

Getting Here

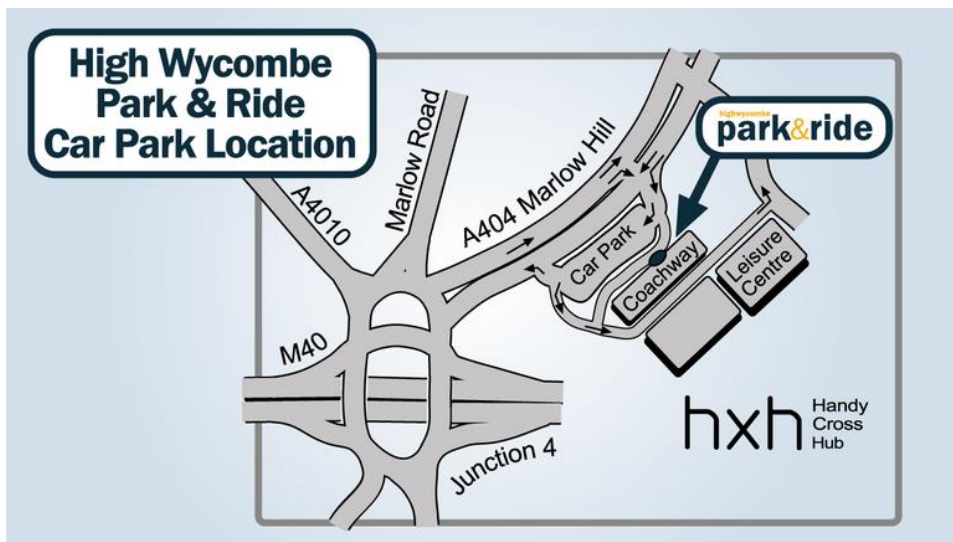
Address

**Wycombe Leisure Centre
Handy Cross
High Wycombe
Buckinghamshire
HP11 1UP**

Parking

Car Parking at the new Wycombe Leisure Centre is £1 for 4 hours **maximum** stay, additional parking is available in the adjacent Coach way Park and ride £3 for 10 hours (at time of publishing) please check the council website for the latest information.

Competition goers should avoid using the Waitrose car park. ANPR is used and fines are issued



Spectators

Please note that spectators **may not bring** their own chairs and should use the seating provided, and walkways must be kept clear.

All seats can see the scoreboard. Admission to the spectator area will be on a first come first served basis. Please do not reserve seats. There are more than 300 seats and all can see the pool.

Access to the spectator area is through the turnstiles and upstairs.

There are allocated spaces for Wheel Chair users at both ends of the pool.

Entrance Payment is by CARD only.

Food Facilities

Wycombe Leisure Centre has a small cafe, offering hot drinks, there is limited food catering.

Waitrose, located adjacent to the leisure centre is also open and has a cafe. .

Swimmers

Changing Village

Please proceed to sign in desk before changing

Changing rooms are on the left after the turnstiles.

Please take off any dirty outdoor shoes or use the overshoes provided before proceeding poolside.

Do not leave bags and clothes in any cubicle. Please note that only authorised volunteers, officials, team managers, Coaches and swimmers will be permitted entry into the changing rooms.

Lockers

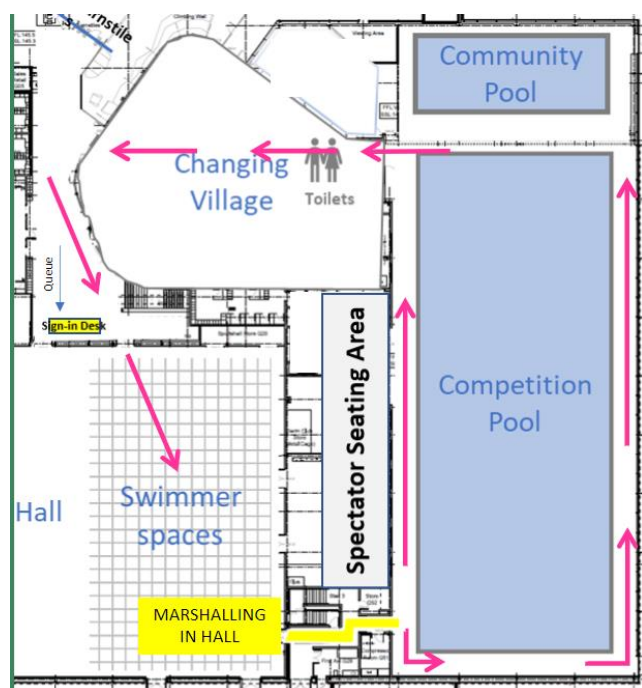
All lockers are secured by Padlock rather than coin mechanism. Padlocks should be 40mm combination locks with a 6mm diameter shackle and can be purchased at Reception or you can bring your own.

Base location

Swimmers may sit in designated areas on poolside, but we would prefer you to make your main base in the sports hall. The poolside space is limited and you must leave plenty of clear space between swimmers and the pool for the officials. Failure to leave space may mean we have to ask you to stay in the sports hall

Large bags should be in lockers or in the sports hall not on poolside

One Way System



After warm up or racing, you should return to sports hall via the changing rooms. Dry and dress yourself before leaving the changing rooms.

- You will need to take the following **every time** you go to the pool: A towel
- T-shirt & shorts
- Footwear
- A bag to store them in



Water

Drinking water will be available from dispenser by the Sauna. Please note refreshments in this area are for badge holders only.

Sign In

ALL EVENTS REQUIRE SIGN IN BEFORE THE WARMUP OF EACH SESSION. RESERVES ARE ALLOCATED SPACES BASED ON THIS SO YOU WILL LOSE YOUR SWIM IF YOU DON'T SIGN IN. SIGN IN WILL BE LOCATED BY THE SPORTS HALL.

Warm Up

Warm up timing information will be provided on the day. Please follow the announcements.

During warmup you must not dive into the pool except during specified "dive start" times, please leave the pool by swimming to the sides do not climb over the pads.

Marshalling

Marshalling is located in the sports hall. You will queue in the hall and be sent through to the pool in time for the start of the race, please listen for announcements

Health

Please do not attend if you feel unwell.

Additional Information for Coaches and Team Managers

Poolside Passes

Coaches will be issued with poolside passes. These can be collected from the sign in desk or the results office when the sign-in desk is closed. The pass should be visible at all times or you may be challenged.

Refreshments

To help us reduce waste please bring your own re-usable drinks cup with lid and/or water bottle. Drinks & Snacks will be served in the sauna area. Lunches will be served in the officials' room



Emergency Procedures

The signal in the event of an emergency evacuation will be a continuous alarm followed by a spoken announcement. Procedure for Swimmers poolside will be directed by the centre staff, the swimmers will be lined up by the exits and evacuated in a controlled manner when necessary. Please ensure swimmers follow the instructions and do not return to the changing rooms.

The marshalling point is in front of the leisure centre car park.

Team Managers should check their teams are present and report to the Fire Marshalls when requested. You should not return to the building until the staff say it is safe to do so.

The Pool

We will be using the Competition Pool in Long Course (50m) configuration. The pool depth is a constant 2m and starting blocks are 75cm above the water. Blocks are Omega Wedge blocks.

Races

Over the top starts will be used – please ensure swimmers are aware of the need to exit the pool promptly when told. Swimmers should not climb out over the timing pads.

The AOE will be used during this event, with timing pads at both ends.

All races finish at the banner end of the pool.

Para Categories and Additional Needs

A secondary strobe is available for swimmers to use.

Please ensure the referee and promoter are informed of any Para category swimmers before the event.