

Club Championships swimmer's sign in & Poolside Advice

Remember to sign in at the '**Event signing in desk**' when you arrive.

Tables clearly marked **surname** A-D, E-L, M-Q and R-Z.

Signing in sheets will be available in the entrance at the Leisure Centre 30 minutes prior to warm-up beginning.

Names will be listed alphabetically by surname.

You have to initial the blank boxes to let us know that you intend to swim the event.

Remember to initial the box for **every** event you are swimming that evening.

The shaded boxes are events you have not entered for that session.

The lists will be closed at the start of the warm-up.

At each session there will be more than 100 children and 25 officials on poolside so space is limited.

Therefore please **DO NOT BRING LARGE BAGS ON POOLSIDE** - you do not need kickboards, pullbouys or fins.

You do need goggles, hats, a T-shirt & towel [both named], a drink in an unbreakable bottle and 'clean' energy snacks - not things that will melt or dissolve into the deck and have to be scraped off later. No sweets on poolside

There will be several parents to help you on poolside, we call them 'whips

Speak to a whip if you have a problem

Look at the warm-up instructions, on the wall at the end of the pool

Remember to drink - even if you don't feel thirsty!

Watch the races and cheer on your fellow swimmers

Check the programme on the wall to see when it is nearly time for your race

If leaving poolside make sure the whip knows where you are going. They may need to find you quickly. Report back to the whip when you return to poolside

Confirmed race results are displayed at the shallow end of the pool

Before leaving to go home, clear up any litter you may have dropped

Check carefully that you have **ALL** your belongings

Tell your whip you are leaving

Remember to check the Club Website for your results -
www.cheshamswimmingclub.org.uk

Add your PBs on to your personal website page

Swim fast and enjoy the competition!

Parent helpers Thank you to all parents who have offered to help

Please note that during Club Championships there is normal training at all other times and days