

Southwold Team Gala Rules

- All swimmers are responsible for checking the information regarding events, which will be displayed prominently on the notice boards. The Club notice boards are located on glazed area of the upper floor spectator gallery at Yate Leisure Centre. Information regarding galas may also be posted on the Club Website.
- It is important to note the time of each session, the warm up and the location of the event, and for non-local galas, what time the bus leaves.
- All swimmers are generally responsible for their own transportation to and from events, except for some non-local galas. They should arrive at least 15 minutes prior to the scheduled warm up time.
- Once changed the swimmers must report to the COACH and TEAM MANAGER on the poolside to be checked in.
- All swimmers MUST wear Southwold club clothing on poolside and if swimmers wear a swim cap it must be a Southwold Club one. If they fail to do so they may be excluded from the events they are swimming on that particular day.
- All swimmers receiving medals and awards must wear Southwold club clothing on their upper body.
- Swimmers must remain in the team area whilst waiting for events.
- Swimmers must remain until the end of the gala and support the team
- Swimmers must ask the TEAM MANAGER for permission before they leave the team area for any reason.