CONNACHT SENIOR SCHOOLS CHAMPIONSHIPS 2026/2027

DATE	START TIME	VENUE
1st Nov 2026	Warm-up TBC · Competition TBC	Claremorris

GENERAL INFORMATION

DESCRIPTION

The Regional and Irish Schools Meets provide inclusive school-based competitions where capable swimmers can represent their school, whether or not they are members of a swimming club.

The meets aim to promote swimming within the wider community and encourage young people to participate at a competitive level. They are school competitions rather than additional club-level events, so invitations will be issued directly to schools nominated representative.

The entry process is designed to minimise the administrative burden on school staff. The information below explains the available entry options and who may submit entries on behalf of a school.



Schools are not being requested to “promote” the event. However, where a school is aware that swimmers have represented the school at this competition in the past or intend to enter this year, we respectfully request that it consider making other eligible pupils aware of the opportunity, helping to reduce the risk of unintended exclusion.

Schools are asked to be aware of entries for the following reasons:

- To prevent swimmers from entering and representing a school without the school’s knowledge.
- To ensure all eligible pupils and families are informed of the opportunity to enter or join a school team.

DATE	START TIME	VENUE
1st Nov 2026	Warm-up TBC · Competition TBC	Claremorris

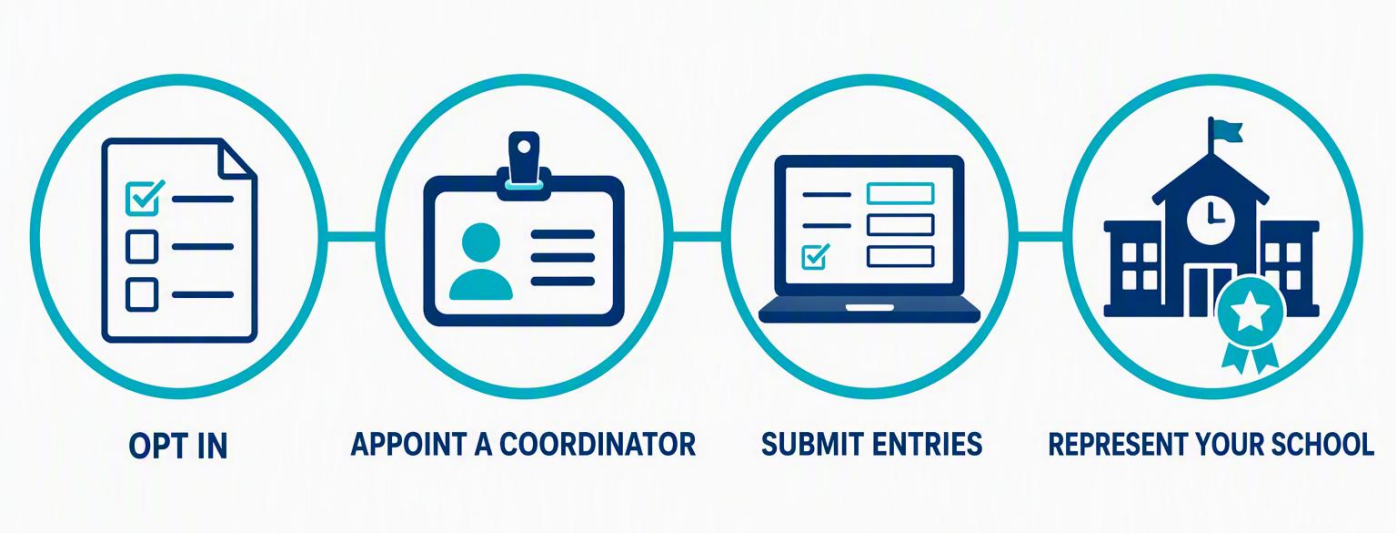
Schools Participation

All schools on the Department of Education Roll email lists will be notified of the event via email.

Schools must complete the **OPT IN**/**OPT OUT** form using the link provided in that email.

Schools that **OPT IN** will be asked to name a **School Team Coordinator** who will act as the main point of contact on behalf of the school.

If a school **OPTS OUT**, no entries from swimmers attempting to represent that school will be accepted.



Please note:

- Schools are not required to collect entries, process payments, or manage swimmer registrations.
- Schools may choose to have entries submitted by parents, school personnel,
- Swimming clubs and previous participants will also be notified of the event. They may contact their school to request that it opts in or volunteer to undertake the Team Coordinator role on behalf of the school, subject to the school's approval.

DATE	START TIME	VENUE
1st Nov 2026	Warm-up TBC · Competition TBC	Claremorris

Team Coordinator & Team Managers



Each school ***must*** have a designated **Team Coordinator**.

The Team Coordinator is responsible for coordinating entries and communications on behalf of the school. Meet information, updates, and key communications will be sent directly to the Team Coordinator.

The Team Coordinator is **not required to attend the event** unless they are also acting as a Team Manager.



Each participating school must also appoint at least one **Team Manager**.

The Team Manager is responsible for:

- Attending the event.
- Supervising swimmers representing the school.
- Ensuring swimmers are appropriately supported throughout the competition.
- Acting as the responsible adult for the school team at the venue.

Swimmers may only attend while under the supervision of an appointed Team Manager. Where a Team Manager is not present, swimmers must not attend or remain at the venue.

Schools may appoint multiple Team Managers where appropriate. All Team Managers must be appointed in accordance with the school's safeguarding policies and procedures.

The Team Coordinator and Team Manager roles may be undertaken by a parent, member of school staff, or suitable swimming club representative acting with the school's approval.

Swim Ireland recommends appointing Team Managers who have previous experience performing a similar role at swimming competitions.

CAPABLE SWIMMERS

A capable swimmer is a pupil who can safely and confidently complete the distance and stroke of each event they enter, within the published qualification standard and without stopping or requiring assistance.

Swimmers who are members of a swimming club can generally be considered capable swimmers. For pupils without Swim Ireland membership, schools should seek advice from a swimming teacher or coach, or arrange a time trial before entry. Ability should not be overestimated and entry times should not be understated.







DATE	START TIME	VENUE
1st Nov 2026	Warm-up TBC · Competition TBC	Claremorris

School Meets & Ages

For Schools Swimming, a swimmer's age classification is based on the age they will be on **31st August 2027**, not their current age, and is calculated automatically by the competition software.

The school meet a swimmer must enter is determined by this age classification, not by the type of school they attend. Swimmers in the Senior Schools age categories must therefore enter the Senior Schools event, even if they attend a primary or junior school.

Regional & Irish Minor Schools Championships (swimmers classed as aged 9 to 12)

Age	Date of birth range
Age 9	01/09/2017–31/08/2018
Age 10	01/09/2016–31/08/2017
Age 11	01/09/2015–31/08/2016
Age 12	01/09/2014–31/08/2015

Regional Senior Schools Championships, Irish Senior Schools Relay Championships & Irish Schools Interprovincial

Category	Age	Date of birth range
Junior	13–14	01/09/2012–31/08/2014
Inter	15–16	01/09/2010–31/08/2012
Senior	17–19	01/09/2007–31/08/2010



DATE	START TIME	VENUE
1st Nov 2026	Warm-up TBC · Competition TBC	Claremorris

ENTRIES

The School **Team Coordinators** are asked to coordinate entries on behalf of the school.

- All entries must be submitted via FastWave Swim Management platform.
- Follow the instructions provided below (and in the Fastwave User Guide) which will explain how to submit entries via www.fastwave.ie/events platform.
- Relay Teams can be created on the platform from the swimmers entered in individual events.
- *It is vital that Swim Ireland affiliated Swimmers (i.e. Swimmers who are members of a swimming club) enter their Swim Ireland Membership Number during the entry process for their times achieved to be considered for future meets.*

Entries may be submitted using any of the following two options:

Option 1 - Individual Swimmer / Siblings Entry

A parent may create a School Swimmer Account and submit entries for their own child or children.

- Multiple parent accounts may be linked to the same school.
- Parents manage and pay for their own entries.
- This option avoids placing an administrative burden on the school or Team Coordinator.
- The School Team Coordinator may circulate the Event Guide and FastWave instructions and ask parents to submit their own entries before the entry deadline.
- The School Team Coordinator create their Coordinator account, they can view swimmers entered for the school and submit relay teams.

Option 2 - School Team Entry

The School Team Coordinator may create a Coordinator Account, add swimmers to the school team, and submit both individual and relay entries through FastWave.

The Team Coordinator named on the School Participation (Opt In) Form will automatically be granted School Coordinator permissions within FastWave. Additional School Coordinator accounts may be created by school staff, parents, or swim club representatives; however, these accounts will require approval by Swim Ireland, with confirmation sought from the nominated School Team Coordinator before access is granted.

Note –

The person or club submitting entries must confirm that the school has opted in before submission; otherwise, the school cannot be assigned to the swimmers.

Entries will be removed if the school advises the meet organisers that the swimmers are not approved to represent it at the event.

Relay Entries

Relay teams may only be entered by the School Team Coordinator or a person authorised by the school to act in that role.

The Team Coordinator is responsible for confirming eligibility and relay team composition.

Entry issue? When setting up a FastWave account or entering a swimmer through a club, the system may not recognise the swimmer if their name, date of birth or Swim Ireland membership number differs from details used for a previous competition entry or from the Swim Ireland membership database. Contact support@fastwave.ie promptly for assistance.

If you do not know the swimmer's Swim Ireland membership number, contact entries@swimireland.ie.

Enquiries/Information

General information or questions should be directed to entries@swimireland.ie.

Queries or questions relating to the entry platform should be directed to support@fastwave.ie.

Queries via any other route may not receive attention.

DATE	START TIME	VENUE
1st Nov 2026	Warm-up TBC · Competition TBC	Claremorris

MEET INFORMATION

Age Groups

The swimmers age is their age on ***31st August 2027*** (not their current age) and ages are automatically calculated by the software used to run the competition.

Category	Age	Date of birth range
Junior	13–14	01/09/2012–31/08/2014
Inter	15–16	01/09/2010–31/08/2012
Senior	17–19	01/09/2007–31/08/2010

Older or Younger swimmers cannot compete at this event.

Events

Swim Connacht reserves the right to amend or adjust running order, events, run or scratch entries pending entry levels and gala day restrictions.

Individual Events
100m Backstroke
100m Breaststroke
100m Butterfly
100m Freestyle
200m IM

Swimmers may enter 2 individual events.

In addition to the 2 events above, swimmers who meet the qualifying time may also enter the 400m Freestyle.

1 Heat of the 400 Free open and female, will consist of the 6 fastest entry times + 2 reserves in each gender,

Relays

Relays will be swam in Age categories - Junior, Inter and Senior.

In 4x50m Freestyle and 4x50m Medley there will be Male & Open only, Female only and MIXED gender team relays.

Mixed relays must comprise 2 Male & Open and 2 Female swimmers.

There is no limit to the number of teams a school can enter for relays.

Relays can score in either the Male & Open / Female or Mixed – i.e., a mixed school can have a girls and boys team score OR they can score for the mixed teams BUT not both.

Relay swimmers must be current, full time students in the school they are swimming for.

All swimmers must be entered in an individual event before they can be selected for a relay team. No entries will be accepted on the day.

Entry Restrictions:

- Swimmers may enter a **maximum of 2 Individual** events at Regional Schools.
- Swimmers can swim in a **maximum of 2 relay events**.
- A maximum of two swimmers may swim up for a relay with at least two swimmers in the correct age group for the relay team to be accepted.
- Swimmers may not swim down an age group for a relay.
- Swimmers **must** be entered in an **individual event** to be selected for a **Relay Team**.

Entry Guidance:

- We advise that Schools intending to enter the competition circulate the invite to all students.
- Schools entering Teams should ensure they allow all Swimming club members attending the school the opportunity to enter the competition, this in the interest of fairness for all clubs. This particularly important where the Team Coordinator may be a volunteer from a club, there may be other students from other clubs in the school that the Team Coordinator may not be aware of who would also like the opportunity to represent their schools at the meet.
- As some swimmers are unfamiliar with Competitive swimming, we advise that you circulate the Advice for Swimmers document to all swimmers attending the event, in **Appendix 1 & Appendix 2**.
- Please circulate the Communications WhatsApp Link with parents of swimmers attending and the Volunteers requests link to suitable Parents, Teachers and staff.
- Please ensure that the Dates of Births, Swim Qualification or Teachers/Coaches Times and Swim Ireland membership numbers are correct when submitting entries.

Once entries have been processed and confirmed, the School Team Coordinator will receive event-specific competition information. This must be circulated to all swimmers, parents and Team Managers attending the event and will include confirmed session times, communication links and other final event updates.

Closing Date

Individual entries – Wednesday 21st October 26

Relay entries – Wednesday 27th October 26 one week after Individual entries (this is to allow time for the school representative to select relay teams from those entered in individual events)

STRICTLY NO LATE ENTRIES ACCEPTED

Change requests or updates will not be accepted after the Closing Date.

Entry Fee

€10 per individual event,

€25 per relay event

Entry fee is **non-refundable** once the entry is submitted.

Entry fees must be paid when entries are submitted. A card processing charge will apply. Entries that have not been checked out and paid for will remain in draft and will not be accepted as submitted entries.

Seeding

Entries are seeded slow to fast in the heats regardless of the age of the swimmers.

Results will be published by each of the age bands as per the Age Groups above.

Awards

Medals will be awarded for 1st, 2nd, 3rd in each Age Group on a Heat Declared Winner basis.

Timing

Electronic timing and Hy-Tek Meet Manager software will be used.

DATE	START TIME	VENUE
1st Nov 2026	Warm-up TBC · Competition TBC	Claremorris

Withdrawals (Scratches)

Any withdrawals/scratches should be made by **11pm Friday 30th October 26** via FastWave • Swim Management where you may update your entries.

Facilities

Parking and Spectator Access: Parking and spectator space are limited, and no additional capacity is available. Allow extra time to park farther from the venue and walk to the entrance. Spectators should leave the viewing area between races where possible so other families can watch. All attendees must follow venue capacity restrictions and staff instructions.

Car Park Safety: The parent, guardian or accompanying adult is responsible for the swimmer's safety when arriving at and leaving the venue, particularly in car parking areas. Swimmers must not be dropped off or permitted to cross car parking areas in an unsafe manner.

Volunteers

Swimming Meets cannot be run without volunteers to help on the Day. Training will be given on the day 30min before the event start time.

Roles required are:

Line Up attendants - will be given a list of events and swimmers that are swimming in that event. They organize the swimmers, line them up in the order in which they are swimming and send them out to their race.

Timekeepers – Use a stopwatch, check that the correct swimmer is at the starting block (their name is on your lane sheet) click button to start stopwatch when race starts, stop when swimmers finish the race by touching the wall, note the time on their lane sheet.

General Assistance – we'll find you a role Posting Results, general runner, crowd control etc.

Schools will be required to provide one role in the ratio of 1 to 6 swimmers. The role can be split across the Session amongst a number of parents but it is the schools responsibility to ensure the role is covered for the duration assigned.

DATE	START TIME	VENUE
1st Nov 2026	Warm-up TBC · Competition TBC	Claremorris

Communication

Communication will be via a WhatsApp broadcast leading up to and during Gala Days.

We strongly encourage Team Managers, Parents, Teachers and Volunteers to join the gala WhatsApp group as it will be used extensively for Heat Sheets, Results, Announcements and Updates.

We ask that schools and clubs share both the link and QR code to the WhatsApp group. ***The group is for over 18s only.***

Join via the link https://chat.whatsapp.com/F5Q3pM7cbQw6MZsKiV5T41?mode=gi_t
or QR code below:

Qualifications

Teachers / Parents / Coaches be aware, if a swimmer must retire from a race or must be removed from the water for safety reasons, this can have a detrimental effect on the swimmer's confidence. We strongly urge you not to overestimate ability or understate times just to make an entry.

Swimmers who are club members can be considered capable swimmers.

We strongly advise Schools hold a time trial or seek students Swim Teachers advice regarding swimmers without Swim Ireland membership prior to entry. **If they cannot complete the distance within the Qualification standard times, they should not be entered in this Meet.** The only exception to this will be for **Club** swimmers that are classified as Disability swimmers.

Regional Schools Interprovincial Squad Selection

The Regional Interprovincial teams will comprise the 1st and 2nd placed swimmers in each event.

Specifically:

- 1st and 2nd place in each age category for each stroke in the 100m and 200m races
- Overall 1st and 2nd place in the 400m freestyle

To be selected for this squad, swimmers ***must*** have entered & competed in individual events at the **2026/2027 Regional Schools Senior Championships**. There will be no exceptions.

Transgender and Non-Binary Participation and Competition Policy

In line with the Swim Ireland Transgender and Non-Binary Policy all gender categories for Club, Regional and National events must align with the policy https://swimireland.ie/2024/05/29/swim-ireland-transgender-and-non-binary-participation-and-competition-policy/

Gender categories will now appear as Female and Male & Open categories.

In accordance with the Swim Ireland Transgender and Non-Binary Competition Policy, the categories for competitive swimming are now defined as follows:

1. Female – athletes with a birth sex of female
2. Male & Open – athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category

Anti-Doping

It is a condition of attending a Swim Ireland event that swimmers may be required to undergo testing for prohibited substances in accordance with Sport Ireland, WADA and World Aquatics Anti-Doping rules. Further information is available from the Anti-Doping section of the Sport Ireland website.

Tech Suit Policy

We ask schools to ensure coaches, parents and athletes are fully aware of the policy so that we can avoid any negative experiences on poolside. Full details of the policy can be found at:

https://swimireland.ie/wp-content/uploads/sites/2/2023/06/Swim-Ireland-Swimwear-Policy-Updated-January-2026.pdf

Lining-Up for Events

When their event is called, swimmers should assemble in the marshalling area. 15 minutes before their event.

Line-Up officials will organise the swimmers into their heats and lanes and ensure that they get to the start of their races.

Parents and Team Managers are NOT PERMITTED to accompany the swimmers on to the pool deck.

When assembling for line-up swimmers should remain quiet and listen out for their name to be called out by the Line-Up officials.

Heat Sheets will be made available via WhatsApp in advance, and Team Managers should ensure that each swimmer knows their heat and lane before going to assembly (marking the Heat and Lane on the swimmer's arm in a felt-tipped pen can be an effective way of achieving this!).

Hydration

Please note that, as an environment-friendly measure, timekeepers/officials/coaches/swimmers are encouraged to bring their own re-usable bottles and fill them from the drinking water facilities provided at the venue.

Health & Safety

Please refer to the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.

https://swimireland.ie/wp-content/uploads/sites/2/2023/02/Final-Issue-Swim-Ireland-Safety-Code-of-Practice-Swimming.pdf

First Aid facilities will be available at the venue. The appointed provider will be confirmed before the event. Fire exits must be noted on arrival. If the fire alarm sounds, swimmers and volunteers must follow the directions of facility staff and the Meet Director.

Codes of Conduct

All competitors, parents/guardians, coaches/Teachers and volunteers/officials, participating in such events must be aware of and adhere to Swim Ireland's Codes of Conducts. Codes of Conduct - Click Here Participation in or attendance at the event constitutes acceptance of, and agreement to comply with, these Codes of Conduct.

Data Protection

Swim Ireland, its Regions and affiliated clubs use software systems to manage competition entries, results, rankings, records and swimmer competition histories. Personal data is processed for the purposes of administering and governing the sport in accordance with applicable data protection legislation and Swim Ireland's Privacy Notice.

Personal data processed for competition purposes may include a swimmer's name, date of birth, club affiliation, Swim Ireland registration number, entry times, achieved times, rankings, records and any disqualification codes.

Certain elements of this data, including name, club, age category, entry times and achieved times, may be published before, during and after the competition in start lists, programmes, results, rankings, records, Meet Mobile and other competition-related publications, including digital and social media channels. This information may be retained as part of the official competition record.

Entry to the competition constitutes acceptance of the collection, processing and publication of competition information, including entries, start lists and results, as required for the administration of the event.

Phones & Recording Devices Registration

In line with Swim Ireland Safeguarding Policy all phones and recording devices must be registered before use. Registration requires Photo ID.

Registered device users will be issued with a wrist band which must be worn when using the registered device. This policy will be strictly enforced without exception.

Competition Rules

These Meet Conditions must be read together with the Swim Ireland General Event Rules, available on the Swim Ireland website.

Regulations and Safety - Swim Ireland

If there is any conflict or inconsistency between the two, these Meet Conditions take precedence.

DATE	START TIME	VENUE
1st Nov 2026	Warm-up TBC · Competition TBC	Claremorris

Safeguarding Information

All individuals working with young people have a responsibility to keep young people safe and create an environment that allows them to enjoy their sport. If you have a Safeguarding concern, please contact below;

- If there is an immediate danger to the safety of a child or children, you should contact An Garda Síochána using the emergency number (112 or 999).
- The primary safeguarding point of contact at the event in relation to wellbeing and protection matters or accidents is the **Meet Director**.
- The secondary point of contact is Kate Hills, Swim Irelands Head of Safeguarding, Ethics & Youth Development **katehills@swimireland.ie**

Photography

Photography and filming must comply with Swim Ireland guidelines.

It is a condition of attending a Swim Ireland event that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Parents and swimmers must accept this. All photography and/or filming must be in accordance with Swim Ireland Guidelines.

All devices capable of taking photographs or videos must be switched off when using toilet or changing facilities at any competition venue. Refer to the Full policy Safeguarding Policies - Swim Ireland.

Anyone wishing to take photographs or video must register the device at the administration desk, present photographic identification and wear the issued wristband.

Photography is permitted only in designated areas. Photos are not permitted on poolside.

If Swimmers cannot complete the distance within the Qualification standard times, they should not be entered in this Meet, the only exception to this will be for Club swimmers that are classified as Disability swimmers

EVENT CONTACT

Please direct all queries to support@fastwave.ie

ORDER OF EVENTS AND QUALIFICATION TIMES

SESSION 1 — Warm-up 8:30am TBC; session start 9:30am TBC				
Event No	**Event**	**QT Junior Age 13/14**	**QT Intermediate**	**QT Senior**
1	Female 100m Backstroke			
2	Male & Open 100m Backstroke			
3	Female 100m Breaststroke			
4	Male& Open 100m Breaststroke			
5	1 Heat Female 400m Freestyle	5:33	5:33	5:33
6	1 Heat Male & Open 400m Freestyle	5:13	5:13	5:13
7	Female 4 x 50m Medley Relay			
8	Male & Open 4 x 50m Medley Relay			
9	Mixed 4 x 50m Medley Relay			

SESSION 2 — Warm-up 30 minutes after session 1 finishes; Start 1.30pm TBC				
Event No	**Event**	**QT Junior Age 13/14**	**QT Intermediate**	**QT Senior**
10	Female 100m Butterfly			
11	Male & Open 100m Butterfly			
12	Female 100m Freestyle			
13	Male & Open 100m Freestyle			
14	Female 200m IM			
15	Male & Open 200m IM			
16	Female 4x50m FTR	N/A	N/A	N/A
17	Male & Open 4x50m FTR	N/A	N/A	N/A
18	Mixed 4x50 FTR	N/A	N/A	N/A

*Session times subject to change dependent on entries and will be notified to all participants

Swimmers entry times will be verified on the National Database or with their school if necessary

APPENDIX 1 - Advice for Swimmers new to Competitive Swimming

What do I need to bring?

- Swim suit x2
- Swim hat x2 (bring a spare one in case it rips
- Goggles x2 (in case one rips, try it out in training before the gala!)
- Shorts and T-shirt to wear between races, can leave on when you go to line up for your event
- Water bottle already filled with swimmers name on it
- Towels x2
- Flip flops, crocs or runners, recommend footwear with strap around foot
- Plastic bag for wet swimwear and clothes
- Under the Swim Ireland Tech Suit Policy, swimmers aged 12 at this competition **<u>are not</u>** permitted to wear racing tech suits. Older swimmers may wear a racing tech suit, but it is not required.

What should I eat?

Athletes are encouraged to always eat healthy.

Don't experiment with new food in the days leading up to a competition or on the day itself.

Eat good healthy Breakfast, Lunch, dinner and snack the Day before.

Sip water regularly throughout the day to instead of gulping down larger amounts, this will ensure you are nicely Hydrated. (Gulping leads to increased trips to the bathroom, instead of water absorption).

The day before

Eat as normal, ensuring you sip plenty of water throughout the day.

Morning of the competition

Have a good breakfast before you leave home; porridge, Weetabix or another wholesome cereal, along with juice or a smoothie are good options. If you are travelling a distance, be sure to have some fruit/yogurt and healthy snack for the journey.

APPENDIX 1 - Advice for Swimmers new to Competitive Swimming

At the competition

Swimming pools tend to be quite warm so it is important to remain hydrated throughout the day to avoid becoming tired or unwell.

Water - bring your water bottle everywhere; sip small amounts at regular intervals. If you don't like water add a cordial or squash to give it some taste. **Food** - eat small amounts throughout the day but not too close to your race!

Is there anything else I need to know?

Yes, there are a couple of important things you need to remember:

1. You may be using a staircase to access the changing rooms and to line up for your event. These can become wet and slippery at times. Be sure to dry off before using the stairs and always wear footwear, hold on to rails and walk.
2. Bring a small towel to line up with you to dry off after your race and before you use the staircase.
3. If you have any valuable personal belongings such as a phone, tablet or money please leave them with a responsible adult, in the lockers or if possible at home.
4. ***The use of Phones in the changing areas & Toilets are not allowed under any circumstances.***
5. Make sure you report to the line-up area in time for your event, listen carefully for announcements and watch the other events.
6. If you are swimming events that are back to back, you may need to check in for both in the call room when you arrive for the first event.
7. Cheer on the other swimmer, they might be nervous too!
8. Have fun and be proud, it is a great achievement to represent your school at this event

APPENDIX 1 - Advice for Swimmers new to Competitive Swimming

PARENTS/GUARDIANS –

You play an important role leading up to and on the day of any event your child is taking part in. To ensure you have the information you need to have an enjoyable experience we have put together a few tips:

1. Up to date information - check our WhatsApp group in the lead up to the competition for updates and changes.
2. Travelling to the venue - allow some extra time to ensure you arrive approx. 15 mins prior to warm up.
3. Car Park Safety: Responsibility for a swimmer's safety when arriving at and departing from the venue rests with the parent, guardian, or accompanying adult. Swimmers must not be dropped off or permitted to cross car parking areas in an unsafe manner.
4. Parking and Spectator Access: Parking and spectator space are limited, and no additional capacity is available. Allow extra time to park farther from the venue and walk to the entrance. Spectators should leave the viewing area between races where possible so other families can watch. All attendees must follow venue capacity restrictions and staff instructions.
5. Food and drink - cooler bags are great for keeping your food cold throughout the day. Bring plenty of water, leave some in your car or freeze a bottle in advance to keep it cool. Don't forget to pack enough for yourself and other family members.
6. Accessing changing rooms and line up area - volunteers will be on hand to direct your child to changing areas.
7. ***Parents ARE NOT allowed to accompany swimmers into the changing areas or Poolside.***
8. Only swimmers and volunteers are allowed access to poolside so ensure your child knows where you will be sitting when they have finished their warm up or event.
9. Supporting the swimmers - schools is an important and exciting event for swimmers to take part in. Be sure to cheer for all swimmers and provide encouragement to your own child.
10. Need any help? - Volunteers will be on hand during the event if you need assistance.
11. If your child has special requirements (i.e. hearing or sight impairment) please contact your Team Manager and ask them to inform the Officials during warm up.
12. If you want a poolside seat, then why not volunteer to help out on the day, please note all volunteers from a school need to be approved by their school.
13. **Please treat all volunteers, staff and officials with respect. Abusive or unacceptable behaviour will not be tolerated. Anyone engaging in such behaviour may be asked to leave the venue and may not be permitted to return.**

APPENDIX 2 - Health & Safety

Swim Ireland Safety Statement - Issues

Safety is the responsibility of every individual involved in the sport.

Risks identified must be reported to either a Club or Meet Official and formally reported to the facility operator.

All accidents must be formally reported.

Safety at Swim Meets

All accidents, however minor must be reported, in writing, to Swim Ireland. We would ask the co-operation of athletes, coaches, spectators and clubs in the application of the following safety measures. They are in place for everyone's safety.

- Everyone attending Meets must familiarise themselves with the locations and operation of emergency exits.
- Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.
- All persons attending Meets must take all steps to ensure their own safety and the safety of others.
- All walkways must be kept clear of bags, equipment, etc.

Starting

- It is the responsibility of competitors, coaches and clubs to ensure that all athletes are sufficiently competent to dive start from competition starting blocks. Alternatively, athletes are reminded that they may start from the poolside.
- In the event of a false start, athletes should perform a safe entry and not fall into the water.

Warm-Up

- Athletes and coaches must ensure that they (and athletes in their charge) take no action that would endanger themselves or others.
- The instructions of those in authority must be obeyed immediately.
- Athletes are not permitted to dive or jump into lanes other than sprint lanes and then only when the area is sufficiently clear to make a safe entry.
- Do not start sprinting in a sprint lane until non-sprinting athletes have cleared it.
- On finishing a sprint immediately clear the way for the following athlete(s).

Around the Pool (e.g. spectator area, foyer area, etc.)

APPENDIX 2 - Health & Safety

- Athletes are not permitted to enter dry areas without first having changed and put on footwear.
- Where there is a balcony or rail - athletes are not permitted to climb over it.
- Glass bottles are not permitted outside designated refreshment areas.

Thank you for your co-operation in making Meets a safe experience for all.