**Guidance for Swimmers, Parents, Coaches and Team Managers**

**Introduction**

We are delighted to be able to run this meet and we look forward to welcoming swimmers, coaches and volunteers to Inspire: Luton Sports Village.

Unfortunately Covid case rates do seem to be increasing but we are pleased that we can run this meet without any particular restrictions. However we have the following guidance to help create a safe environment for everyone.

**Coronavirus Testing**

We would ask that you do not attend the meet if you have symptoms or if you test positive. We are all excited to have a meet again but there will be other opportunities in future if you need to drop out. We will offer a refund for those who have to withdraw with evidence of a positive lateral flow test.

**Face coverings**

We will not mandate the use of face coverings at the meet but you are welcome to wear them anywhere around the venue. Certain areas, such as the marshalling area, will be crowded so you might want to take precautionary measures.

**Spectators**

Spectators are permitted to watch the swimming – subject to an admission fee payable at the door. The fee will be £3 per session and £5 for the whole day. We are aiming for payment to be contactless but would suggest you bring a bit of cash too – just in case!

**Awards**

Medals will be available from the medal table situated on the pool deck. We would ask that swimmers do not crowd around the table in anticipation of their medals but pick them up gradually throughout the day.

**Withdrawals**

One of the ways that we can make the meet run more smoothly and safely is to ensure that we swim with full heats and not waste time chasing up absent swimmers. We would therefore ask that swimmers withdraw If they are not intending to swim an event. Withdrawals should be notified to [galas@teamluton.com](about:blank) as soon as possible and to their coach/team manager who will be there at the weekend.

**Coffee shop**

The on-site coffee shop is still recruiting up to its full complement of staff and so will be only open between 8am and 2pm. There are a couple of bakeries, mini-markets and coffee shops nearby if you need a top-up but we’d recommend you come with sufficient food for the day.

**Arrival**

Entrance to the venue will be through the main doors. We would recommend arriving beach ready to avoid over-crowding in the changing rooms at the start of warm up.

**Car Parking**

It is recommended that you do not arrive at the venue before 8am – particularly on the Sunday. The car park is unlikely to be open and cars queuing to get into it will lead to congestion on neighbouring roads.

The car park is managed by an external company Phone and Pay.

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You can pay by downloading the App and we recommend you do this at home before you leave. Parking is free for the first 4 hours and then it costs £1 per hour up to a maximum of £5 for the day. The location number is 4801.

If you are confused what to do don’t worry – you can ask on the day. You won’t be fined as long as you pay before you exit.

**Warm up and marshalling**

Warm up will be an unavoidable pinch point. Details of the warm up protocol for each session will be provided on the day. We would ask that coaches supervise each warm up session to ensure swimmers can be as safe as possible.

Marshalling will be another pinch point and therefore we would ask that swimmers arrive at the marshalling area in good time.

**Swim shop**

We are delighted once again to welcome Mail Sports to this meet. Their very experienced team provide valuable advice and they have a very wide selection of training and competition equipment.