

Additional FAQs

- 1. At the briefing, it was advised that the WhatsApp broadcasts would only be sent to coaches. If I don't have a coach at the meet how do I find out about any meet updates?**

If you do not have a coach at the meet you may join the broadcast group as an individual. QR codes will be available at the pool and hotel.

- 2. I didn't manage to get a training session booked. Will there be any more training sessions for me to access?**

Due to high demand an additional bookable training session will be available for Wednesday, Thursday, Friday and Saturday. This will run from 4:15pm – 5:15pm. Bookable via the link that has been sent to all athletes and coaches.

- 3. Do I have to arrive for the start of the training slot or can you arrive later if doing a short session?**

Once booked and confirmed for a session, you have a space and providing you start and finish your training within the specified times you can use the time available accordingly. There will be a signing in process. Please could we ask that all athletes cancel any training session they do not require so as not to deprive other athletes of the opportunity to take that slot.

- 4. Are we able standing outside the building (hotel or pool) to get some fresh air?**

The event is sanctioned on the basis of the bubble concept being maintained. While we recognise the inconvenience of staying in your hotel room for long periods of time, limiting use and access to the spaces outside of the pool or hotel environment is a key part of us all staying safe.

- 5. Can we use any outdoor communal spaces at the respective hotels for socialising if done in a physically distanced manner and whilst wearing face masks?**

Unfortunately this is not allowable by the hotel as part of the contract with them and the overall COVID plan for the meet.

- 6. The briefing mentioned a COVID test on Friday 16th at the the hotel. Where can I find details of this?**

Self-administered lateral flow tests will be distributed once everyone is onsite. The test must be completed on Friday, with a photo of the negative test result shown at the monitoring desk when leaving the hotel for the first time that day.

7. How early can I arrive at the pool before the session warm up times?

You will be permitted to enter the building 30 minutes before the start of the warm up session. From 0800 for the morning session. Warm up commences at 0830. Entry to the building in for the evening session will be from 1715. Warm up starts at 1745.

8. Can I leave the hotel to walk to the pool and back just for a walk to get fresh air?

Unfortunately this is not allowable under the agreed protocols for the meet/ Whilst we appreciate the desire to do this, there is a requirement to ensure trips to the pool are for training and competition purposes only. A key part of the COVID management plan is to minimise the time spend outside of the controlled environments of the pool and hotel.

9. What is the set up for meals? Times, choice etc? And can I order food in to the hotel?

Meal times at the all The Stratford and Holiday Inn Express will be:

Breakfast: 06:30 -09:30am / Lunch: 11:30 – 14:30pm / Dinner: 18:30 -21:00pm

Meal times at The Holiday Inn will be:

Breakfast: 06:30 -09:15am / Lunch: 11:45 – 14:30pm / Dinner: 18:30 -21:00pm

Discussions have taken place with the hotel to ensure that a varied and balanced is available during the week. If you have any specific dietary requirement and have not yet made the hotel aware of these please email selectiontrials@cseplc.com

No lunches will be provided for Monday arrivals. Your first meal will be dinner, if you wish to arrange lunch on Monday please contact selectiontrials@cseplc.com. Lunch buffets will be available on Tuesday. Please remember to bring any snacks that you may require throughout the week as you will not be allowed to visit any shops / takeaways during the event.

You can order deliveroo etc to be delivered to the hotel in a Covid safe manner.

10. Is it okay for me to change in the stands?

With the event being live streamed with occasional footage of the stands, this practice is discouraged.

11. If my travel plans are delayed will I still be able to get tested when we arrive or should we book multiple spaces?

Please do not book multiple testing slots. Please book a slot that best fits your travel plans. If you are delayed by more than 30 minutes please email covidswabbing@livingcare.co.uk

12. Please can you advise if the gym in the Hotel will be available for use under hotel guidance?

Unfortunately hotel gym use is not permitted under the COVID event rules

13. Will there be an allocated space for land warm ups?

Yes, there will be designated land preparation areas – these will be shown on the venue walk through video available early next week.

14. Can coaches attend training sessions?

Yes, although there are restrictions in place. Coaches will be required to ensure they are physically distanced and wearing face masks at all times. Please be advised that numbers and people flow will be monitored and caps on numbers may be put in place to maintain safety.

15. Am I allowed to watch the finals if I am not racing in the session?

Only athletes competing will be allowed into the pool for the heats and finals sessions. Under the COVID plan there is a requirement to minimise the number of people in the venue to those that are essential to the competition. We appreciate this will be a disappointment, but it is all part of keeping everyone as safe as possible. All sessions will be live streamed, free, on the [British Swimming You Tube page](#)

16. Can you provide Sarah Kennedy's email address for me to send my test result to.

sarah.kennedy@swimming.org

17. What time is check in on Tuesday?

At the Holiday Inn and The Stratford you can check in from 10am. Check in is from 3pm at the Holiday Inn Express. If you would like to request an early check in at The Holiday Inn Express, please contact selectiontrials@cseplc.com

18. How can I request a late check out?

Please contact selectiontrials@cseplc.com if you wish to book at late check out. Late check out is 4pm. If you wish to check out later than 4pm you will need to book another nights accommodation by emailing selectiontrials@cseplc.com you can then leave at any point that evening or the next morning. Once you have checked out your luggage can be stored at the hotel until you are ready to leave the bubble.

19. What covid checks do I need to do before going to the pool?

Before departing from the hotel to the pool you will need to have your temperature checked and confirm that you are not experiencing any Covid symptoms. Once you have done this, you will receive a coloured dot on your accreditation to indicate you have completed the Covid checks. You will not be allowed access to the pool unless you have gone through this screening ahead of each session.

20. When do I need to wear my accreditation?

Everyone is required to wear their accreditation and have this visible at all times from when you leave your room in the hotel. It should be visible at all times on your walk to and from the pool and hotel. It will be required to access the venue and should be worn at all times in the venue. For athletes, please wear your accreditation at all times in the venue up to the point you get changed for warm up / training / racing. Please note that anyone without visible accreditation outside the hotel will be sanctioned.