Health and Safety Announcement

1. You are reminded that the depth of the water at the shallow end at lane 6 is 1 metre and at the deep end at lane 1 is 2 metres. Starting blocks are 650mm above the water level.

2. Coaches and team managers are reminded that only those swimmers who have reached the ASA preliminary competitive start award are permitted to start with a shallow racing dive from the starting blocks

3. If there is a false start you must continue with a shallow race dive, you must not topple into the pool head downwards as this is dangerous

4. If you are starting in the pool you must lower yourself over the side, do not jump or dive in

5. The signal that you will hear if it becomes necessary to evacuate the building will be a continuous ringing

6. To evacuate the building, all those present must use the marked emergency exits, swimmers and officials must not return to the changing rooms to collect their clothes or belongings

7. In accordance with the ASA Child Safeguarding policies and Procedures any parents or carers of swimmers under the age of 18 who wish to take photographic or video images are requested to focus on their own child as much as reasonably possible and avoid including other children in those images, particularly if those images are being shared with family and friends through social media platforms. Should you have any concerns about photography and filming this event then please bring them to the attention of any Sudbury storm official.