

Summer Open and Development FAQ's

#Summeriscoming

The sun is still shining, summer holidays are here, and Swansea is ready. Here's a few last minute reminders and tips to ensure you enjoy the event.

Car Park

The car park has 250 spaces, with additional spaces in an overflow located at the bottom of the slope; provisions are also in place to allow further spaces on the Swansea University campus. However please be aware, despite our best efforts - the car park is busy and fills quickly. To avoid disappointment, please arrive early. Where possible please arrange to car share or drop offs to help ease congestion.

Alternatively there are 3 nearby pay and display car parks we recommend:

- Foreshore Car Park: 4 Mumbles Rd, Sketty, Swansea SA3 5AU - 0.6 miles 12 minute walk
- Recreation Ground Car Park: Mumbles Rd, Brynmill, Swansea SA2 0AU - 0.9 mile 19 minute walk
- Blackpill Area Car Park: 266 Derwen Fawr Rd, Sketty, Swansea SA3 5AT - 0.8 mile 15 minute walk

The car park will be managed by security staff, please treat them with respect. Disrespectful or inappropriate behaviour towards staff will not be tolerated and you may be asked to leave the competition.

Tickets

Tickets and programmes can be purchased on arrival from the Swim Wales ticket desk, this is on the far end of the reception desk. Day tickets are £5 (adult), £3 concessionary and free for under 14's; programmes are £5 including heat sheets and session times. Your ticket is a wristband, this must be worn to access the pool area. If your week pass wristband becomes worn speak to the team who will switch it for fresh band.

If you are collecting prepaid programmes head to the swim wales front desk (not the ticket desk) on arrival with your voucher, you will need to exchange this to collect your programme.

Merchandise

The Swim Wales TYR shop will be open onsite from day 1 of the competition. Competition merchandise includes hoodies, t-shirts and hats, there will also be a selection of Swim Wales Water Dragon merchandise and TYR kit. Payments can be made in cash or card.

Café

The Blas Café will be open each day (times will be published onsite), with an onsite Starbucks (hooray!) and a selection of hot and cold food. There is seating available in the reception area and outside.

Seating

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The pool has 1200 seats for spectators, coaches and swimmers. A limited number of seats have been reserved at the top of each section for access users (disabled, wheelchairs etc.) please refrain from using these seats unless required, you may be asked to move.

We ask swimmers to remain on the bottom 7 rows of chairs to avoid making the stairs and upper balcony wet and slippery. Seating has been allocated for clubs attending with larger numbers of swimmers; seating allocations are not strictly reserved but to be used as a guide and suggested seating plan. If clubs that have been allocated seating do not have a large group on a given day, we politely ask the seats be opened to other clubs. We ask parents remain on the higher seating (7 rows and above).

Marshalling and Call room

A team of marshalls are on the pool deck during sessions to ensure swimmers correctly make their way to the blocks for the start of their race. Swimmers are asked to learn their heat and lane before arriving for marshalling as this helps to manage the area smoothly and start events on time.

As swimmers enter marshalling they are signed in (ticked off) and if required can re-check their heat and lane; this can be re-checked at any time during marshalling. Marshalls are not responsible for swimmers and are on the deck to guide only.

Once swimmers have passed through marshalling we ask they do not leave and progress through marshalling to their race. If they leave marshalling they do so at their own risk and may miss their race, races will not be held for swimmers who have left marshalling.

Call room is marshalling for the finals. This is located in the middle of the changing village. Swimmers must pass through the call room (signed in by marshalls) in order to race. Swimmers are asked to report to the call room 6 races before their own, 8 for 50's. There are no set times on call room arrival, instead we ask swimmers and coaches to sensibly manage this process ensuring swimmers arrive ahead of their race and with time to calmly pass through marshalling.

Changing village

The changing village is for swimmers only, parents are not permitted in the changing area and will be asked to leave. Swimmers are politely asked not to change poolside and use the facilities available. Cameras and phones are strictly prohibited in the changing area.

Withdrawals

Withdrawal desk is the desk which manages withdrawals from the finals. In the morning sessions heats are swum and results are published with a list of swimmers who qualify for evening finals. Swimmers can opt to withdraw, a reserve swimmer is then slotted into their lane; this ensures finals are as full as possible.

Swimmers have 20 minutes after the given session finishes to withdraw, after which a final list is published and will not be amended. Swimmers who fail to swim their final and do not withdraw face a £50 fine. To ensure swimmers do not withdraw each other falsely (yes this has happened) we ask swimmers withdrawals be countersigned by a coach or parent.

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Warm up

A warm up schedule can be found on the event webpage, this is also available on site, located either end of the spectator seating. Due to the number of clubs and swimmers attending, morning warm up sessions have been split into 4 x 15 minute sessions. Lanes are limited to 20 swimmers per lane and diving is only permitted at the score board end of the pool.

Coaches are asked to manage their swimmers when in the water, and work with neighbouring lanes to ensure safe and sensible use of the water. If you require further warm up time, the cool down pool (25m) located at the end of the pool hall will be open from the start of each session.

The capacity is 10 swimmer per lane. Lanes in the second pool are not allocated, and coaches are asked to safely and sensibly manage this. Swimmers who are not using the pool space appropriately will be asked to leave by lifeguards to ensure space is available for those who wish to warm up or cool down.

Medals

Medals can be collected from the front desk once results are available. You can collect medals at any time during the meet, and swimmers are invited to use the Swim Wales wall for photos - be sure you tag us in them for a retweet! Our VIP's will be onsite over the week to present medals, including Gold Coast Commonwealth Swimmer Harriet Jones, Swim Wales Head of Governance Zita Cameron and Board Member Helen Northmore.

Streaming and social media

The event is being live stream with our streaming partner, Buffon Media. The link for streaming will be available on Facebook. The stream will start at the beginning of each session over the week. Please be aware that you and your swimmers are being watched by over 50,000 people worldwide. Please behave in a manner that has a positive reflection on you and your club.

Volunteers and Officials

Our fantastic team of technical officials, volunteers and young ambassador supporting the event will contribute an incredible 2500+ hours over the week. If you get a chance, why not say thank you - it goes a long way.

We kindly ask volunteers, officials and staff be treated with respect. Disrespectful or inappropriate behaviour towards staff will not be tolerated and you may be asked to leave the competition. If you witness inappropriate behaviour please inform a member of the event team.

Health and Safety

We hope you enjoy the competition, here are some tips to ensure you have a fun and safe experience.

- Event days are long and can be tiring, please drink plenty of water, eat sensibly and rest when possible to ensure you are fit and ready for the sessions.

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- If you feel unwell at any stage please seek medical support from the WNPS lifeguards
- When using the pool stairs please ensure you hold the rail, the steps can become wet and slippery during the competition.
- If you see something that could cause an accident, please alert the WNPS staff/lifeguards or an event team member immediately so that it can be dealt with.
- The lift is for individuals who have difficulties using stairs; please ensure the lift is used appropriately and safely. Children are not permitted to use the lift unaccompanied.

Finally ... we hope you have an enjoyable and fun week with us in Swansea.

If you get a chance, head out to the Mumbles for an ice cream...

<http://www.joes-icecream.com/Mumbles-Parlour.html>

Or the Gower for a walk in three cliffs bay...

<https://www.visitswanseabay.com/listings/three-cliffs-bay-beach/>

Or head to Cardiff Bay for a meal overlooking the water...

<http://www.cardiffbay.co.uk/>

Or hit the shops in Swansea city centre...

<http://www.swansecitycentre.com/>

Or visit the UK's smallest City - St David's...

<http://www.visitwales.com/explore/west-wales/pembrokeshire/alf-anderson-st-davids>

Or visit the puffins on Skomer Island (all 6000 of them!) ...

<https://www.welshwildlife.org/skomer-skokholm/skomer/>

There's loads to do...

From the Swim Wales Events Team.

E: events@swimming.org Twitter: @SwimWalesEvents



Our Vision

A world leading National Governing Body delivering excellence, **inspiring** our nation to **enjoy, participate, learn** and **compete** in Welsh aquatics.

Ein Gweledigaeth

Corff Llywodraethu blaenllaw sy'n cynnig rhagoriaeth, gan **ysbrydoli** cenedl i **fwynhau, cymryd rhan, dysgu** a **chystadlu** mewn campau dŵr yng Nghymru