

## Gala Guidelines

Just a few guidelines for parents / swimmers when attending galas....

- Check warm-up start time and gala start time.
- Arrive at poolside for warm-up promptly. There is usually a designated area for each club. Inform coach immediately of your arrival. **Please note that failure to arrive on time may result in you being withdrawn from the gala.** All withdrawals need to be confirmed with the officials 30-45 mins before the races commence to enable start sheets to be finalised.
- Bring two towels, poolside footwear (some venues **insist** on this), spare goggles (straps do break), spare swim cap (they split at the most inappropriate time!), spare swim suit(s), tee-shirt (Carnegie one if you have one)
- Ensure that all goggles are adjusted properly to avoid them coming off at starts. (This includes spare goggles in case they are needed at short notice)
- Bring snacks for energy (bananas, cereal bars, raisins, mini jaffa cakes etc) and water to drink (**NOT** fizzy drinks)
- Take care of all swimming kit at the poolside (swim caps, goggles etc) and be prepared when it is your turn to go to marshalling.
- Listen to your coach to ensure that you know the stroke for the event, number of lengths etc.
- Return to the Carnegie S.C. area **as soon as your swim is finished.**
- Keep still and quiet when a race is under "starter's orders". Once the race has begun then you should cheer on your team mates!
- Wear your Carnegie S.C. tee-shirt when collecting medals, ribbons etc.

### Do Not

- Leave the poolside without first asking your coach. In normal circumstances you should only leave the poolside to go to the toilet or change into dry swimsuit. **Always** return without delay.
- Ask to go into the spectator area to see parents etc (unless it is absolutely necessary ie you are feeling unwell). It is this request that is the **MOST FRUSTRATING** for coaches, as we sometimes miss one of our swimmers racing while a "missing" swimmer is found. Remember that swimmers are usually required to assemble up to 6 heats in advance and races occur very quickly, especially when younger swimmers are competing in 25m events!