



## EVENT INFORMATION BOOK

# 2021 South Australian Country Swimming Championships

### Session Dates

Friday 8 – Sunday 10 January 2021

### Venue:

SA Aquatic and Leisure Centre, Oaklands Park

Welcome to Adelaide for the Country Championships! There are changes to the way we conduct events due to COVID-19 restrictions. Whilst change is often hard and can be confusing, these measures are to ensure a healthy community and we expect each attendee to “Do the Right Thing” enabling an enjoyable and successful competition. Please ensure you read this event information guide for updated information.

Best of Luck to All Teams competing!

*Updated as at 21/12/2020*

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## 1. Swimming SA Event Staff and Key Personnel

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Leanne Beames	Events, Records and Results Officer	<a href="mailto:leanne.beames@sa.swimming.org.au">leanne.beames@sa.swimming.org.au</a>
Tania Carlino	Technical Officials Coordinator	<a href="mailto:tania.carlino@sa.swimming.org.au">tania.carlino@sa.swimming.org.au</a>
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Tanya Matic	Administration and Membership Officer	<a href="mailto:tanya.matic@sa.swimming.org.au">tanya.matic@sa.swimming.org.au</a>
Wade Meaney	Operations Coordinator	<a href="mailto:events@sa.swimming.org.au">events@sa.swimming.org.au</a>
??	Technical Manager	

## 2. Event Details

The 2021 South Australian Country Swimming Championships is one of three flagship events on the SwimmingSA calendar. This event will showcase our regional's best and emerging talent, with the event to be held at South Australia's premier aquatic venue, the SA Aquatic and Leisure Centre over three days. It is expected that 500+ athletes will compete at this event from regional South Australia as well as interstate visitors.

## 3. Program of Events & Qualifying Times

The 2021 South Australian Country Swimming Championships is a combination of age and open championships. This is a championship meet under the performance strand of the South Australian competition structure.

Qualifying times apply to this event. Long Course and Short Course times are accepted.

**Note:** the 50m & 100m qualifying times for all events and age groups have been withdrawn due to COVID restrictions and lack of competition opportunities. No further exemptions will be granted for swimmers who do not meet the qualifying time.

[Click Here](#) to view the Program of Events and Qualifying Times.

**Changes will be required to the order of the relays in the program of events to enable relays to be held please read view the new program of events on the website.**

## 4. Individual Entries

All individual and relay team entries must be lodged through Swim Central – [Click Here](#) to enter  
**Entries close 9am Wednesday 16<sup>th</sup> December 2020.**

COVID Exemption - Swimmers who achieve a new qualifying time for events 200m or longer in distance at the Christmas Cracker meet will be able to enter these events at the championships. Entries for these events will open at 10pm on Sunday 20<sup>th</sup> December 2020 and close 9am Monday 21<sup>st</sup> December 2020. Entries through Swim Central.

## 5. Relay Entries

We are excited to reintroduce relays in a COVID safe format at the Country Championships. Relays will be swum in a modified format and may be further modified at the championships.

**MAXIMUM 2 RELAY TEAMS PER CLUB PER EVENT.**

**MAXIMUM 1 RELAY TEAM PER DISTRICT PER EVENT.**

**IF THERE ARE MORE THAN 3 HEATS IN ANYONE RELAY EVENT B TEAMS MAY BE WITHDRAWN.**

How to enter a relay team – [Click Here](#). Changes will be required to the order of the relays in the program of events to enable relays to be held. Please see updated program – [Click Here](#)

## 6. Multi-Class Relays

Multi-Class relays will be open to any swimmer with a current classification.  
Relay teams will be selected by SwimmingSA after the close of Entries.

## 7. Event Operating Hours

**Pre-Meet Training:** Will be conducted on Thursday 7<sup>th</sup> January 2021. Clubs will be allocated pre-meet training times to ensure COVID capacity compliance.

**Club packages collection date/time:** Thursday 7 January 2021 during business hours from SwimmingSA Office – Please sign in a SAALC reception to access the premises. Club packs may also be collected from the ticket booth on the first day of the meet.

**Accreditation & Ticketing Help Booth:** Open daily during the championships from 7:15am & 3:15pm daily.

## 8. Timelines

All session timelines are provided as a guide only and can change.

Any major revisions to the timeline will be provided at the Team Managers meeting daily.

[View Timelines Here](#)

## 9. COVID Safe Plan & COVID Management Plan

The COVID-Safe plan is available for all attendees to review as per SA Government direction requirements. Please log into Swim Central and review the event details to view a copy should you wish to reference this. SwimmingSA and SAALC have been granted permission to proceed under our approval COVID Management Plan. This allows us to have up to 2000 persons on site. We appreciate your continued assistance with ensuring we are all COVID compliant and Safe.

## 10. Accreditation

A photo accreditation system will be implemented by SwimmingSA to provide access control at the 2021 South Australian Country Swimming Championships. All coaches, athletes, team supports, sport science, event management, media, volunteers, and technical officials must wear their accreditation in a visible position whilst inside the venue. **Accreditations will be collected by your club in their Club Pack.**

## 11. Accreditation Nomination Process

This procedure should be read in conjunction with the following policies:

- Team Managers Policy ([click here](#))
- Pool Deck Access Policy ([click here](#))
- Sports Science Policy ([click here](#))

To ensure that all personnel attending the event are issued with the appropriate pass please ensure you nominate via Swim Central. [Click Here](#) to nominate.

**Note: Athletes do not need to apply for accreditation**

### Accreditation Nominations

- **For Coaches and Team Support close 9am 16<sup>th</sup> December 2020**
- **For Technical and Volunteer Officials close 9am 21<sup>st</sup> December 2020**

**For Team Support** – Nominations are accepted from clubs as per the following ratio:

No. of Competitors	Max numbers of team managers/support allowed per session
20 or less	1

21-40	2
41-60	3
61+	4

Any club found to be exceeding their quota will be required to withdraw additional applications.

#### **For Technical and Volunteer Officials**

This nomination includes nominating for your official positions. Your accreditation pass replaces your officials' ticket.

#### **For Coaches and Assistant Coaches**

All accredited coaches and assistant coaches are permitted to attend the Championships. They must nominate through Swim Central and must wear their accreditation at all times.

**It is the responsibility of the club to ensure any application stating affiliation to their club is in fact an approved representative with the appropriate background checks in place.**

## **12. Late Applications and Lost Accreditations**

Accreditation applications which are submitted late are subject to approval by SwimmingSA and will be charged at a cost of \$50.00. Should you lose or misplace your accreditation pass, replacement passes are available for purchase at \$25.00 per pass. \$15.00 of this amount will be refunded if the lost or misplaced accreditation is found and returned to event entry.

## **13. Accreditation Access Categories and Areas**

<b>Access Category</b>	<b>Access Areas</b>
Athletes	All competition areas including field of play for duration of event
Technical Officials & Event Volunteers	All competition and event administration areas on the day/s that you are rostered to officiate/volunteer only
Coaches & Assistant Coaches	Warm-up pool, event corridor, viewing platforms (no access to field of play or event administration/control areas unless otherwise specified) for duration of event
Team Support	Warm-up pool, event corridor (no access to field of play or event administration areas unless otherwise specified) on the day/s that you are registered for only – clubs must not exceed quota.
Executive VIP	All areas excluding field of play for duration of event unless otherwise specified on accreditation pass.
Production, Staff, & Contractors	All areas for duration of event unless otherwise specified on accreditation pass.

**Your accreditation pass allows you free entry into the venue only on the days specified on your pass.**

**WITHOUT YOUR ACCREDITATION PASS YOU WILL NOT BE ALLOWED ENTRY INTO THE ACCREDITED AREAS**

## **14. Working With Children Check**

All persons applying for event accreditation (excluding athletes and those aged under 14) must hold a current Working With Children Check which may be in the form of a DCSI or DHS Clearance. [Note: Police Clearances and teacher registrations are no longer legally acceptable forms of evidence of your WWCC status.](#)

Your WWCC must be loaded to your Swim Central Profile and must be valid at the time of the meet.

## 15. Ticketing & Spectators

**Each swimmer may now be accompanied by THREE Spectator.**

**Please keep an eye on announcements for changes to this number.**

**All spectators must pre-purchase a ticket to enter the venue.** Tickets must be purchased through Swim Central. Limited tickets will be available at the Ticket-booth onsite. On-Site ticket prices are more expensive please pre-purchase to avoid queuing and save money. No Cash will be accepted at the ticket booth.

Attendees do not need to print your ticket. You will be asked for your name and to reconfirm your health status upon entry to the venue.

Please note: if you are officiating your child may be accompanied by their three other spectators in the grandstand. Officials do not require a spectator ticket but must be nominated online through swim central.

**Ticketing purchases for the upcoming session close at the conclusion of the prior session.**

[Click Here to purchase Spectators Tickets](#)

## 16. Club Packages

Each club must collect their club package which contains their club's allocation of programs, accreditation passes for athletes, coaches and team support, relay confirmation sheets and other event notices. These can be collected by an authorised club representative from the SwimmingSA office during the business hours of 9am – 5pm the day prior to the meet or on the first day of competition from the Ticket Booth. Please note COVID Tracing procedures apply when visiting SAALC.

## 17. COVID 19 Training

Attendees must undertake COVID Training relevant to their role at the event.

All Officials, Team Managers and Coaches must undertake the Infection Control Training – [Click Here](#)

Referees, Staff, Event Volunteers & Security must also undertake the COVID Marshal Training – [Click Here](#)

Spectators and Athletes are encouraged to undertake the Infection Control Training – [Click Here](#)

All certificates should be uploaded to Swim Central.

## 18. COVID Marshalls

SAALC will be providing a dedicated COVID Marshal for the Championships as per the SA COVID Directions. SwimmingSA will also have COVID Area-Marshalls available in the following locations please reach out to them as needed.

- Meet Director (Floating)
- Referee x2 pax (Field of play during race)
- Marshall's x2 pax (Field of play pre-race with swimmers)
- Check Starters x2 pax (Field of play pre-race with swimmers)
- Gate Attendant x2 pax (Venue entry / exit)
- Crowd Control Assistant x2 pax (grandstand)
- Security x5 pax (Carpark, Venue Entry/Exit, Grandstand)
- Ticket booth x2 pax (Venue Entry / Exit)
- Gate Attendants x2 pax (Venue Entry / Exit)
- Accreditation Collection x2 pax (Accreditation Zone)
- Medal Coordinator x2 pax (Field of Play – post race zone)

SwimmingSA also appreciate the assistance of club coaches and team managers to ensure COVID compliance within your clubs. For the benefit of the Sport we encourage you to do the right thing, say the right thing and report the wrong thing to our COVID Area-Marshalls in your best spirit. **Please remember these Marshalls are volunteers treat them with respect.**

## 19. Health Declaration

Please do not be complacent or panic about COVID-19. A sensible, cautious and community minded approach to your health at this time is required.

**Do not attend if you are unwell or are experiencing any of the following symptoms**

☐Fever ☐Cough ☐Sore throat ☐Muscle and/or joint pain ☐Stuffy nose ☐Headache ☐Fatigue ☐Diarrhoea  
☐Vomiting ☐Running nose ☐Breathing difficulty ☐Feeling unwell

By registering to swim, nominating to coach/officiate and/or purchasing a ticket to attend you have agreed to the COVID-19 Terms & Conditions – [Click Here](#) to review them or scroll to the end of this information.

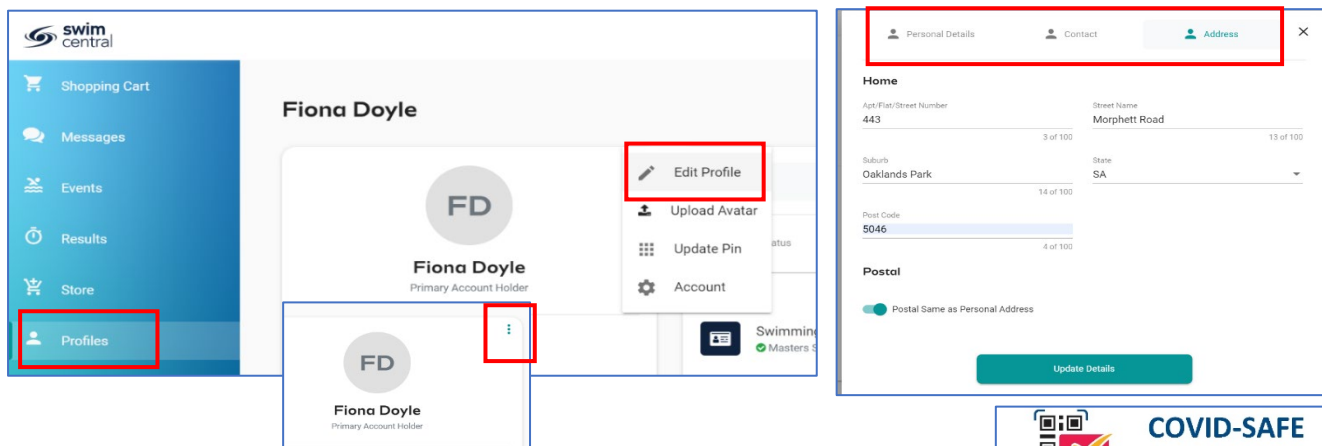
You will be required to reconfirm verbally upon entry to the venue that you have read, agree, and meet the terms and conditions prior to gaining entry. SwimmingSA and SA Aquatic & Leisure Centre Staff and Security reserve the right to refuse any person venue entry.

## 20. COVID Tracing

As per terms and conditions of entry and membership all attendees are required to provide contact details for COVID Tracing purposes. To streamline this process for members at the venue entry SwimmingSA has developed the iPad Check-In App which links with Swim Central. Therefore, please ensure all your membership contact details are up to date on Swim Central. This applies to all swimmers, coaches, parents, officials, and spectators.

You can view each of your family members contact details under the new profile section in Swim Central.

1. Log in and click on Profiles
2. Select family member and click on the vertical ellipsis dots
3. Click Edit Profile and update each tab – personal details, contact and address
4. Click Update details and move to next family member



## 21. SA Gov COVID Tracing App

You will be required to reconfirm verbally upon entry to the venue that you have read, agree, and meet the terms and conditions prior to gaining entry.

You are also required to scan in with the COVID-SAFE SA Gov App – Please use the QR Code available here and at the venue to scan in whilst waiting in line.

SwimmingSA and SA Aquatic & Leisure Centre Staff and Security reserve the right to refuse any person venue entry.





## 22. Signage, Sanitisation, Cleaning & PPE Options

The Venue will undergo a COVID clean prior to and after each session. During the event Sanitisation stations and PPE are available to attendees in various places at the venue as listed below. Please ensure you utilise the sanitisation stations as needed. We also encourage attendees to bring personal sanitiser and PPE items of your preference. Should you have any questions with regards to this please approach your team manager or COVID area marshal.

### Sanitisation Station Points

- All Handwashing locations - all bathrooms (2xupstairs, 4xdownstairs + disability)
- Event Entry
- Accreditation Entry
- Concourse
- Marshalling Room
- Function Room
- Event Admin
- AOE Room
- Deck Equipment
- Fridge access

### Signage / Communication Points

In addition to the sanitisation stations in the venue the following locations will also display COVID information and signage for your information:

- Race Holding Pens
- Tv's (Video)
- Scoreboard (Video)
- Facebook / Email / Website (Video)
- EDM to attendees
- Elevators

## 23. Bathrooms

Density limits apply to bathrooms. A maximum of 10 persons are allowed in a bathroom at any one time. Please do your best to ensure this limitation is met and do not congregate in the bathroom

## 24. Food and Drink

The grandstand Kiosk will be available for food and beverages. Please note social distancing applies when waiting to be served. Kiosk is cashless. All food and drink must be consumed in your seat in the grandstand.

**NO Gathering on the Concourse**

## 25. Pre-Order Dinner Meals

Clubs and Individuals can pre-order dinner meals to be collected either at 6pm or 8pm/conclusion of finals session on Friday 8<sup>th</sup> or Saturday 9<sup>th</sup> January.

Individuals or clubs may place orders by emailing [orders@saalc.com.au](mailto:orders@saalc.com.au). Payment by Card Only on collection. Please note due to operational reasons, there will be a cap of 150 orders per day so get in quick.

[Click Here](#) for Meal Options and Order Form. **Pre-Orders Close: 10pm on 7th January.**

## 26. Officiating

All officials must nominate on Swim Central – See accreditation Information above.

Please note to meet density and distancing requirements the official's room has been relocated to the **FUNCTION ROOM on Level 2** and only those who have nominated to officiate are permitted in the function room.

The Function Room can be accessed via:

- the elevator from event entry or concourse level 1; or
- from Bay 6 in the grandstand.

The function room will be locked during the session to ensure valuables are secure. All officials must see the Meet Director or Technical Manager if they need to access their belongings during the event.

Officials Briefing is 30mins prior to the start of each session (8:30am & 4:30pm) in the function room – please ensure you are on time for the briefing. As some procedural changes are in place during COVID for officials.

[Click Here](#) to view Officials Roster & Allocations

## 27. Venue Parking & Traffic Management

Due to this event falling during South Australian School Holidays, the SA Aquatic and Leisure Centre will be extremely busy during all days of this event. SwimmingSA recommends the use of public transport to access the venue. For detailed information on public transport services please call Adelaide Metro on 1300 311 108 or go to their website [www.adelaidemetro.com.au](http://www.adelaidemetro.com.au)

There will be changes to parking access at the SA Aquatic and Leisure Centre during event days. All access to the venue carpark is via Morphett Road only. Exit is through the multi-story carpark exit to Milham Street. There is limited parking in the outdoor parking area as most carparks are reserved during this event. The SA Aquatic and Leisure Centre carpark will be managed by security attendants during all sessions.

**Please note COVID restrictions apply to Lifts – MAXIMUM CAPACITY OF 5 PEOPLE AT ANYONE TIME**

SwimmingSA recommends that if you are not travelling to the venue via public transport that you arrive early to secure a park. Please keep in mind that if you move your vehicle between sessions that there may not be spare parks when you return.

Parking is not available for group transport vehicles on site or Westfield Marion. Drop off zones are located on Morphett Road (near Accreditation Entry) and on Warracowie Way (near Marion Cultural Centre).

To assist with traffic flow in the SA Aquatic and Leisure Centre and Oaklands Park area, SwimmingSA has secured car parks for Officials at Westfield Marion. These parks must be utilised by Officials only on the session which you are working. Use your accreditation pass to gain access to this parking space. Please note that your pass does not allow you to park onsite at the SA Aquatic and Leisure Centre. Enter Westfield Marion from Warracowie Way and turn left towards the Marion Cultural Centre, Parking attendants will guide you to your park.

## 28. Venue Access & Warm Up Group Club Allocations

**Will be available after entries close.**

## 29. Venue Access Information

Access to the event is via both the Accreditation and Event Entry.

Access to the venue for swimmers, officials, coaches, and spectators is specifically allocated by time and entrance. Club Allocations will be published after the close of entries. Please ensure you are socially distancing and being patient when queuing at the venue entry.

Group	Entrance	AM	PM
Coaches, Officials & Team Managers: Event Entrance		7:30am	3:30pm
Group 1	Event	7:40am	3:40pm
Group 2	Accreditation	7:40am	3:40pm
Group 3	Event	7:50am	3:50pm
Group 4	Accreditation	7:50am	3:50pm

Parents who are officiating may choose to enter in the official's group or with your child.

Note: Swimmers are not required to line up and may directly enter the venue at their designated entry time.

### 30. Warm Up Groups

Swimmers and coaches please note the water polo/diving pool is available for warm up and cool down. Both ends of the competition pool are available for warm up and cool down during the event.

Please ensure social distancing where possible when undertaking all activities at the pool including abiding by the warmup time allocated to your group. **Athletes please note - NO BAGS ALLOWED ON POOL DECK**

Groups	AM Warm Up Time	PM Warm Up Time
Group 1 & 2	7:45am – 8:35am	3:45pm – 4:35pm
Group 3 & 4	7:55am – 8:45am	3:55pm – 4:45pm

### 31. Seating

Allocated seating by Bay will be used during this event. Seating allocation will be available after the close of entries. Please ensure you are social distancing by skipping a seat between each person and sitting in a checkerboard setting in your bay. This means do not sit:

- next to; or
- immediately in front; or
- immediately behind another person.

**There is NO seating on Pool Deck all coaches, managers and swimmers must sit in grandstand unless warming up or cooling down.**

Do not sit in a disability seat unless it has been allocated to you.



### 32. Venue Pathways & Map

Please note a one-way traffic pathway “loop” applies when you are in the venue.

**See venue map below or [Click Here for Map](#)**

Once you are in the venue:

- Access to pool deck for competition and warm up is from the accreditation entry stairs only.
- Access to the grandstand is from the event entry stairs only.

### 33. By-Laws

This event is conducted under the SwimmingSA Swimming Rules and Event By-Laws.

To view these documents please [CLICK HERE](#).

Note the by-laws may be modified as necessary to ensure a COVID Safe Environment.

### 34. Marshalling and Withdrawals

COVID Restrictions require Only 55 swimmers to be in the marshalling room at any one time several events have been separated to ensure smaller number of heats per event.

**Athletes - Please do not attend marshalling until your event is listed on the scoreboard.**

Once in marshalling you **MUST remain in your allocated seat**. Do not leave any personal items in the marshalling room you will not be able to retrieve them after your race.

Any competitor who fails to report to the marshalling area at least ten minutes prior to the scheduled time for the start of the session on the day if entered in the first event, or when called to marshalling on the scoreboard or by the announcer they will not be allowed to swim at the discretion of the Referee. All heats in an event (including heat of 800m and 1500m) shall be deemed to be one event for the purpose of this rule.

Intending not swim / No-Show for Timed Finals / Withdrawal process:

- All withdrawals shall be done by the Team Manager in the Event Control Room.

Athletes are required to surrender their accreditation pass at Marshalling when checking in. Athlete accreditations will be held by the marshals and check starters until the conclusion of their race where the swimmer will need to collect it from the accreditation table via the competition pool exit point.

*Note: Sanitisation station will remain located in the Marshalling Room*

### 35. Relay Marshalling

Please review the venue map.

All marshalling for relays will be in the **DIVING GRANDSTAND**.

Please ensure your whole team reports to marshalling TOGETHER.

### 36. Meet Programs and Results

Please note to reduce manual handling spectator programs must be **PRE-ORDERED**.

Meet Mobile will be in use for results. Paper results will not be printed.

Programs will be available for coaches and team managers in the Club Packs.

### 37. Awards and Recognition

INDIVIDUAL – Points are awarded in the following places:

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
10 points	9 points	8 points	7 points	6 points	5 points	4 points	3 points	2 points	1 point

RELAYS – Points are awarded in the following places:

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
20 points	18 points	16 points	14 points	12 points	10 points	8 points	6 points	4 points	2 points

If a visitor has placed in an individual or team event, they shall score the same points as if a SwimmingSA registered swimmer had achieved this place (no swimmer in the top 10 will need to have their points adjusted)

The following perpetual trophies will be awarded at the championships:

- **THE BOWEN PAIN TROPHY** - Best Female 12/13 at Country Championships (Most Points Gained)
- **THE BRAENDLER TROPHY** - Best Female 11/U at Country Championships (Most Points Gained)
- **BRYANT TROPHY** - Best Male 11/U at Country Championships (Most Points Gained)
- **FAIRWEATHER TROPHY** - Best Female 14/15 at Country Championships (Most Points Gained)
- **GRAHAM MASHFORD TROPHY** - Winner Male 100m Butterfly at Country Championships
- **JOHN FAUX TROPHY** – Fastest Female 4 x 100m Medley Relay at Country Championships
- **KLIEVE TROPHY** - Best Male 12/13 at Country Championships (Most Points Gained)
- **KRUEGER TROPHY** - Best Open Female at Country Championships (Most Points Gained)
- **KASSEBAUM TROPHY** - Winner Male 100m Freestyle at Country Championships
- **McKINNON TROPHY** - Best Male 16/18 at Country Championships (Most Points Gained)
- **PAPPLE TROPHY** - Best Female 16/18 at Country Championships (Most Points Gained)
- **SWIMMINGSA DEVELOPMENT TROPHY** - Female Swimmer of the Meet – Country Championships (% SA Country All-Comers Record)
- **SWIMMINGSA DEVELOPMENT TROPHY** - Male Swimmer of the Meet - Country Championships (% SA Country All-Comers Record)
- **RACHEL COWAN MEMORIAL TROPHY** - Fastest Female 400m Freestyle Swimmer at Country Championships
- **RAY JEWASKIEWITZ TROPHY** – Fastest Male 4 x 100m Medley Relay at Country Championships
- **ROGERS TROPHY** - Best Male 14/15 at Country Championships (Most Points Gained)
- **SEYFANG TROPHY** - Best Open Male at Country Championships (Most Points Gained)
- **SWIMMING SA COUNTRY CHAMPIONSHIP SHIELD** - Club scoring most points at Country Championships
- **VAN KEULEN TROPHY** - Fastest Female 100m Freestyle Swimmer at Country Championships
- **THE CITY OF WHYALLA TROPHY** – Fastest Female 4 x 100m Freestyle Relay at Country Championships

The Male and Female Swimmers of the Meet are calculated on % of SA Country All-Comers Record  
These trophies/awards will be presented as the championships progress and results become available. All  
'most points gained' trophies and the Development Trophies will be awarded at the conclusion of the  
Championships.

### **38. Swimwear (EBL 15.1)**

- (1) The swimsuits of all swimmers shall be in good moral taste and suitable for the individual sports discipline.
- (2) All swimsuits shall be non-transparent and must conform with FINA approved standards in all respects.

OR

- (3) Until otherwise directed by SSA, swimmers may wear 'traditional' swimsuits provided the suits meet the following criteria:
  - (a) Men's swimwear may not extend above the navel or below the knee. Women's swimwear shall not cover the neck, extend past the shoulders or below the knee.
  - (b) No zippers or other fastening devices are allowed except for a waist tie on traditional swimsuits.
  - (c) Suits must be of a textile material and must not contain any non-textile material such as polyurethane or neoprene.

Modification of a swimsuit to accommodate a competitor's disability is permitted (IPC 2.13.2). Proposed modification shall be submitted in writing to SwimmingSA for approval at least 14 days prior to the meet. Approval letter and modified swimsuit(s) shall be presented to the Referee prior to the swimmers first event at the competition.

The Referee of a competition has the authority to exclude any competitor whose swimsuit does not comply with this By-Law. Swimwear is limited to one (1) swimsuit.

#### **EBL 15.2 – ADDITIONAL SWIMSUIT GUIDELINES FOR AGE GROUP EVENTS**

All swimwear worn by competitors in Age Group Events (18 and under) conducted in Australia shall be commercially available products. Swimwear worn by competitors in Age Group Events shall conform to the following design:

- Men's swimwear is limited to one (1) swimsuit that covers at most the body surface from navel to knee. Swimwear may not extend above the navel or below the knees;
- Women's swimwear is limited to one (1) swimsuit that is of "open back" and "open shoulder" designs that may extend down to the knee. Swimwear must not extend below the knees. Swimwear must not have a zipper or any type of fastening devices except for a waist tie on traditional swimsuits.

Suits must be of textile material and must not contain any non-textile material such as polyurethane or neoprene.

### **39. Strapping and Taping**

Swimmers must cover any wounds with waterproof dressing (not band aids) and may after presentation to the Referee of the meet use tape to hold the dressing in place as long as it does not give the swimmer any advantage. Any other strapping must be presented to the Referee who will decide if it gives the swimmer any advantage. Strapping not approved by the Referee is forbidden.

### **40. Emergency Procedures**

In the event of an emergency at the SA Aquatic and Leisure please listen carefully to stadium announcements and follow the direction of venue staff.

Stage 1: Upon hearing the alert tones (Beep.. Beep.. Beep..)

- Be aware of an emergency

DO NOT EVACUATE ON THIS TONE

Stage 2: Upon hearing the alert tones (Whoop.. Whoop.. "Evacuate Now")

- Evacuate the venue immediately via the nearest safe exit
- DO NOT USE ANY LIFTS

- Proceed to your nearest external assembly area
- DO NOT RE ENTER THE BUILDING until authorised

The emergency assembly area is located at the northern side of Bunnings Warehouse (carpark) closest to the Centrelink/Medicare building.

## 41. Medical Directory

SERVICE	ADDRESS	SUBURB	PHONE
<b>Emergency (Ambulance, Police, Fire 000)</b>			
Marion Domain Medical Centre	453 Morphett Road	OAKLANDS PARK	08 8375 7000
Royal Adelaide Hospital	Port Road	ADELAIDE	08 7074 0000
Queen Elizabeth Hospital	28 Woodville Road	WOODVILLE SOUTH	08 8222 6000
Modbury Hospital	41-69 Smart Road	MODBURY	08 8161 2000
Flinders Medical Centre	Flinders Drive	BEDFORD PARK	08 8204 5511
Ashford Hospital <i>*does not offer 24hr emergency</i>	55 ANZAC Highway	ASHFORD	08 8375 5222
Calvary Wakefield Hospital	300 Wakefield Street	ADELAIDE	08 8405 3333
United Chemist Express Marion Domain	453 Morphett Road (next to SAALC)	OAKLANDS PARK	08 8375 7000

## 42. Warm Up Procedures

The following general pool procedure for the Main Competition Pool must be observed during warm up times:

- Lane 0 MC athletes only
- Lane 1 Back starts (one way from start end), walk back
- Lanes 2 – 6 Circle swimming lanes (no diving)
- Lane 7 Pace swimming (no diving)
- Lanes 8 & 9 Dive Start (one way from start end), walk back

The following general pool procedures for the Warmup Pool must be observed during warm up times:

- Lane 1 Dive & back starts (one way from block), walk back
- Lane 2 Pace swimming (no diving)
- Lanes 3 – 7 Circle swimming (no diving)
- Lanes 8 & 9 MC athletes only
- Lane 10 Buffer lane – no access

## 43. Medal Presentation Protocols

Medals shall be awarded to the first three placegetters in each event, with gold for first place, silver for second and bronze for third. If equal placing occurs then medals shall be awarded to each equal placing, but the next following medal/s shall be omitted.

Medallists must make their way immediately to the presentation desk at the conclusion of their race. Athletes need to take a club shirt onto pool deck for your race (in case they are medallists). Presentations will occur during racing and during breaks in racing. It is important that all athletes and team managers are vigilant and understand the presentation schedule prior to the session commencing.

The procedure for the presentation ceremony shall be:

- The specified medal presentation music will play for the athletes to walk onto the presentation arena
- Medals are awarded in order of Bronze, Silver, Gold

**COVID Safe Practices Apply to Medal Presentations – There will be no handshaking, hugging or physical contact during presentations please observe the 1.5m rule during this time.**

Competitors must remain in the presentation area for official photos.

#### **44. Team Manager Meetings**

It is a requirement that each club have at least one representative at each Team Managers meeting. Meetings will be held at 8:00am each morning and will not be held in the evening unless otherwise called via a venue announcement. If called, an evening meeting will be held at 4:00pm (1 hour prior to the commencement of competition). Team Managers are asked to monitor and remind members of social distancing whilst in the grandstand.

#### **45. Streaming**

SwimmingSA is pleased to team up with The Advertiser and providing streaming services for the SA Country Championships. Further details will be available closer to the meet.

#### **46. Behavioural Guidelines**

SwimmingSA promotes the Behaviour Guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18. These guidelines highlight the principle and values of SwimmingSA/Swimming Australia and the core principles of the Member and Child Welfare policies. All persons participating at the 2020 South Australian Short Course Championships must adhere to the Behavioural Guidelines/Code of Conduct which can be found here: <https://sa.swimming.org.au/policy>

#### **47. Lost Property**

Event lost property can be found at the event information desk just past the main glass doors leading to the competition pool. Lost property is handed to the SA Aquatic and Leisure Centre at the end of each day.

#### **48. First Aid**

Venue staff are trained in first responder care and will be providing general first aid coverage for all people attending the event.

#### **49. Photography**

SwimmingSA has contracted Get Snap as the official photographer for this championship event.

Photos will be taken of all medal winners as well as action and environmental shots which will be available online as soon as possible following the competitions.

**Should you not wish your photo to be published please email [events@sa.swimming.org.au](mailto:events@sa.swimming.org.au) prior to the meet.**

#### **50. Team Photography**

Clubs will be allocated a time slot for team photo during the weekend after the close of entries. To ensure compliance with COVID restrictions times will not be changeable. [Click here](#) for team photo schedule.

#### **51. Event Merchandise**

Sports Centre is SwimmingSA's official event merchandise supplier and will be on the grandstand concourse during each session of competition with a range of event merchandise for sale/order.

Swimming SA Country Champs 2021 online store is now active - The store can be accessed from this link - <http://www.sportscentre.com.au/products/buy-online/swimming-clubs-events-merchandise/swimming-sa/swimming-sa-country-champs-2021>

#### **52. Swim Shop**

Located on the concourse. The Swim shop will have arrange of items for you to purchase.

### 53. Coaching Courses

A Swim Australia Teacher of Competitive Stroke and Development Coach Courses will be available at the Championships. Each course will be held on Thursday 7<sup>th</sup> January 2021 from 9:00am – 4:30pm.

Both courses are delivered in a blended format with a comprehensive online course being combined with a practically focussed face to face workshop on the 7<sup>th</sup> of January. The teacher of competitive strokes qualification is the introductory level for swim teaching and coaching for our sport within South Australia and also acts as the prerequisite qualification for the development accreditation.

#### Swimming Australia Development course/Workshop:

Date: 7th January

Venue: SA Aquatic and Leisure Centre

Time: 8:00am-5.00pm

Cost: \$365.40

Registration link: *Please contact Cory Bampton*

\*please note that candidates need to have held their Teacher of competitive strokes or equivalent for 6 months prior to enrolling in this course.\*

#### Swim Australia Teacher of Competitive strokes course:

Date: 7th January

Venue: SA Aquatic and Leisure Centre

Time: 9:00am-5.00pm

Cost: \$320.00

Registration link: <https://ascta.ditaplayer.com.au/events/ys99hpaz7kmeyhuwnneybz7e42ua9re7/register>

### 54. Officials Training

Practical Officials Training will be available prior to the commencement of each session between 7:45am-8:15am & 3:45pm-4:15pm daily. Groups sizes are limited so please register online. We suggest you attend no more than two sessions. Purchase your free ticket via [swim central](#) to attend this forum.

### 55. Country Connect Forum

Open to Clubs to send a representative to attend to forum on Saturday 9<sup>th</sup> January at the conclusion of the morning heats session. Forum will be held in the function room with lunch provided.

Numbers are capped to ensure COVID Compliance so please register promptly.

Purchase your free ticket via [swim central](#) to attend this forum.

**Registrations Close 9am Monday 4<sup>th</sup> January 2021**

### 56. Appendix 1 – Seating Rotation

Available after the close of entries – [Click Here](#) to view

### 57. Appendix 2 – Venue Map

See Below for Venue Map or [Click Here](#)