



# Devon Age group Championships 2022

## Information update

### Weekend 1 – 15<sup>th</sup>/16<sup>th</sup> January

Thank you for entering your swimmers into the 2022 Devon County Championships. The following pages contain information regarding the running of the Championships this year.

#### Entries

All entries have been accepted and as such there will be no refunds for withdrawals. Swimmers will be scratched if they do not wish to swim an event, but no refund will be given.

Can any scratches please be passed to the [Competition Secretary](#) by 1800 on Wednesday 12<sup>th</sup> January for the weekend 15<sup>th</sup>/16<sup>th</sup>. This will allow for final seeding and publishing to Meet Mobile and the website.

Relay swimmers and swimming order should have already been submitted but any changes must be advised to the recorder before the start of the relay warm up. You will only be able to amend swimmers from those already submitted with your entries. No new swimmers will be added.

#### Spectators

There will be **NO** spectators at the event due to COVID restrictions. However, the event will be Live Streamed - thank you to Plymouth Leander for organising this. Further details will be made available later this week.

#### COVID Guidance

**Reminder: There will be NO SPECTATORS at this event.**

The safety of all our competitors, team staff and workforce is paramount and therefore this competition will retain precautions as a duty of care for all involved.

The guidelines that follow are intended to mitigate the transmission risk of Covid-19 and safeguard those attending this year's county events. DCASA will continue to assess the situation and will provide regular updates on any changes or adaptations to the guidance. We, DCASA, strongly advise that the following precautionary measures are followed by everyone attending the event:

- A lateral flow device (LFD) test within 24 hours of coming to the venue to confirm you are not COVID positive. Ideally, take it on the morning of the event.
- Clubs should meet their Coaches/Team Managers/Chaperones outside and not enter the building until directed. Coaches/Team Managers should refer to the seating plan and ensure that swimmers sit in the correct areas that have been allocated per club.
- All athletes will need to show the Team Manager/ Coach the text message confirming the result from the NHS. The Team Manager/Coach will need to confirm that everyone attending has a negative result on requesting their poolside pass.
- Please follow any directional and informative signage, including the Life Centers NHS Test and Trace procedures where a QR code will be on display for scanning.



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- **Individuals must wear a face covering when not competing, when sat in seats, and when moving around the venue, especially when in enclosed or congested areas where distancing cannot be achieved. This includes marshalling before your event. We ask you to observe and maintain a safe distance from others wherever possible.**
- Hand sanitising stations will be available throughout the venue, and we kindly ask that you regularly use them.
- All personal belongings, such as water bottles, training equipment and other items, should be for personal use only, not shared and clearly labelled where possible
- All competitors should leave the venue as soon as possible once your events have been completed. This is to reduce the number of people in the reception area at any one time.
- Coaches/Team Managers should have a process for managing any one from their club if they become symptomatic. Please report the incident to the Promoter.
- If at any point any official/volunteers feel unwell or start to have COVID symptoms they should let the promoter know and plan to move away to a separate area and make arrangements to leave for home and arrange for a PCR test.

#### AFTER THE EVENT

- If you present with COVID-19 symptoms or have a LFD or PCR test that yields positive within 48 hours post event, then you must inform NHS Test and Trace, so they conduct appropriate contact tracing.

**Please be aware that these requirements are a condition of hire from the Life Centre whilst they operate under the UK Governments 'Plan B' restrictions by which we must abide.**

#### Competitors Seating arrangements

To maintain Social Distancing both Plymouth Leander and Mount Kelly will use the Spectators Balcony with all other clubs poolside.

No other club may use the Balcony and will be removed if seen.

Can the poolside clubs please spread themselves out and we ask that clubs leave the first 15m either side of the start end of the pool clear for officials.

#### Poolside Passes.

Coach passes will be available for all Coaches / Team Managers to collect from the Announcers desk on the day of competition.



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#### Event Registration

Reminder that the 1500m, 800m Freestyle events and all 400m events require sign in before the start of warmup of the session they are in. Failure to sign in will result in the swimmer's removal from the event.

#### Warmup Timings

There will be no access to poolside before 12:30 as the Life Centre staff will require space to change the pool configuration from SC to LC.

Warm up will consist of a 15minute continuous swim followed by 5 minutes of sprints in the outer lanes. The centre lanes will continue to be continuous swimming.

Back stroke ledges will be available for Sprint lanes when Backstroke is swam in that session.

Each warmup session is based on having no more than 21 swimmers per lane and can Coaches please ensure this is complied with.

#### SESSION 1 SATURDAY 15/01/2022

1. 13:00 to 13:20  
All 1500m Entries plus  
13/under Female and 14/under Male swimmers
2. 13:20 to 13:40  
14/over Female and 15/over Male swimmers

#### SESSION 2 SATURDAY 15/01/2022

**Not before 17:15**

1. All Swimmers

#### SESSION 3 SUNDAY 16/01/2022

1. 13:00 to 13:20  
All swimmers

#### SESSION 4 SUNDAY 16/01/2022

**Not before 15:30**

1. All Female Swimmers
2. All Males Swimmers



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#### **Heat Sheets**

Heat sheets for all 50m, 100m, 200m Prelim rounds are to be printed from the email sent prior to the weekend or downloaded from the Devon ASA website. All details will also be available on Meet Mobile. 1500m, 800m and all 400m event Heat sheets will be available before the end of the session warm up from the Announcers table

Heat sheets for 50m, 100m & 200m Finals ONLY will be available to coaches and can be collected from the Announcer's desk when available. It is the club's responsibility to ensure that only DBS cleared personnel are given access to the swimmers and are permitted to wear a pass to gain access.

#### **Swim Down Pool.**

This will be available in the Diving Pit **after 14:15** each day and not before. Please do not try to use before then as it is booked out for other Life Centre users.