



# *Neath Amateur Swimming Club*

*Est. 1928*

## **Neath Open Meet Factsheet**

Please do not attend the competition if

- You have been told to self-isolate, had a positive lateral flow or positive PCR test
- You have covid symptoms a new and continuous cough, a temperature, a loss of taste and smell
- You feel unwell in any other way, tiredness, headache, sickness, upset stomach or sore throat

For entry into the competition proof of a negative lateral flow test will be required for each day of the competition. The test should be taken within 24 hours of the day of the competition. Proof will include a text from the NHS app or the negative test itself if the swimmer does not have a phone.

Unfortunately, no spectators can be accommodated at this meet.

Swimmers are to arrive 15 minutes before the start of the session and line up outside the building. Neath Asc volunteers will ensure that everyone has evidence of a negative lateral flow before being allowed in.

Everyone must always wear masks inside the building unless they are exempt. Masks can be removed by swimmers only to enter the water. Officials and coaches poolside are not required to wear masks but may do so if they wish.

Swimmers should arrive beach ready with their bathers under their clothes. Warm up will start very quickly after the swimmers have been entered into the building.

Due to the size of the building some teams will be allocated to sit in the viewing gallery and some teams in the sports hall. Social distancing will not be possible, but swimmers will be allocated space together as a team in a bubble. Swimmers must not mix with swimmers from other teams. Team managers will be allocated to these areas to supervise.

Changing rooms are available and swimmers are responsible for wiping down their own changing rooms before use.

Volunteers will call swimmers from the sports hall to marshalling when required and swimmers must follow the one-way system around the leisure centre.

Swimmers must stay within their allocated seating in sports hall or viewing gallery and are not able to wander around the leisure centre. Swimmers can go outside for fresh air.

All swimmers must exit the building after each session to allow Celtic Leisure to clean. Swimmers will only be permitted entry to the sessions in which they are swimming and are able to leave as soon as they have finished their races.