The Rotary Club of Milton Keynes Swimathon Guidance for Team Captains and Swimmers

This event takes place at:

Wolverton Swimming and Fitness Centre
Addington Avenue
Wolverton
MK12 5GH.

- Each swimmer should be able to swim 50 metres.
  - The length of the pool is 25 metres and although most swimmers only swim one length at a time, the water gets quite choppy.

- Please arrive at the pool 20 minutes before your swim time.
  - Meet together in the foyer and if you are using sponsorship forms hand them over to your team captain.

- Team captains register their teams at the Swimathon reception desk and hand in all sponsorship forms.
  - Any swimmer with a medical condition that needs reporting (e.g. epilepsy) please inform the receptionist.

- Team captains will be issued with a lane card which is handed to the pool manager at the pool entrance.
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- Only swimmers and designated helpers can enter the pool area unless a child under 8 is swimming, in which case a parent/carer needs to accompany them in the pool.

- Spectators – including non-swimming team captains – please use the spectator area.

- When using the changing rooms, Wolverton pool recommend that you leave valuable belongings in the lockers provided.
  - A £1 coin is required to operate the locker (refundable when the locker is emptied). A wristband with key is then released. Non-valuable clothing in a suitable bag can be brought to the poolside.

- After changing, all swimmers should assemble poolside and report to the pool manager's desk.
  - The team captain gives the lane card to the pool manager and decides at which end swimmers should stand and who swims first. The lanes will be clearly identified.

- In the interest of safety, all swimmers and spectators are asked to follow the Wolverton pool staff's instructions.
  - The pool manager and Swimathon stewards are also responsible for activities in the pool area and we ask that you please follow their instructions also.

- Free bottled water will be available at reception and poolside
- Refreshments are available adjacent to the spectator areas. It is not recommended to drink alcohol or take any drugs before swimming.

- A quick changeover is essential.
  - Please help by leaving the pool area promptly after your swim, taking all your possessions with you.
- After the swim, team captains should collect a pack from the reception desk, which will contain swimmers' returned sponsorship forms and certificates endorsing the numbers of lanes swum.