

City of Sheffield Swim Squad's Summer Meet**Pre-Event****Covid 19**

If you feel unwell or develop any of the symptoms listed below prior to attending the event, please perform a lateral flow and do not attend the event if this is positive.

<ul style="list-style-type: none"> ➤ Cough ➤ Fever ($\geq 37.8^{\circ}\text{C}$) ➤ Shortness of breath, chest pain or tightness ➤ Headache ➤ Abnormal fatigue or drowsiness ➤ Abnormal muscle or joint pain 	<ul style="list-style-type: none"> ➤ Sore throat or hoarse voice ➤ Loss of taste or smell ➤ Nasal congestion ➤ Diarrhoea, vomiting or nausea ➤ Confusion or disorientation ➤ Loss of appetite
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Day of Competition**Warm-up**

Saturday Morning	Time	Saturday Afternoon	Time
Girls Warm up	07:55 – 08:25	Girls Warm up	13:00 – 13:30
Boys Warm up	08:25 – 08:55	Boys Warm up	13:30 – 14:00
Sunday Morning	Time	Sunday Afternoon	Time
Boys Warm up	07:55 – 08:25	Boys Warm up	13:00 – 13:30
Girls Warm up	08:25 – 08:55	Girls Warm up	13:30 – 14:00

Entry/Exit

- Clubs will be seated on the balcony on the Aztec side (turn left through the main doors to the balcony).

Coaches and Team Managers can enter through the double doors from the Foyer where poolside passes will be available for collection.

Spectators

- Tickets will be available on the door, the charge for all day is £7.00 per person, £3.00 concessions (over 65's & under 16's) & under 5's free. There will not be a separate charge for morning or afternoon session
- No programme will be issued. However, the programme will be available on our website.
- Start sheets and results will be available through the website. cosss.co.uk
- Spectators should sit on the Omega Suite side of the pool (turn right through the main doors to the balcony).

Warm Up / Swim Down Pool

Warm Up/Swim Down pool will be available. This will be supervised by the facility staff. Swimmers using these facilities must follow any instructions issued by these supervisors. Clubs through their Team Staff will be responsible for the behaviour/actions of their swimmers at all times within the facility. **If the Swim Down Pool is not used in a sensible manner it will be closed.**

Car Parking

We recommend parking just across the road at Castle Gate Q-Park, Broad Street where discounted prices will be honoured for anybody attending an event at Ponds Forge. By scanning your Q-Park voucher at the main reception desk you'll receive the discounted parking. Parking at Q-Park is more cost effective for a full day than Ponds Forge car park (terms and conditions apply).

Attendees are also welcome to use the Ponds Forge car park.

- Up to 10 minutes – Free (ticket required)
- Up to 2 hours - £2.00
- Up to 4 hours - £4.20
- Up to 6 hours - £5.70
- Up to 12 hours - £10.20

Café

The café area will be open.