



# Braintree Summer Sprint



## Opening Times

The pool will be opened at 7:45 to swimmers and 8:00 for spectators, for safety reasons please queue around the side of the building.

The morning session Sign In is planned to commence at 08:00

The afternoon session Sign In is planned to commence at 12:30.

## Session Times

Session 1 - Warm Up Starts at 8:30

Session 2 – Warm Up Starts at 13:00

Signing In will be just inside the changing rooms.

**If the swimmers are not signed in by the start of Warm Up they will be withdrawn.**

Your coach can sign you in, call them if you are going to be late.

## Bag Rooms

The following clubs have been allocated rooms for storing their bags, this is to maximize Poolside space. Please encourage your swimmers to use these Storage Rooms, leaving the lockers available for the remaining clubs/swimmers (Lockers require £1 coin), Bags will **not** be allowed on poolside.

Braintree & Bocking	Chelmsford	Phoenix Basildon	Rochford
Bo of Southend	FirstStrokes	Witham Dolphins	

If anyone is found in a Storage Room not allocated to their club, we may request that club to leave the event. There will be regular patrols of the changing rooms.

## Spectators

The viewing gallery will be cleared for 15 minutes at lunch time to clean up. Bags can be left at the owner's risk.

The viewing gallery is normally warm and is linked to the pool temperature, please dress in very light clothing.

## Marshalling

It is the swimmers/coaches responsibility to ensure that swimmers are at the Marshalling Area in time for their swims, please listen out for the calls. We shall expect swimmers to be at the Marshalling Area at least 5 heats before their swim.

## Code of Conduct for Braintree Swimming Centre – Freeport

- No outdoor shoes, jeans or denim to be worn on poolside
- No breakables on poolside (Glass, Mugs etc) and no hot drinks on poolside.
- No unauthorised personnel to allowed on poolside – Coach Passes must be worn.
- The small pool is closed and is not to be used.