



CITY OF CARDIFF SWIMMING CLUB

Clwb Nofio Dinas Caerdydd

(Affiliated to Swim Wales)

www.cardiffswimming.co.uk

Chairman Mike Bamborough

Head Coach Graham Wardell

Secretary Penny McCarthy

VENUE: Cardiff International Pool, Olympian Drive, Cardiff, CF11 0JS

Welcome to our 2022 TIGER BAY OPEN MEET.

In order to try and run a safe meet for all participants please follow these protocols detailed below. Welsh Govt. have announced remaining covid restrictions will end on 28 March. Co Cardiff & Legacy Leisure have undertaken the risk assessment for the meet. We ask all participants/spectators follow these guidelines.

- Swimmers access the competition pool via the main reception and proceed via the 1st floor balcony
- Swimmers to arrive beach ready, follow the one-way system as directed and remain within the competition pool environment.
- Please leave plenty of time to arrive before each session.
- Visiting Clubs are requested to organise their teams and if possible, enter the building as a club.
- Swimmers are required to have their lateral flow test results ready on mobile phones (or printed email).
- Swimmers can leave via the changing village and parents can wait/collect their child(ren) in the reception area. There will be group changing facilities available if required.
- Coaches Officials Volunteers Parent helpers/chaperones are also to check in each day with their LFT and will receive a wristband to be worn whilst inside the competition pool. Access is only via the fire exit opposite the CIP car park.
- Spectators can access the competition pool via the fire escape on the ice rink side of the building are required to have their lateral flow test results ready on mobile phones (or printed email).

EVENT PROTOCOLS:

This applies - each day - for **all** participants; swimmers coaches officials Co Cardiff meet volunteers and spectators as detailed covering:

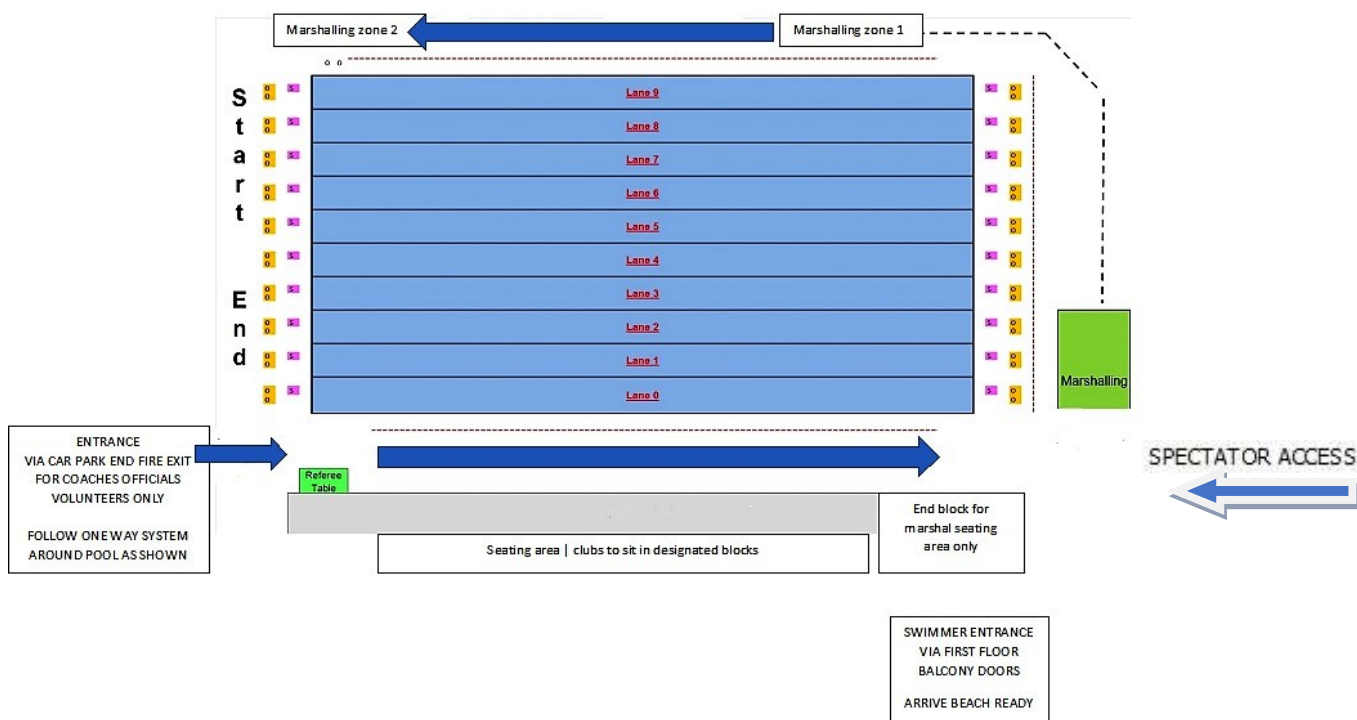
Lateral Flow Testing (LFT) protocols ALL ATTENDEES must adhere to the following LFT protocol:

- Attendees are required to self-administer a lateral flow test within 48 hours before arrival these can be ordered from the NHS via: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>
- Complete the LFT as per instructions, taking specific notice of the length of time required to leave the test before reading the results
- The result of the LFT must be reported to the NHS COVID reporting system This produces a text notifying of your negative result; <https://www.gov.uk/report-covid19-result>
- This text must be shown on the door at arrival, or print off email from NHS to show.
- This process must be completed by EVERYONE in attendance (regardless of age). Lack of evidence of a negative test will result in NO ENTRY to the venue.
- Non swimmers (coaches officials volunteers timing operator) will be given a wristband which must be worn each day.
- If your result is positive, you should not leave home and try to attend the gala.
- If you have any illness symptoms, do not enter the building and inform your club/coach.
- If you have come into contact with anyone with known coronavirus, do not attend the meet.

Whilst it is no longer a legal requirement to wear a mask indoors or socially distance, all participants may choose to wear a mask. We ask everyone to respect these wishing to remain socially distant.

Covid19 remains a health risk and with a large number of swimmers attending the gala over the weekend we encourage respect to those staying safe.

POOL LAYOUT WITH ONE WAY SYSTEM IN OPERATION



PROGRAMME OF EVENTS

SATURDAY SESSION ONE			SUNDAY SESSION FOUR		
WARM UP 08:00		START 09:05	WARM UP 08:15		START 09:20
101 HDW	Male	400m IM	401 HDW	Female	400m IM
102 HDW	Female	200m Butterfly	402 HDW	Male	200m Butterfly
103 HDW	Male	200m Backstroke	403 HDW	Female	200m Backstroke
104 HDW	Female	100m Backstroke	404 HDW	Male	100m Backstroke
105 HDW	Male	50m Freestyle	405 HDW	Female	50m Freestyle
106 HDW	Female	50m Breaststroke	406 HDW	Male	50m Breaststroke
SATURDAY SESSION TWO			SUNDAY SESSION FIVE		
WARM UP 11:20		START 12:25	WARM UP 11:20		START 12:25
201 HDW	Male	400m Freestyle	501 HDW	Female	400m Freestyle
202 HDW	Female	200m Breaststroke	502 HDW	Male	200m Breaststroke
203 HDW	Male	100m Butterfly	503 HDW	Female	100m Butterfly
204 HDW	Female	100m Freestyle	504 HDW	Male	100m Freestyle
205 HDW	Male	50m Backstroke	505 HDW	Female	50m Backstroke
206 HDW	Female	50m Butterfly	506 HDW	Male	50m Butterfly
SATURDAY SESSION THREE			SUNDAY SESSION SIX		
WARM UP 15:30		START 16:15	WARM UP 15:00		START 15:45
301 HDW	Mixed	800m Freestyle	601 HDW	Mixed	1500m Freestyle
302 HDW	Mixed	800m Freestyle	602 HDW	Mixed	1500m Freestyle
303 HDW	Male	200m Freestyle	603 HDW	Female	200m Freestyle
304 HDW	Female	100m Breaststroke	604 HDW	Male	100m Breaststroke
305 HDW	Male	200m IM	605 HDW	Female	200m IM
		Est finish 18:50			Est finish 18:15

Warm Down Pool - This is no warm down pool available at the Meet

Warm Up

- | | | | |
|--------------|------------------------|------------------------|-----------------------|
| ❖ SESSION 1: | BOYS 08:00- 08:20 | GIRLS 9-11 08:20-08:40 | GIRLS 12+ 08:40-09:00 |
| ❖ SESSION 2: | BOYS 11:20- 11:40 | GIRLS 9-11 11:40-12:00 | GIRLS 12+ 12:00-12:20 |
| ❖ SESSION 3: | BOYS 15:30- 15:50 | GIRLS 15:50-16:10 | |
| ❖ SESSION 4: | GIRLS 9-11 08:15-08:35 | GIRLS 12+ 08:35-08:55 | BOYS 08:55- 09:15 |
| ❖ SESSION 5: | GIRLS 9-11 11:20-11:40 | GIRLS 12+ 11:40-12:00 | BOYS 12:00- 12:20 |
| ❖ SESSION 6: | GIRLS 9-11 15:00-15:20 | BOYS 15:20-15:40 | |
- ❖ Warm up duration is 20 minutes of which sprint lanes can open in the last 5 minutes.
 - ❖ Girls to access the pool at the car park end of the pool; Boys via Ice Rink end.
 - ❖ Coaches must ensure that their teams are supervised during warm up.
 - ❖ Co Cardiff will provide up to 5 warm up Marshals to assist in the movement of swimmers.
 - ❖ Coaches and swimmers disregarding health and safety instructions, will be excluded from warm up.
 - ❖ Dry side warm up may be limited. It is advised that clubs split their team into 2 groups and only allow swimmers to perform dry side before their actual warm up.

Please ensure your swimmers exit the pool at the side and do not climb out over the timing pads as this can cause damage to the pads and lead to delays to the meet.

Marshalling: Swimmers will be called to marshalling. It is the responsibility of the swimmer/coaches to ensure that they attend marshalling once called. Swimmers will then be directed to the standing areas (zones 1, & 2).

Officials: Officials can register at <https://www.swim-meet.com/Availability/> to confirm their availability. Alternatively, we request that details of officials (together with their qualifications) are forwarded to our officials' co-ordinator Jim McCulloch: cardiffofficials@btinternet.com

Car Parking: Please use the Cardiff International Pool car parks.

Spectators: We welcome back spectators to watch the gala. Numbers are limited to 250 per day. Spectators are requested to comply with the event protocols and provide a negative LFT to gain entry.

The day ticket costs £7.50 for SAT & £7.50 for SUN. If parents are just attending s3 & s6 then a ticket for these sessions can be bought for £3.50.

The ticket link is located here: <https://orderwhizz.com/ccsc/events/tiger-bay-open-meet>

Tickets for each day are to be purchased in advance from 11 March to 5pm on 17 March. One ticket limited to one parent/swimmer (in order to give everyone a chance to watch).

NO TICKETS WILL BE SOLD ON THE DOOR OVER THE WEEKEND.

Data Protection: Submission of entries implies consent to the holding of any personal data collected and used by City of Cardiff Swimming Club in accordance with the Data Protection Act 1998 and General Data Protection Regulations (GDPR) May 2018.

These details may be made public before, during or after the Meet. All data will be recorded privately, securely stored and disposed of when no longer needed. You have the right to view your personal data & request its deletion under GDPR.

Swimpath: Will be attending the gala so a great chance to stock up on those essential swimming items.

Fine Designs: We are delighted to welcome back Fine Designs who will be selling their range of Meet hoodies & T shirts over the weekend. See advert for full details.

Swimming Cap: Limited edition (50) Meet SwimHat in brushed silicone are available. Price £10.00.

LAST FEW REMAINING AVAILABLE

The Swim caps can be collected from the meet office on the day of the meet

To order email: stephen.jones@westernretail.co.uk



Please contact the Meet Director regarding any matter not covered here.

We look forward to seeing you and wish you all a successful Meet.

Stephen Jones | Meet Director