



## **WCA SC Invitational 26-27 September, CURRO LANGEBAAN NOTES FOR SWIMMERS, PARENTS, OFFICIALS AND COACHES**

**SWIMMERS:** You are the most important individuals at this gala. To ensure that you have smooth running and stress free, efficient events, please note the following:

1. **WHAT CAN YOU BRING INTO THE VENUE?**

No equipment is allowed on pool deck during warm-up or the event/competition. This includes flippers, kickboards, buoys and items of clothing. Swimmers must arrive to the line-up ready to race. You may enter the venue **only in your costume, cap and goggles and one of either a parka or a towel**. Masks must be left with your kit outside, in your bags, before you enter the premises.

You will be marked off on the attendance register and your temperature taken and hand sanitizer offered.

2. **WHAT ABOUT YOUR KIT AND STUFF?**

You should bring a backpack or container to put all of your items in – this can be left outside the competition / pool venue.

3. **CAN YOU USE THE CHANGE ROOMS?**

Limited numbers will be allowed in the ladies and mens' toilets – be considerate and do NOT use the toilet as a changing cubicle and thereby hold up the queue for those who actually need to use the toilet.

4. **WILL YOUR PARENTS, FANCLUB AND COACH BE ALLOWED IN THE VENUE**

Unfortunately, none of the above will be allowed excepting for a limited number of coaches per session. **Please ensure that you check the warm-up sheet for each session and know what time and lane you are allocated to warm up.** This will be 15 minutes. Ensure that your coach has advised you of what your warm-up should be. When the whistle blows, you will be asked to vacate the premises so that the next group of swimmers can warm up. If you are late for your warm-up, sadly you will lose this opportunity.

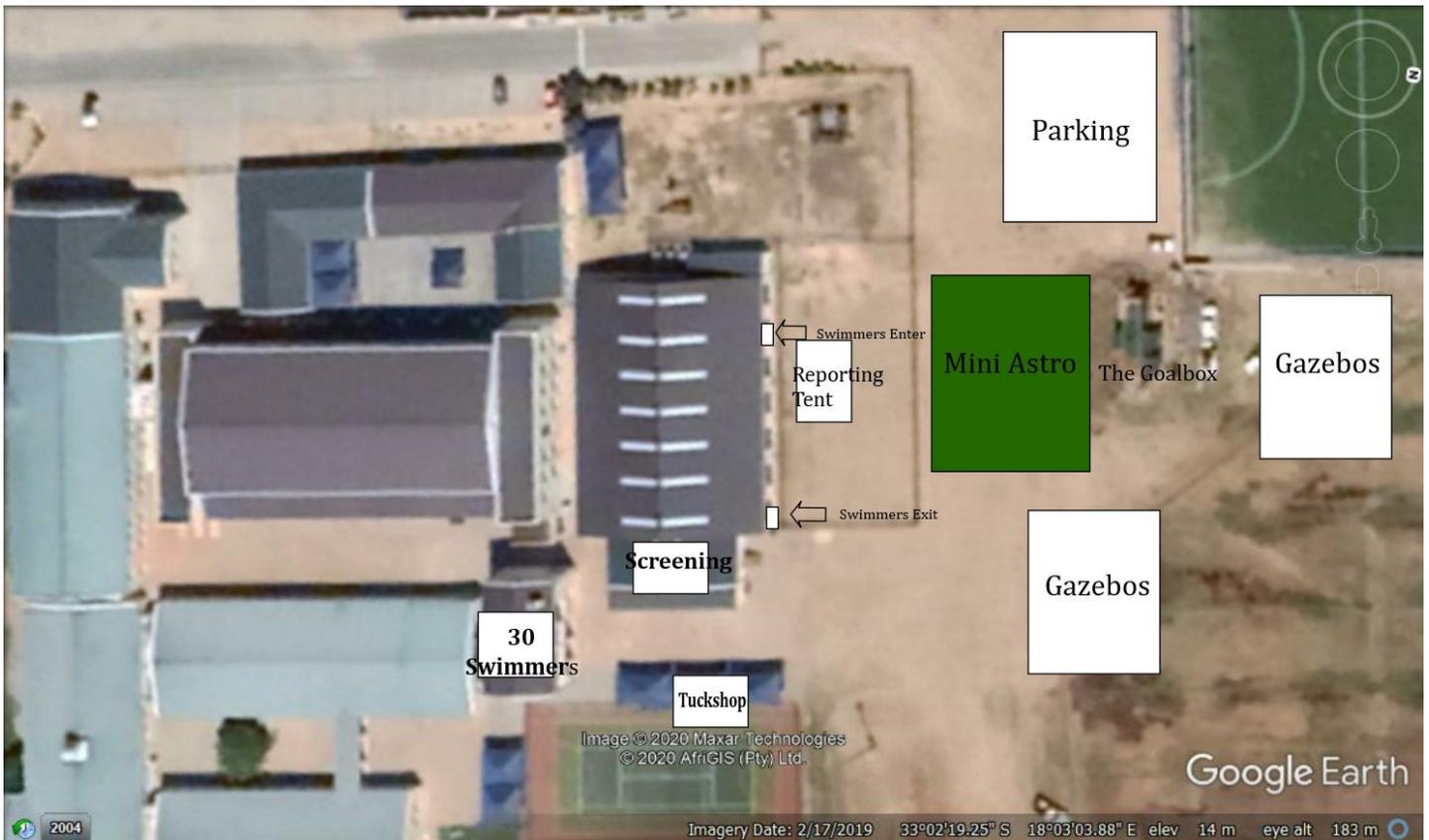
5. **WHAT ELSE SHOULD YOU KNOW?**

When you have completed your race, you must leave the pool venue / area immediately. The Competitors Stewards / Marshalls will brief you on the entry and exit points. Your temperature will be taken either when you are in the marshalling area or when you enter the premises. Results will be on meet mobile and live-streaming of results will be available via you-tube.

6. **BACKSTROKE**

CTA will make their backstroke wedges available for this gala. It is your choice to use these or not in the backstroke events.

**DIAGRAM OF VENUE**



**NOTES FOR COACHES**

Thank you in advance for understanding that all requests you have been asked to adhere to are from National Government and adhered to by SSA National Compliance. The WCA Invitational Gala SC Gala under COVID rules will be held under close scrutiny to see if galas of this kind can be successfully managed going forward. WCA has been tirelessly lobbying for affordable, ratified galas, and has done an enormous amount of paperwork and planning to accommodate all the restrictions we are compelled to adhere to.

1. **WARM UP**

**No coaches** will be allowed on pool deck for warm up. Swimmers only have 15 minutes to warm up at the correct time in the correct lane. When the whistle blows, all swimmers must clear the pool to make room for the next allocated swimmers to warm up.

2. **COACHES IN THE POOL AREA FOR SESSIONS**

The WCA Coaches' Representative, Bianca Marais, will **rotate coaches at a maximum of 8** in the venue at one time. If this cannot be maintained in the first session, no coaches will be allowed in the venue in the next sessions.

3. **MASKS**

Please wear your mask and sanitise hands before entry into the venue.

4. **SEATING**

We thank CURRO for making their field available for gazebos to accommodate coaches and parents whilst they wait for their swimmers. Please bring your own chairs and gazebos – these are not going to be provided. Social distancing must be adhered to as per government regulations.

5. **RESULTS**

Results will be live streamed on you-tube. You will have to use your own data – wi-fi is not available. We cannot control connectivity but have been informed that it is generally good in the area. Results will also be on Meet Mobile.

**OFFICIALS**

Thank you for the valuable service you provide by offering the time to ensure your child has a good gala experience.

1. No refreshments will be offered to officials – please bring your own water bottle.
2. Preferably bring your own pencil
3. Please use hand sanitiser each time you enter / exit the pool area.

**PARENTS**

Unfortunately, no parents will be allowed inside the venue unless you are an official in that session. We thank CURRO for making their field available for gazebos to accommodate coaches and parents whilst they wait for their swimmers. Please bring your own chairs and gazebos – these are not going to be provided. Social distancing must be adhered to as per government regulations.

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**GENERAL COMPLIANCE REMINDERS EFFECTIVE 21 SEPTEMBER 2020**

As you are aware, Alert Level 1 will apply nationally from 00h01 on 21 September 2020. (Government Notice 998, 18 September 2020). You were also informed of the regulations that were published to regulate the application of Alert Level 1 (Government Notice 999, 18 September 2020). For us as the Aquatics Community (including Swim Schools), however, the regulations stipulate that "**all sporting activities, including both**

**professional and non-professional matches, by recognised sporting bodies are allowed, subject to directions issued by the Cabinet member responsible for sport."**

What does this mean?

1. All the health and safety procedures until now remain in place for lessons, training and competitions.
2. The wearing of masks is still compulsory.
3. The membership verification process (permit system) remains in place and attendance registers must still be kept. (It means that the process of tracking remains in place.)
4. Venue compliance certificates still need to be issued.

**The following changes can be implemented for training and LTS instruction:**

1. **Swim schools:** increase to a maximum of 4 learners per instructor, on condition that the learners are at all times 1,5 meter apart from other learners
2. **Water Polo, Diving, Artistic Swimming and Water aerobics (pools with no lane ropes)** : the maximum allowed will be the area of the pool divided by 50% for capacity; and divide that by 3 (to allow enough space between participants). So if a pool is 5 x 10 = 50 square meters - 50% capacity is 25 - divide this by 3 = thus maximum is 8 persons in the pool.
3. **Swimming training:** in a two-meter width lane the maximum of 5 athletes per lane per session are allowed on condition that swimmers must be 1,5 meters apart when stationary in the lane. If the lane width is less than 2 meters, then a maximum of 3 athletes per lane are allowed.
4. **Water Polo:** the use of balls is allowed during practice on condition that balls are properly sanitised before and after use.

**Events (including gala's, championships, matches)**

1. The SSA COVID-19 Directive relating to Competitions and Events remain in place until updated regulations from the Ministry of Sport are published.
2. Swimming events: the requirement of a maximum of 50 persons in the pool area remains in place until new regulations are published.
3. Water Polo matches: the Directive dealing with Water Polo matches will be finalised once the regulations are published. This will allow for the updated regulations to be included.
4. Note that spectators are still not allowed at events.