

British Universities
Life Saving Clubs' Association
Championships 2019 Information





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Document Updates

Version 1 – 13/03/19

Initial version released



Event Details

Contact Information

Championships Coordinator – Tom Sharp

Mobile	07949714392
Email	championships@bulzca.co.uk

BULSCA Chair – Jared Wray

Mobile	
Email	chair@bulzca.co.uk

Addresses

Swimming Pool	Wales National Pool Swansea Sketty Lane Sketty Swansea SA2 8QG
Accommodation Pavilion Gym (Gym Hall)	Pavilion Gym Sketty Lane Swansea SA2 8QB
Uniting Church Sketty (Church Hall)	Uniting Church Sketty Dillwyn Road Swansea SA2 9AH
Saturday Food JC's Bar	JC's Bar Swansea University Campus Sketty Swansea SA2 8PP
Campus Parking	Swansea University Campus Sketty Swansea SA2 8PP



Costs

Squad Entry	£37.00 per person – whole weekend
Team Entry	£40.00 – Sunday only
Individual Entry	£5.00 per event – Saturday only
Saturday Food	£5.00 per meal – preorder only
T-Shirt	£10.00 preorder only
Hat	£5.00 preorder only
Accommodation	£3.00 per person – covers either and both days



Programme of Events

Saturday

I appreciate that there is a period between leaving the accommodation and registration opening, but the facilities are required for other bookings. You will be allowed to enter the pool site on Saturday from 08:00, but you will only be able to access the main foyer and spectators seating. We do not have the pool until 09:00.

Order of Events and Approximate Timings

Timings are subject to change.

Event	Time	Location
Accommodation Exit	08:00	Pool Foyer
Registration	08:30 – 09:30	Pool Foyer
Warm Up	09:00 – 17:00	Training Pool
Warm Up	09:00 – 09:30	Main Pool
Events: 4x10m Line Throw Relay 12.5m Line Throw 200m Obstacles 4x50m Obstacles Relay	10:00	Main Pool
Officials Break	11:30	Main Pool
Events: 50m Manikin Carry 100m Manikin Carry with Fins	11:45	Main Pool
Officials Lunch	12:45	Meeting Rooms
Events: 100m Rescue Medley 4x50m Pool Lifesaver Relay 200m Super Lifesaver 4x25m Manikin Carry Relay	13:15	Main Pool
Officials Break	15:45	Main Pool
Events: 100m Manikin Tow with Fins 4x50m Rescue Medley Relay	16:00	Main Pool
Tidy / Change	17:00	Main Pool
Food	18:30 (TBC)	JC's Bar
Accommodation Open	20:00 – 23:30	Church and Gym Hall



Sunday

Isolation will be in the Sports Centre Squash Courts. Please enter via the Sports Centre reception, it is here you will find registration. You will not be allowed to enter the swimming pool building until you have completed your SERCs. Please leave as much as you can in your cars or busses, which will be accessible after completing your SERCs.

Order of Events and Approximate Timings

Timings are subject to change.

Event	Time	Location
Accommodation Exit	08:00	Sports Centre Foyer
Registration	08:45 – 09:45	Sports Centre Foyer
Isolation Open	09:00 – 09:45	Squash Courts
SERCs Setup	09:45	
SERCs Start	10:30	
Officials Break	12:00	
SERCs Continue	12:10	
Officials Lunch	13:30	Meeting Rooms
Warm Up	13:00 – 17:00	Training Pool
Events: 4x12m Line Throw Relay 4x100m Swim/Tow Relay	14:00	Main Pool
Tidy / Change	15:30	Main Pool
Results and Presentations	16:00	Fulton House
Finish	18:00	



Pool Information

Dimensions

Main Pool

Length 50m

Width 8 lanes of 2.5m

Continuous Depth of 2m

Temperature 28°C

Warm-Up Pool

Length 25m

Width 5 lanes at 2m

Continuous Depth of 1.2m

Temperature 29°C

Parking

Pay and Display parking is in operation.

An all-day ticket costs £5 (non-refundable).

Machines only take coins.

Please follow parking rules.

See Appendix B – Parking and Entrances (please pay attention to where you can park. At no point on the weekend should you park to the left of the designated area)

Free parking is also available on Swansea University Campus, which is approximately a ten-minute walk from the Church Hall and a five-minute walk from the pool and Gym Hall.

Spectating and Competitor Waiting

The spectating area is directly accessible from the pool side.

Competitors may use any area of the stand but must ensure that they are dry before using the steps.

If you are wet, you must stay within the first five rows of seating.

Internal Directions

After entering the main pool building, immediately opposite is the main reception desk.

Look left and back on yourself to find the stairwell:

- Changing rooms and poolside are on the bottom floor.
- Reception and the café are on the middle floor.
- Spectating and the meeting rooms are on the top floor.

Rules and Health and Safety

Please wear footwear while walking around the site.



Accommodation Information

General Information

Accommodation is located across 2 sites, a Church Hall, part of the Uniting Church Sketty and a Gym Hall, located in the Pavilion building at the Sports Village. Finding suitable accommodation was extremely difficult this year. Please respect both sites, ensuring that we leave no trace that we were there. This means that all litter is cleared up and placed in appropriate (recycling or waste) bins, bathrooms are left in a clean and tidy way, and all furniture is put back to how it was when you arrived.

Timing

It is extremely important that we are in and out of the accommodation as directed by the times provided. Both facilities have other bookings so leaving on time in the mornings is particularly important. Unfortunately, we cannot enter the Gym Hall until 21:30 on Friday night, so if you are allocated to this location, please bear this in mind.

Gym Hall

Entry time on Friday is 21:30-23:30. Entry time on Saturday is 20:00-23:30
Exit time on Saturday is 08:00. Exit time on Sunday is 08:00.

Church Hall

Entry time on Friday is 20:00-23:30. Entry time on Saturday is 20:00-23:30
Exit time on Saturday is 08:00. Exit time on Sunday is 08:00.

Parking

There is no off-street parking at Uniting Church Sketty, for on-street parking, please see *smoothly*

Also, huge thank you to all Team Organisers and Comp Secs. Your patience and effort to coordinate your teams has been greatly appreciated.

Would also like to thank Luke Peel for creating this document so well 2 years ago. It has meant only a few amendments were required.



Appendix A – Church Hall Accommodation Parking

Free parking is also available on Swansea University Campus, which is approximately a ten-minute walk from the Church Hall and a five-minute walk from the pool and Gym Hall.

Other Facilities

A kitchen is available at the Church Hall but is only to be used for refrigeration and water top-ups. It is against both BULSCA's and the Church's insurance policy to use the cooking facilities. The Gym Hall has access to changing rooms with showers. We are permitted to use these showers; however, they are group facilities and wet floors etc greatly increase the risk of an accident. Both facilities have toilets.

Storage

If necessary, storage during Saturday in the day is available. Please contact Tom Sharp at least 5 days before the event to arrange this.

Saturday Information

Registration

Registration will be in the main foyer of the pool.

Please only send one or two representatives from your club to register. The remaining members may either go to the changing village or to the spectator's area depending on the time. Please remember you will not be allowed to enter the site until 08:00 and you will not be allowed to go onto poolside until 09:00.

Forms

The following forms will be on the registration desk:

- Photography Form
- Diving Form
- Event Registration
- Equipment Registration
- Programmes
- Receipts

Equipment

Drop-off

Equipment must be 'signed in' and dropped off during registration.

Once registered, please take it to poolside as directed on the day. More specific information of where to drop equipment off will be released closer to the event.

Collection

Equipment can be collected either on Saturday or Sunday, from underneath the scoreboard.

Equipment will have to be 'signed out'.



Warm-Up

The training pool will be available at all times during the Saturday events. Please note that the use of this pool is only for warm-up and cool-down, or practising skills. You must not use the pool as a social area, or to play around in.

Where starts take place from the Training Pool end (50m Manikin Carry only), users of the training pool will need to be silent for each race start.

An additional warm-up will be available in the Main Pool, providing the pool equipment is set up, and it is safe to do so. Please listen for announcements as to when the Main Pool can be used, and when to clear the pool ready for the next event. Please read and respect the below rules. A warm up official will be supervising to enforce the rules.

Rules During Warm-Up

Main Pool:

- Maximum swimmers per lane – 20
- Diving in Lane 1 and Lane 8 only

Training Pool:

- Maximum swimmers per lane – 10
- No diving at any time

Marshalling

Marshalling will take place for all events. The marshalling area will be the opposite side of the pool to the spectator stands, marked with posters on the wall.

For all events starting at the Scoreboard End, make your way around the pool 'clockwise' (do not walk behind the starting blocks). For all events starting at the Training Pool End, make your way around the pool 'anti-clockwise' (do not walk behind the starting blocks).

Please listen carefully for marshalling calls. You must be behind your block, ready to race on time. If you are late, we will start without you and you will be disqualified.

Starting End

All starts will take place from the Scoreboard End, with the exception of the 50m Manikin Carry, which will start at the Training Pool End, finishing at the Scoreboard end.

Scorer's Box

The Scorer's Box is out of bounds for the whole weekend, with the exception of Club nominees needing to deal with the Competitor Liaison.

Electronic Timing

Electronic timing will be in use for all events on the Saturday.



Timing pads are placed at both ends of the pool and will record finish and split times.

When you have finished your race and the whistle has been blown to leave the water, **you must not climb out over the pads**; instead, duck under the lane ropes to climb out at either side of the pool. The exception to this rule applies only on the 4x10m Line Throw Relay, where we have been given permission to climb out over the pads.



Competitor Liaison

Competitors should not be approaching the Officials or Referees.

The Competitor Liaison is the person to contact regarding decisions around disqualifications and appeals.

Line Throw Rules

There are three line throw events taking place over the weekend, know the different rules for each of them to save everyone time.

Line throw events will be taking place at the scoreboard end.

Blocks will be in place and there is a plinth approximately 60cm wide.

Please ensure competitors take extra care.

The Saturday 4x10m Line Throw Relay event will be taking place over the timing pads. Please be careful when climbing out over the pads to ensure you do not slip or trip on any wires, and do not damage the timing pads.



Saturday Food Information

The venue for food is JC's Bar on Swansea University Campus. It is a student union bar with reasonably priced drinks, so feel free to stay after food. Directions will be supplied.

Process

All food orders should have been submitted. Each club will be given a sheet with their order on. This can be taken to the bar on arrival, so they know when to prepare the food. A copy of orders will also be behind the bar.

Please note, whilst the venue is a relaxed bar, it will be open to other students on the night, so please bare this in mind.

Additional Items

Additional items can be ordered on the day as normal. However, the venue has stated that they cannot guarantee availability if ordered on the day.

Last-Minute Orders

It will not be possible to process last minute orders. If additional orders are required, please use the above method.

Parking

Free parking is available on Swansea University Campus.



Sunday Information

Building Access

Anyone found entering the Swimming Pool building on the Sunday morning may be disqualified from the SERCs, please ensure your team knows where to go on the Sunday morning, and follow the parking advise in *Appendix B – Parking and Entrances*.

Registration

Registration will not be at the Swimming Pool.

Registration will be in the foyer of the Sports Centre.

The Sports Centre is connected via a corridor, but the main entrance to the Sports Centre is to the left of the Pool, as you look at the building from the car park. Unfortunately, we are unable to enter the isolation rooms until 09:00, leaving an hour difference between the accommodation closing. This does however give teams adequate time to get breakfast etc.

Please only send one or two representatives from your club to register. The remaining members may either go to isolation or wait outside. Please do not congregate around registration.

Judges, Bodies and Helpers should congregate in the corridor leading to the pool. This is just inside the door to the Sports Centre (not the pool).

Isolation

Isolation will be in the two Squash Courts in the Sports Centre.

The Squash Courts are located down the stairs and to the left.

Toilets and changing facilities are available on the lower floor too.

Competitors will need to be supervised to change or use the toilets, once isolation has closed.

Warm-up

As per Saturday, with the exception that the Training Pool will not be available during the SERCs.

Marshalling

As per Saturday

Starting End

All starts will take place at the Scoreboard End.

Timing Box

As per Saturday.



Results and Presentations

Unfortunately, we will be unable to host results online this year. However, we intend to post regular updates of results on our social media pages

Presentations

Presentations will take place in a lecture theatre in Fulton House on Swansea University Campus.

It takes less than 10 minutes to walk to, although you may also drive there.

Members of Swansea University Lifesaving Club will be available to walk groups over there. For those that attended 2017 Championships, you will notice this is same room as then.

Location

Lecture Room A, Fulton house, Swansea University Campus.

Directions: <https://goo.gl/maps/i8V68JusoE52>

Once competitors have been awarded their medals or certificates, please make your way to one side of the room for any photos, so that we can continue to present awards in a timely fashion.

Thank You

Finally, thank you.

Thank you to all competitors in anticipation of your help and understanding throughout the competition.

Thank you to all Judges and Officials for your support, without your willingness the event simply could not take place.

Thank you in advance to all bodies, helpers, scorers and all other volunteers, for making the event run smoothly

Also, huge thank you to all Team Organisers and Comp Secs. Your patience and effort to coordinate your teams has been greatly appreciated.

Would also like to thank Luke Peel for creating this document so well 2 years ago. It has meant only a few amendments were required.



Appendix A – Church Hall Accommodation Parking

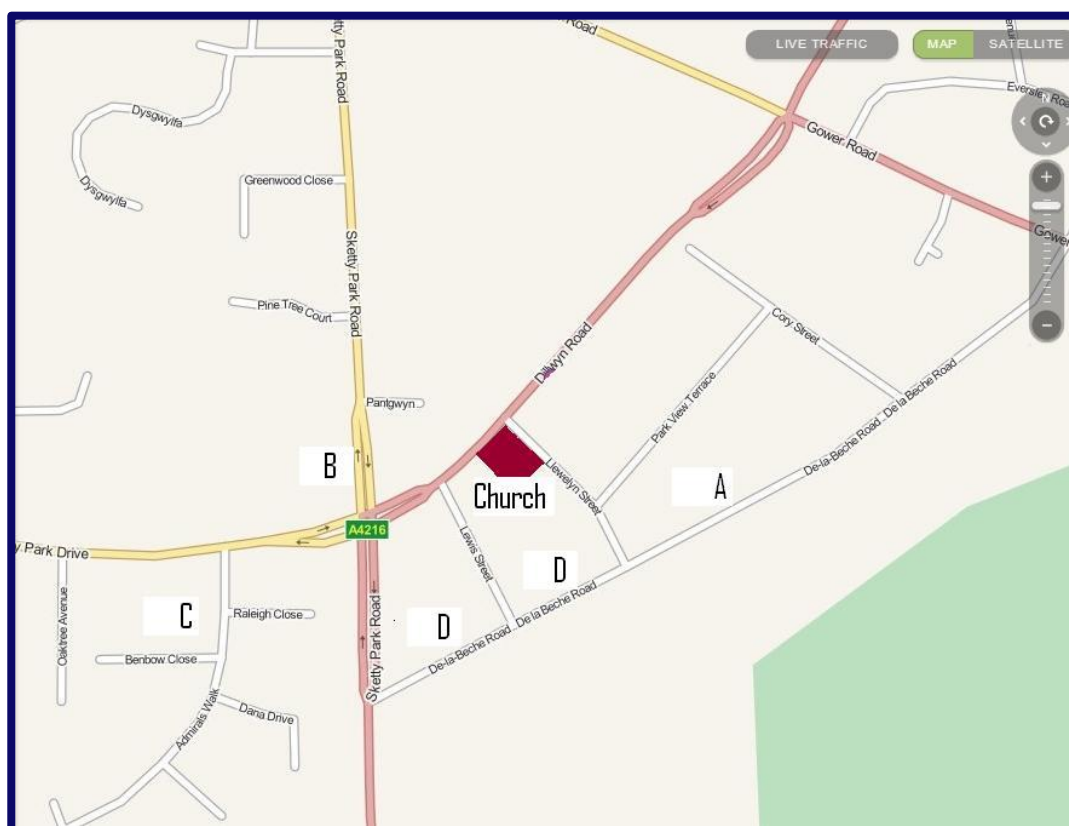
The most obvious unrestricted parking for events at Uniting Church Sketty is in Llewelyn Street (both sides, but not in residents-only bays) and Lewis Street (East side).

There is time-limited parking opposite the Church near the Telephone Exchange but this is not usually long enough for attendance at events.

When no spaces are available in the obvious locations, it may be worth trying the locations marked.

- A - on De-la-Beche Road near the bowling green and tennis courts
- B - on Sketty Park Road on the left going uphill from the traffic lights
- C - on Admirals Walk, a short way after crossing the traffic lights
- D - on De-la-Beche Road in front of houses opposite Bishop Gore School.

There are single yellow lines and parking is prohibited at school opening and closing times, 8.15 to 9.15 and 2.45 to 4.15, but allowed at other times.



Appendix B – Parking and Entrances

