

# Bedfordshire County Championships 2022



These notes are to provide help and guidance for athletes, officials and volunteers attending the County Championships from 22<sup>nd</sup> January to 6<sup>th</sup> February 2022. These championships are unique but we are delighted through the support from clubs, coaches and parents that our athletes have this opportunity to compete this year. We dearly hope to be able to return to our usual/normal format to host the 2023 championships.

## COVID Mitigations

If you are due to attend the county championships in any capacity, please complete a Lateral Flow Test before leaving home on the morning of your session. If that test is positive and/or you have symptoms that could be linked to Covid, please do not attend and follow the most recent government guidance. Face coverings must be worn inside Inspire at all times unless you are medically exempt. If you are exempt please wear an exemption lanyard. As athletes prepare to race behind the starting blocks, face coverings can be removed to be replaced on return to collect their small kit bag.

## Passes

Coach and Team Manager passes are available now by logging into an individual's Swim England Member Option at [www.swimmingresults.org](http://www.swimmingresults.org). From there they will be able to 'purchase' accreditation for events although our coach and TM passes are free. **The closing date for applications is Wednesday 26<sup>th</sup> January.** Please ensure that, as a club, you meet the required ratios for athlete supervision at all times. We have no choice but to ensure these ratios are met and there are no risks to athletes by being under or over supervised. If this does occur, we reserve the right to take action to remedy the situation.

### 10 years old or younger

1:8 Coaches     1:16 Team Manager

### 11 years old to U18

1:10 Coaches     1:20 Team Manager

Whilst there are no specific ratios for over 18 year old athletes, we would still expect them to be included in the athlete ratios. Please also ensure you also consider gender ratios. Coaches and Team Managers will be in the spectator gallery only. Clubs should ensure that parents have a contact number for either the Team Manager or Coach at their athlete's sessions.

## Withdrawals

All withdrawals should be made by email ([county\\_championships\\_secretary@bedscountyasa.com](mailto:county_championships_secretary@bedscountyasa.com)) titled – **CLUB NAME - WITHDRAWAL** - by these deadlines:

Saturday 22<sup>nd</sup> Jan – Midday Saturday 22<sup>nd</sup> Jan

Friday 28<sup>th</sup> Jan – Midday Friday 28<sup>th</sup> Jan

Saturday 29<sup>th</sup> Jan – 6pm Friday 28<sup>th</sup> Jan

Sunday 30<sup>th</sup> Jan – 6pm Saturday 29<sup>th</sup> Jan

Saturday 5<sup>th</sup> Feb – 6pm Friday 4<sup>th</sup> Feb

Sunday 6<sup>th</sup> Feb – 6pm Saturday 5<sup>th</sup> Feb

If there is a withdrawal to be made after these deadlines, please continue to do so by email and it will be noted where possible. Fines for failing to withdraw will only be issued if an email is not received before the start of the session to which it relates. You may find an odd empty lane in the heats due to us being unable to process withdrawals quickly however if the email has been received prior to the start of the session, there will be no fine.

Requests to refund entry fees will be considered when a swimmer medically withdraws from the entire Championships or all events during an entire weekend. Notification of any such withdrawal and refund must be received by the Association at least 12 hours before the warm-up time of the first session of the day.

### **Relay declarations**

Team declarations must also be received by email by the same deadlines stated above titled – CLUB NAME – RELAY DECLARATION. But if you wish to submit team declarations ahead of this, please do not hesitate to do so.

If a member of a relay team can no longer take part, and your teams have already been declared please notify us immediately of any substitutions. All members of your relay teams must have Cat Compete (old Cat 2) Swim England membership

### **Access to Inspire:Luton**

As the Championships are being held behind closed doors, we would ask parents to drop athletes off and leave the premises.

**Please be advised there will be no facilities available, such as parking or toilets, for anyone other than those actually attending the Championships.**

Athletes, Officials and volunteers only will be able to access the pool via the fire exit towards the front of the building. A Beds ASA flag will be outside to indicate the entry point. There will be a queuing system to ensure there is not a pinch point on these stairs and queuing athletes are asked to ensure they socially distance.

Please ensure face coverings are worn (unless medically exempt) and ensure that spares are carried in case they get wet. Hand sanitiser will be situated around the building and we will encourage it to be used regularly.

Athletes should bring with them a small clear or named bag so that they carry it and not their swim bag onto poolside. Large swim bags must remain in the gallery. Athletes should also have with them clean and appropriate footwear and club shirt/hoodie for moving around from the gallery to poolside and back.

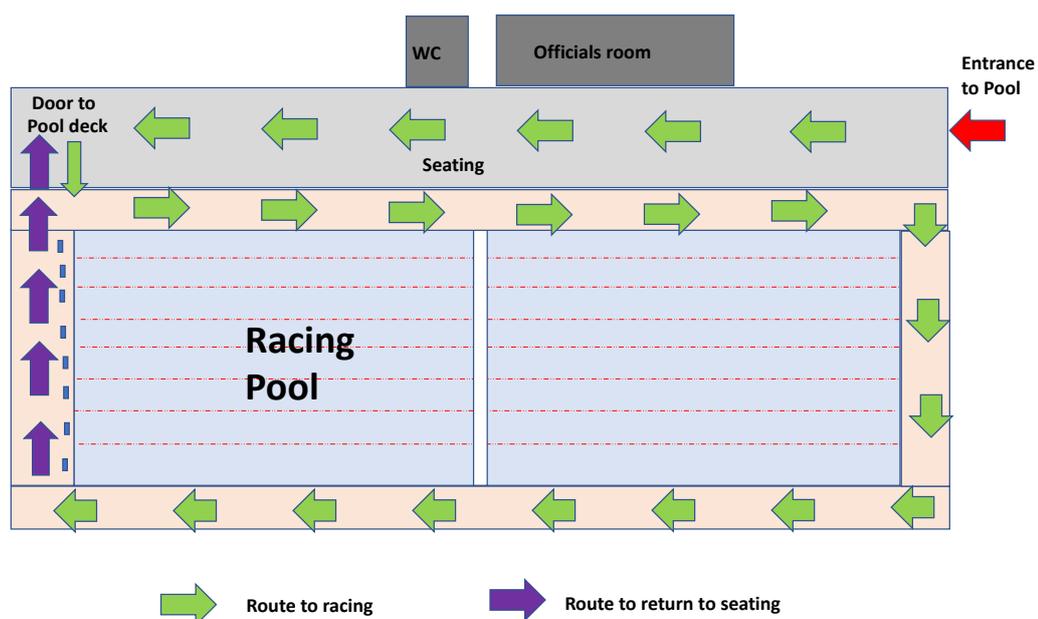
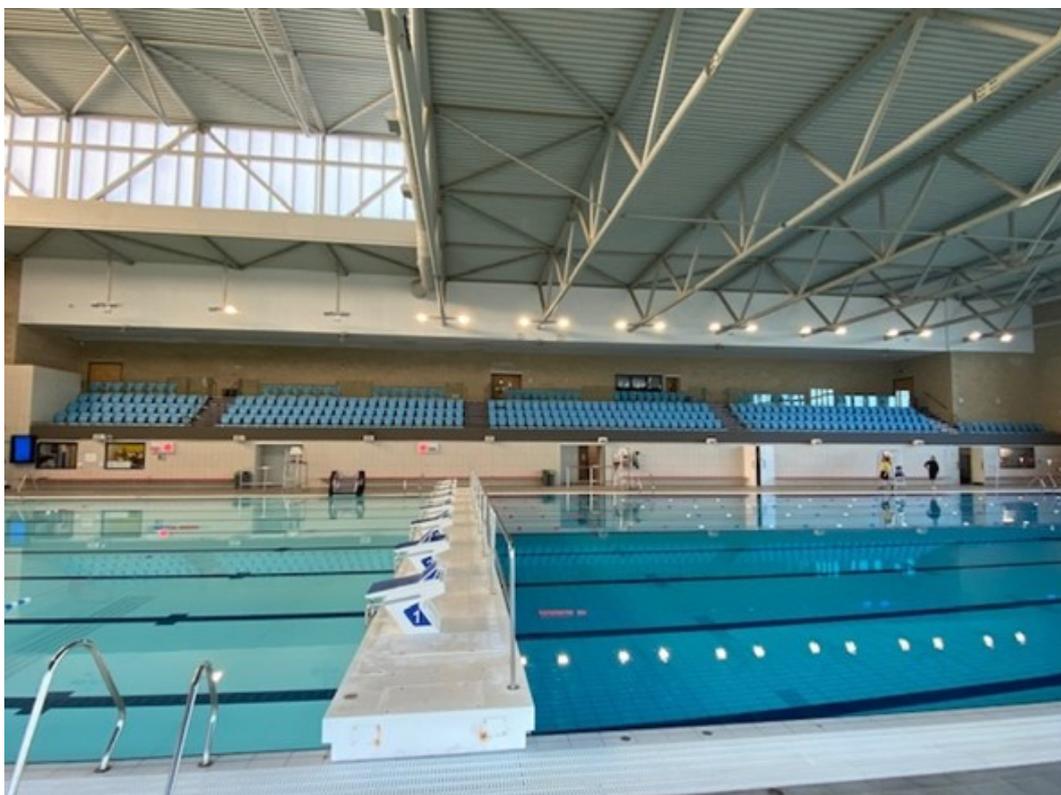
The café is not open and vending machines are inaccessible so please ensure athletes, officials and volunteer have sufficient food and drinks with them. There will be no access to the rest of the centre for athletes although the lift will be available to any athlete with accessibility needs.

### **At Inspire:Luton**

Each team will be allocated a section of the spectator gallery (max 50 seats per club) and should maintain their distance from other club's athletes. At least one Team Manager should be in the Spectator Gallery at all times from **8.15am** (Saturdays & Sundays), for Session 1 from 6pm and Session 2 from 6.15pm until the last athlete has left.

Athletes must arrive pool ready as the changing rooms will not be open until after the warm up. Those in the first event of each session may wish to arrive wearing their race costume so that we can avoid overcrowding at the end of warm up as changing room space will be extremely limited.

Athletes should sit in the main bank of seats in the spectator gallery so that coaches and Team Managers can use the row of seats on the gallery walkway behind the glass barrier.



Athletes will use the stairs at the opposite end of the gallery, to those they arrived by, to access poolside for changing rooms and marshalling for their events. Toilets for athletes will be available direct from the gallery or in the changing rooms if they are on the pool deck. The showers in the changing room will not be in use.

Officials will use the function room as usual except for Sessions 1 and 2 when the room behind the café will be used.

## **Warm Up**

Each club will be allocated its own lane for warm up and coaches will be responsible for supervising this on the pool deck. Coaches can use this hour in whatever way they choose but must be mindful of athlete numbers in the water and on the pool deck at any one time.

Ln1 – Putteridge SC

Ln2 – Modernian SC

Ln3 – Linslade Crusaders SC

Ln4 – Biggleswade SC

Ln5 – Dunstable SC

Ln6 – Leighton Buzzard SC

Ln7 – Team Luton SC

Ln8 – Flitwick Dolphins SC

## **Relay Warm up**

This is only for those athletes attending the championships to swim in relays. We would encourage these athletes to arrive just in time for this warm up and pool ready. Approx times of the start of the relay warm up (no earlier) are:

Sess 4 - 2.50pm   Sess 5 - 11.50am   Sess 6 - 4pm   Sess 8 - 2.50pm   Sess 9 – 11.40am   Sess 10 – 4pm

## **Photography**

Inspire:Luton will not allow any photographs or videos to be taken inside the building.

Anyone taking GCSE's this year who needs video footage of their racing should contact the County Welfare Officer. ([welfare@bedscountyasa.com](mailto:welfare@bedscountyasa.com))

## **Medals**

Medals will be issued by club at the end of every session (Sess 1 & 2 will be issued with Sess 3) and passed to a Team Manager. Trophies will not be awarded at the championships but will be engraved with 2020 and 2022 winners and we aim to have these with clubs during March.

There will be no refreshments except for teas and coffees so please ensure all volunteers are made aware of this before coming to Inspire.

Thank you for your support to enable us to host these Championships.

Please ensure your club members are made aware of this information although a copy will also be published on our website and on our social media.

Do not hesitate to contact me if you have any queries.

Kind regards

Jo

Championship Secretary