



## Advice for Swimmers and Parents

### Things to Bring:

1. Kit bag
2. Costume, swimming hat, goggles
3. Towels, T / polo shirt, shorts, tracksuit
4. Flip flops/trainers/deck shoes to wear on the balcony
5. 2 litres of water or weak squash (not fizzy pop)
6. Packed lunch: pasta/sandwiches/bananas/energy bars (not sweets or chocolate)
7. Packed tea: pasta/sandwiches/bananas/energy bars (not sweets or chocolate)
8. Dry clothes to go home in

### Do:

1. Arrive in good time for the Warm Up
2. Keep drinking... by the time you are thirsty you are already dehydrated
3. Wear your club kit – we are all very proud of our clubs
4. Leave all your valuables at home
5. Sit with your club in the designated area
6. Take your towel and footwear when you leave the balcony – you must be dry and have footwear on to return to the balcony
7. Listen to the announcer and the marshals – they will tell you what to do
8. Be quiet when the referee blows their whistle to start a race
9. Shout as loud as you can once the race has started
10. Take everything with you when you go – including your rubbish

### Do not:

1. Eat a big fatty meal at lunch time
2. Drink fizzy pop
3. Leave anything in the changing rooms
4. Enter the balcony unless you are dry and have footwear on
5. Make any noise after the referee blows their whistle
6. Leave the building unless you are with your parents
7. Stop and chat in the warm up pool
8. Watch races from the warm up pool

### The Warm Up Pool:

- This is not a recreational facility
- It is for warm up and swim down only
- Show your respect for your fellow competitors by swimming continuously and getting out as soon as you have finished
- If you stop to chat, or watch a race, you are denying others the opportunity to warm up or swim down properly

