



Guidelines for Behaviour at a Gala

All swimmers are responsible for their behaviour at Galas and must be aware they are representing Connah's Quay Swimming Club whilst at the Gala. Please take note of the following guidelines we expect all our swimmers to follow:

- On arrival at the Gala report to the poolside coaches to make sure they are aware you are there
- If leaving the poolside at any time inform the coaches, and let them know when you return to poolside
- When you leave the Gala you must ensure you inform the coaches
- Ensure you know what races you are swimming at the Gala in and are ready well in advance for your races
- Come prepared with all the equipment you need – Goggles, Costumes etc, and if possible bring spares!!
- Be quiet at the start of races
- Be respectful towards the swimmers and coaches from all swim squads and all the officials at the Gala
- Follow any instructions given by the coaches or officials
- Stay out of the way of the officials and poolside helpers, many of the pools we attend have limited space poolside.
- Keep the area you are sitting in tidy and clear of all litter to avoid losing equipment, accidents etc.
- Wear CQASC kit/hats when competing
- Support your team mates in a positive manner, but do not criticise other swimmers/teams/officials
- Do not take any photographs poolside or in the changing rooms at a gala. NOTE there may be specific rules at individual pools so please check.