



LEICESTERSHIRE & RUTLAND Amateur Swimming Association



Swimmers/Team Manager/Coaches/Chaperones Poolside Guidance

Welcome to the LASA Age Groups and Championships 2026 at Braunstone Leisure Centre

On getting to Braunstone LC

- **Building** -How to get to pool- Enter the building, through turn style, the accreditation desk will be facing you, despite having an accreditation, lanyard and wallet - you will need to collect a new pass from the desk. This is to limit within Health and Safety grounds due to allowing all to swim. **Only those on their club poolside staffing sheets will be allowed to go poolside with no exceptions and we expect clubs to adhere to this.** Lockers are 10p refundable coin please use them and **only bring your poolside bag to pool deck. Large bags are to be in lockers.**
- **Poolside is through changing rooms**
- **All mobile phones and devices must be completely off whilst in or traversing the changing village please ensure that all comply.**
- **However Accreditation/Poolside Pass holders (Team Managers/Coaches/Chaperones) only will be permitted to poolside. Again do NOT Forget to get the new pass and only those on their clubs list for that session are to go poolside. Last weekend's pass is void.**

The ACCREDITATION DESK will be sited at entrance to the Changing Village

- **The Officials doing stroke either side of pool** must be given access to do their job and be freely able to walk the length of the pool during races. At this pool we want to keep clear at least the dark blue tiles and white gutter runner around poolside. Please ensure they are able to do this.
- **Swimmer Flow**- One way system for events. You go down the referee/starter side to starting stations and once finished race and released you go back to team via the window side of pool. We are doing over the top starts except for Backstroke and Finals.
- **Poolside Bags only please. Vital.** To accommodate the pool deck numbers we cannot afford those large bags, so please put them in the **numerous lockers**, in the changing area and communal areas, which are all **10p refundable** coin slots.
- **Pool club seating plan**- where you are sited along the long window the bench sill please ensure that you do not block the vents as if you do it will become uncomfortable and we may/will need to stop the gala. This year we ask that you do all to assist us in getting through the schedules.



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- **Swimmers-** It is a NO to have Any taping, Two costumes, Jewellery, Fit bits, Any timing device
- **Swimmers/Coaches/Team Managers/Chaperones** – Over the top starting will be in place for all races except finals and **backstroke where swimmers will be offered the option to start with backstroke ledges. Please ensure when referees whistle goes your swimmers are quiet. Thank you.**
- **Main Pool depth is 1.8m and the Starting Stations are approx 72cm above the water level.**
- **Warm Ups** – When we go to sprint lanes backstroke ledges will be available to swimmers to practice on if that discipline is in that session. Please handle them with care. NB **Those in small pool warm ups are not permitted to dive** and will be taken by club personnel to join main pool warm up for sprints/starts
- **Important depth and starting stations height and turn depth of main competition pool** Water depth at start is 1.8m, Starting Stations are 72cm above the water level and the depth of water at turn end is 1.8m in the main pool.
- **Non Appearance for your race-** We will not hold a race for you if you are late appearing.
- **The use of any mobile phone or device, in a changing area, is not allowed during Swim England regulated activity.**
- **Mobile phones** are to be used for games and music only when poolside. No photography at all in any area of LASA hires. Except for presentations and where permission has already been granted for Further Education purposes We have put a backdrop banner in the street (foyer) for photos. Ensure you do not photo someone who does not want to be in it. Please see our Conditions of Entry and Supplementary Conditions on website.
www.leicestershireasa.org
- **Warm down pool- (NO diving in as below SE depth for dives).** The warm down pool facility will open for warm ups and after the completion of the first heat of that session. **The use must be for Swim down/up only**, and a club



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coach/team manager/chaperone must be in attendance. It will close 10 mins after last race of the session.

- **Swimmers leaving poolside-** must be suitably dressed, with footwear. Duty of care for us all.
- **Results-** Scoreboard results are provisional and full correct results will be available from our website www.leicestershireasa.org
- **Fire Exits-** Are at the starting station end window side and also by the referees table plus another down the window side prior to changing village. The warm down pool has also a fire exit at the corridor end. Please ensure you are all aware of the positions of them. The alarm is a siren and the lights will show fully red if a fire sensor has been activated and the light will show red with a white circle if it is the drowning alarm. If the alarm is raised please assemble and await further instructions from the Leisure Centre staff. Space blankets will be provided should the need to evacuate is called. Assembly point is the Coach Car park towards the school building furthest away from your exit point.
- **Please use the lockers for large bags and only poolside bags on pool deck, this really is important. During these weekends space will be at a premium so if poolside chairs are limited that would be good**
- **Swimmers are all in the care of their Coaches/Team Managers/Chaperones - you are responsible for knowing their positions till SAFELY handed back to parent/guardian.**
- **If the swimmers could arrive beach ready that would assist flow to poolside and to warm ups.**
- **Numbers of competitors will be high over the weekends.**

Thanking you all for your cooperation and enjoy the swimming