 20 degrees – wetsuits optional.

Water temperature above 20 degrees – **NO** wetsuits permitted.

Surrey Quays has traditionally had water temperature close to 20 degrees or above. However this may not be the case in 2019. The organisers will attempt to get an indication of the water temperature at the venue onto the website in advance of the competition.

The costume rules for open water are different to pool swimming:

Only 1 costume may be worn (same as pool)

Must be of fabric material (same as pool)

Costume may extend from neck to ankle but it must be armless (covers both male and female)

Wetsuit guidance:

It has become apparent there are now some approved wetsuits which can be found on the Fina website.

London Region has decided that wetsuits do not have to be Fina approved.

The wetsuits do however need to have been manufactured specifically for swimming (i.e. not Surf Suits / Dry Suits etc)

Wetsuits shall completely cover the torso, back, shoulders and knees. They shall not extend beyond the neck, wrists, and ankles.

N.B There has been discussion around what would constitute coverage of the shoulder. An informed view is that to ensure complete coverage of the shoulder the wetsuit must include a sleeve, as a minimum polo or 'T' shirt length covering the full shoulder and upper arm in order to maintain shoulder cover during swimming, full arm to wrist has been suggested although elbows do not feature in the rule, whereas coverage of knees as a mid-limb joint in respect of leg length of a wetsuit is.

The suit should mainly comprise a material which is between 3-5mm thick. It should not have additional aids and adaption's to help the swimmer e.g. additional rubber 'fins' on the arms.

It is expected that officials will apply common sense when dealing with references to neck, wrists and ankles. The Chief Referee will have responsibility for the overall management of the rules.

11. If you do have any questions before the day which are not covered then please feel free to contact us at openwater@londonswimming.org and thank you once again for your continued support.