

# WHAT TO DO AT GALAS



## ADVICE FOR SWIMMERS

- When you arrive at the gala get changed as quickly as you can
- Don't leave any bags or belongings in the changing rooms take them with you onto poolside
- Every gala will have a Team Manager - report to the Team Manager on poolside to get the details of your races
- Don't forget your swim hat and goggles
- Always take a non-fizzy drink in a plastic bottle (glass is not allowed)
- Remember to wear your club t-shirt, shorts and footwear
- During the gala stay with the team on poolside to support your team
- Make sure you tell the Team Manager if you go to the changing rooms/toilet or to speak to parents/spectators – they need to know where you are in case you are needed for a race
- Please do not bring a large amount of food or sweets to the gala, a fruit snack is better for you
- Make sure that you keep safe whilst on poolside and keep bags away from all the emergency exits, never run or fool around in the changing rooms or showers
- Keep quiet at the start of the races so that swimmers can hear the starter
- Mobile phones should not be used on poolside
- You are not allowed to take any photos whilst in the Leisure Centre
- Remember – SWIM FAST and ENJOY being a part of the Mansfield Team

## ADVICE FOR PARENTS / GUARDIANS

- Please make sure you get to the gala in time for the warm up
- Check that your child has their swimming kit including hat and goggles, spare goggles, towel, t-shirt, shorts, footwear and a non-fizzy drink before you leave home
- Encourage swimmers to stay on poolside during the gala with the team – often swimmers go off poolside without informing the Team Managers and miss their races
- Your child will be swimming a race for a specific reason. If you have any questions as to why please ask the Team Selector at the next training session, NOT on the night.
- The use of mobile phones on poolside is not allowed
- Games machines/IPODs etc are not encouraged poolside as water and electronic equipment do not mix well !
- Taking photos is NOT permitted at galas
- Sweets and food should be kept to a minimum
- Please try to stay to the end of the gala to let your child support the team
- If you have to leave early please make sure your child informs the Team Manager before they leave
- Please be positive and support and praise your child with their swimming regardless of the results
- If you need to contact the Team Manager on the day or during the gala please ring the **GALA MOBILE on 0751 8021073**

Thank you for supporting Mansfield Swimming Club