



GALA TIPS

- ☺ Set yourself a goal for your races. Speak to your coach for advice.
- ☺ Make sure you pack a towel, costume, **BRSC** swimming hat, goggles, **BRSC** T-Bag or **BRSC** tee shirt for warmth while waiting for your races.
- ☺ Hydration/nutrition – you will need to bring plenty to drink, a snack and if an all day meet, lunch.
- ☺ You may bring something to play with or read. Remember though it is not good preparation to play on electronic devices right up until your race.
- ☺ Large bags should be placed in lockers. Use a small drawstring bag for things you need to bring poolside.
- ☺ Arrive in plenty of time. If it is a team gala or you have been told there is a 'sign out' procedure you **must** report to your coach 15 minutes before warm-up is due to begin. For some open meets you will need to sign in, usually by the start of the published warm up time.
- ☺ Parents – if you are delayed please contact someone to let us know. A text to Sue on 07935 313531 is usually best.
- ☺ Parents - If you wish to video or photograph your child you will need to complete the relevant record book when you pay your spectator fee in order to comply with ASA child safeguarding procedures.
- ☺ There is a warm up to start with. You will be told which lane to swim in by your team manager/coach.
- ☺ You will need to wait with the rest of our club swimmers until just before your race. You will be told in plenty of time when to go up, and will be reminded which stroke/distance you are swimming.
- ☺ In open meets you will first go to the marshalling area, sometimes called 'whipping'. Here you will be told which heat and lane you will be swimming in. Each heat of swimmers is led together to the start area - just follow the instructions given.
- ☺ In team galas you will be sent straight to your racing lane by your team manager.
- ☺ After your race you will need to see your coach for feedback on how you did.
- ☺ If there is a swim-down pool available you should go and swim down within 3 minutes of your race finishing. Take a drink with you to the swim-down pool.
- ☺ After your race/swim down have a drink and, if there is time before your next race, a snack.
- ☺ You should not go over to the spectators area during the gala (imagine what it would be like if all the children tried to talk to their parents after their races!). If you need to go to the toilet or wish to see your parents you must speak to your coach/team manager first.
- ☺ Remember that there may be heats in your race, so even if you win your heat you may not win the whole event.
- ☺ Don't forget to take your rubbish home with you!