



Our primary objective is to provide an opportunity to allow as many swimmers as possible to compete in the safest environment. The spread of COVID is still to be concerned about and the impact on those infected and their contacts is significant. This means that we are asking all those attending the Meet (athletes, coaches, volunteers) to remain cautious and comply with the following guidance to minimise the spread of COVID.

We have decided that the following measures are necessary and will apply equally for all involved in the meet. Please carefully read the measures below so that you are fully aware of what these measures are to prepare you for the environment you will be in.

**** In order for us to run the Meet as safely as possible we are asking that you DO NOT attend if you show any symptoms of COVID or have been asked to isolate ****

We will implement some social distancing and wearing of face masks for all individuals involved in the Meet.

What will be asked of me?

1. Pre-competition COVID testing – a lateral flow test at home is requested. Please take this within 48 hours of your first session. Please be honest and do not come to the Meet if you have a positive test.
2. Anyone who develops new COVID-19 symptoms should NOT attend the Meet.
3. If you have been asked to self-isolate following a close contact with a positive case you will also NOT be allowed to attend the Meet.
4. On arrival to the Meet please wear a face mask when entering the building, whilst moving around and when seated.
5. COVID QR Code – please ensure that you use the QR code to check in where appropriate.
6. Once seated please continue to be careful and respect others space by remaining socially distanced from those around you as best you can.
7. Spectators – please sit on chairs marked with v and leave chairs with X empty to ensure adequate distancing. Please use hand sanitiser provided and remain wearing your mask.

For the latest Swim England guidance on running safe events for swimming competitions: [click here](#)

For up-to-date Government guidance: <https://www.gov.uk/coronavirus>



1

Take a lateral flow test 48 hours before the Meet



2

Do NOT attend if you test positive, have been asked to isolate or have symptoms



3

Enter the building when allowed wearing your mask.



4

Use the hand sanitiser BEFORE you move to poolside



5

Follow the ONE WAY system to get to poolside safely



6

Push your bag back away from poolside and keep your distance



7

Follow the route on the map for marshalling and swim down



8

At the end of the Meet follow the ONE WAY system around the pool



9

Before you exit, use the hand sanitiser at the table near the door

