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**Aberdeen ASC Nifty Fifties +**

**12th & 13th November 2022**

**PARTICIPANT INFORMATION**

Dear Clubs and Colleagues

We look forward to welcoming you all to the 2022 Aberdeen ASC Nifty Fifties +. This is the first time since 2019 that this meet has been held. Please read the following information and ensure that it is passed on to anyone in your team attending the meet.

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| **Venue** | **Aquatics Centre, Aberdeen Sports Village, Regents Walk, Aberdeen, AB24 1SX** | | | | |
| **Session Times** | **Session Number**  Session 1  Session 2 | | **Warm up**  1400  0800 | **Start**  1505  0905 | **Exp Finish**  1805  1205 |
| All times above are provisional and subject to change if necessary | | | | |
| **Team Managers Meeting** | There will be no Coaches/Team Staff meeting for this competition | | | | |
| **COVID protocols** | Anyone experiencing symptoms of Covid-19 or testing positive should not attend the venue. Face coverings are not mandatory. All attendees are encouraged to give each other sufficient space to allow everyone to be comfortable while at the event. | | | | |
| **Athlete seating** | Athlete seating will be available on poolside around the competition pool and in the spectator gallery. Clubs will not be allocated any specific space. | | | | |
| **Risk Assessment** | A risk assessment covering the health and safety considerations is in place for the event and has been agreed by the venue management. | | | | |
| **Arrival and Depart times** | **Saturday**  Entry to the venue will be permitted from 1330 at the earliest. Everyone must be clear of the building by 1830  **Sunday**  Entry to the venue will be permitted from 0745 at the earliest. Everyone must be clear of the building by 1300 | | | | |
| **Warm up & swim down arrangements** | Guidelines for the effective running of warm-ups will be distributed via the WhatsApp broadcast and available on the SASA ND website.  Please comply with allotted warm up times and announcements and co-operate with the warm-up Supervisors.  All 10 x 25m lanes in the competition pool will be available for warm up sessions.  Each lane has a capacity of 10 swimmers.  The competition pool is not available for swim down at any time during the meet.  The Diving Pool and the other half of the 50m pool is not available for this event as it is being used for other public activities. Please be aware of and be respectful towards other users. | | | | |
| **Venue flow** | Entry to the building will be in the main reception door. Teams should not congregate immediately outside the venue or in the foyer/reception area prior to the start or end of the sessions  Athletes/Team Staff – Proceed through the changing village and turn left at the shower area to access the competition pool.  No coaches pen will be in operation at this event  Spectators – Proceed up the main staircase to the right of reception up to the spectator gallery | | | | |
| **Rules** | The meet will be held under FINA rules and Scottish Swimming regulations | | | | |
| **Coaching Packs** | Coaching packs will not be issued for this event.  Withdrawal sheets & relay teams lines sheets can be collected from the recorders desk on poolside. | | | | |
| **Changing Village** | The changing village will be available for use but time in this area should be limited as far as possible.  All users of the changing village must remain mindful that there will be members of the public, including young children, accessing the village for activities in the Diving Pool. Please be aware of and be respectful towards these other users.  The use of foul language will not be tolerated in the changing village.  Consumption of food is not allowed in the changing village.  **Photography/video of any description is prohibited in the changing village, showers and toilets.**  Athlete clothing, kit bags, etc. can be placed in the lockers provided. £1 coin or token is required to lock the door. Bags can be taken on to poolside/seating area where space in that area allows. No belongings can be left in the changing cubicles. | | | | |
| **Spectating** | Spectating will be available at this event. A section of the spectating area may be allocated for athlete seating and any remaining capacity will be available for spectators. Capacity of this area will be monitored and may need to be restricted during busy times. | | | | |
| **Live Streaming** | Live streaming will not be in place for this event | | | | |
| **Footwear** | Please note no outdoor footwear is permitted to be worn on poolside.  In the interests of safety, swimmers are required to wear dry footwear when using the steps to and from the pool deck. Please do not climb over seating. | | | | |
| **Front of House activities** | There may be limited front of house fundraising arrangements in place. This may include a swim shop. If in place, it will be situated at the entrance to the competition pool spectator gallery. | | | | |
| **Awards** | There will be a prize pot of £900.00  Individual events: £20 for each winner, M & F (£360.00)  **Relays:** £40 for each winning Open team, M & F, Free & Med (£160.00)  £20 for each winning 14/under team, M & F, Free & Med (£80.00)  **Skins:** £10 for each winner of the 1st 5 rounds of the Skins, M &F (£100)  £100 prize for the winner of the final round, M & F (£200.00)  Prize money should be collected from the Club Welcome desk at the entrance to the spectators’ area. | | | | |
| **Athlete to Team Staff Ratio** | A ratio of 1 coach to 10 athletes, with the maximum of 4 coaches/team managers in venue per session. A reminder that coaches/team managers should have a PVG in place through their club to be present on poolside at the competition. | | | | |
| **Marshalling** | There will be marshalling for heats and finals but not for the skins or relays.  All swimmers must attend marshalling before their events and are advised to attend in good time. The start of a race will not be delayed for absent competitors and swimmers.  Swimmers may report to marshalling for more than one event where it is deemed that there will be insufficient time between races to marshal in good time for their next event. It is for the swimmer to inform the marshal if they are reporting for more than one event.  Swimmers who have not presented themselves to the marshals prior to their heat leaving the final marshalling area will not be permitted to swim, will be treated as a late withdrawal, and may be fined accordingly.  Reserves should marshall unless they have been withdrawn. | | | | |
| **Withdrawals at the Meet** | Withdrawals from heats at the meet should be notified on the withdrawal form issued.  The sheets should be handed in to the recorders table at least 1 hour prior to the start of the appropriate session. Withdrawals from finals should be within 20 minutes of the finalist announcement. This will ensure that a reserve can be given the opportunity to compete, and the final seeded accordingly. | | | | |
| **Catering** | There is no catering provision at this meet. Tea and Coffee will be available in the briefing room prior to start of the sessions for Technical Officials and event volunteers. | | | | |
| **Technical Swimsuits** | As of 1st September 2022, new regulations will come into force regarding technical swimsuits. From this date all swimmers 13 years and younger cannot compete wearing technical suits in Scottish Swimming licensed or registered events. For further information and FAQ's please see link below.  [Swimsuits | Scottish Swimming](https://www.scottishswimming.com/our-sports/swimming/swimsuits) | | | | |
| **WhatsApp Broadcast**  **Start lists & Results sheets** | A WhatsApp broadcast will be in place for this event. Important documents such as Start lists, results, warm up information and any other useful information will be sent out in a broadcast when necessary and appropriate.  **Registration for the broadcast is open to all Coaches and Team staff attending the event and registration MUST be completed by 9pm on Wednesday 9th November.**  **Heat sessions start lists will not be printed for coaches/team staff at the venue** but will instead be distributed electronically. Start lists will also appear on MeetMobile where possible. **Start sheets for all heats sessions will be issued in advance of the event by 10pm on Thursday 10th November.**  **Start lists for Finals sessions** will be printed and will be available at the recorders desk outside the timing room. Start lists will also be distributed on MeetMobile and distributed electronically through the WhatsApp Broadcast  Results sheets will be printed at the venue and displayed on the wall and will also be distributed electronically. Results will also appear on MeetMobile where possible and on the [SASA North District Website](https://www.sasanorth.org.uk/2022meets.html) | | | | |
| **WhatsApp Broadcast Instructions**   1. Save the following contact in your phone   **Sean Dawson – 07961 751652**   1. WhatsApp **Sean** the following information:   Your Name, Your Number & Your role at the event   1. **Sean** will then add you to the Event Broadcast | | | | |
| **Photography Permission** | Please note that anyone wishing to use photographic equipment, including video cameras at the event **MUST** complete a registration form at the desk outside the spectator gallery entrance or by completing the QR code below.  **Photography QR code**    **The use of mobile phones or other devices capable of photography/video are not permitted at any time in the changing village, toilets or shower areas and they must be switched to silent in the pool hall.** | | | | |
| **General notes** | * Vuvuzelas are **not** permitted at this meet. Air horns are **not** permitted. Please ensure quiet for the starts. * Please ensure that your team does not at any time block Emergency Exits or access around the pool * Teams are responsible for clearing their seating area of belongings, litter, etc. before leaving at the end of the competition day. Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them. Glass bottles or containers are not permitted in the poolhall – this includes the spectator areas. * All athletes, coaches and team staff must be a member of SASA prior to attending the event | | | | |
| **Code of Ethics** | All participants should adhere to the Scottish Swimming Code of Ethics (detailed below), and relevant codes of conduct. Please ensure that your team is aware of this.  Code of Ethics:  Sporting integrity is based on the acceptance of rules, fairness, equality, respect for others, moral conduct and a sense of what is right. Violence, breaking the rules, abuse of drugs, lack of fair play and other unethical behaviours are unacceptable to Scottish Swimming.  Scottish Swimming Staff, Board of Directors, Council, Districts, Committees, Members, Clubs and their members agree to:  • Abide by the principles above  • Sign and agree to relevant Codes of Conduct  • Set a good example at all times  • Follow the spirit of policies as required, e.g. Equity  • Abide by and agree to international/national policies and guidelines, e.g. anti-doping, Wellbeing & Protection Procedures | | | | |
| **Event Management Contacts**  **Arrival/End & between sessions**  **During Competition** | Different people have authority and overall responsibility for the running of the meet at different stages. The list below shows whom you should approach with any queries, concerns or complaints during the various stages of the meet. | | | | |
| Meet Convenor  Referees | Susan Rhodes [**President.aberdeenasc@gmail.com**](mailto:President.aberdeenasc@gmail.com)  David Downie & Eleanore Ferguson | | | |