

2010 British Learning Disability Swimming Championships



Saturday, 10th July 2010
Ponds Forge - Sheffield



ENTRY PACK

The event is promoted by a partnership of DSISO (GB), Mencap Sport and Special Olympics GB. It will be run under Fina rules (license pending)



Ponds Forge
International Sports Centre

GENERAL INFORMATION

We look forward to receiving your entry to the 2010 British Learning Disability Swimming Championships.

Following your feedback in 2009, the event will be a one-day event and, in a change from previous years, all events will run on a time-banded basis. There will be no finals.

Results for all Mencap members will be used to select the team for Geneva. Application forms will be available on the day – see www.mencap.org.uk/sport

ELIGIBILITY CRITERIA - Swimmers are eligible provided that they meet the criteria to compete as an athlete with a learning disability. That is, they have been identified by an agency or professional as having a general learning disability/IQ of 75 or below.

Learning disability does not include physical or sensory impairment, emotional/behavioural impairments or specific learning difficulties. The promoters may refuse entry to any athlete who, in their opinion, does not meet the eligibility criteria.

A formal UKSA or INAS classification is not required, however only athletes who hold a national or international classification will be eligible to claim performance records.

SWIMMERS WITH A SEVERE LEARNING DISABILITY

Entry to these events is strictly for swimmers who cannot achieve the entry times due to the nature of their disability. These events are not open to 'beginner' or 'non-swimmers'.

Events for swimmers with a Severe Learning Disability will take place in the middle pool (warm up area). The organisers will provide a number of volunteers/supporters to assist, but teams may wish to nominate a volunteer to assist swimmers in these races. This person should hold a CRB certificate issued within the last 2 years, and bring it with them on the day.

GENERAL RULES OF COMPETITION

Competitors entered in this event must have recognised stroke movements as defined by Fina, the World Governing Body for Swimming. For details see the handbook at www.britishswimming.org. To avoid disqualification, any swimmers with suspect leg or arm actions should only be entered into the freestyle events. If you are in any doubt contact your local swimming instructor or coach.

ENTRIES – Entry forms are available from www.mencap.org.uk/sport. Accurate entry times must be submitted on the entry form for each swimmer and each event they wish to enter. These must be verified by the signature of a coach or official showing where, when and at what event the time was achieved. Entry times must have been achieved in a competition held on or after 1st June 2009, and the swimmer must have competed in the event as a swimmer with a learning disability.

Entries should be received by Friday 21st May 2010. Swimmers may enter up to 6 events (reccomended 2 per session) but consideration should be given to how tired the swimmer might be. Should the number of entries exceed the time available for the event, the Promoters reserve the right to decline entries. No late entries will be accepted.

TIME BANDING AND PENALTIES - Races will be divided into “Time Bands” whereby the entry time of each swimmer in the band is within approximately 10% of all other swimmers in that band. Medals will be awarded within each band.

Should any swimmer swim more than 15% faster than his/her entry time, then they will be given a “speeding ticket” and excluded from the final placings for that band. Penalties will be strictly enforced.

Where there are only enough entries for one heat, and in the fastest (final) heat of any event, there is no time banding and the 15% rule will not apply.

ENTRY FEES - The entry fee is £5.00 per person per event. Cheques should be made payable to Mencap.

AWARDS - There will be no formal medal presentations – medals can be collected from the medal desk 30 minutes after each race. Medals will be awarded for the first 3 places in each Time Band.

ACCOMMODATION - There are a number of budget hotels (Ibis, Premier and Travelodge) as well as higher range hotels (Novotel, Holiday Inn, Bristol or Hilton) close to the venue. See www.laterooms.com for information.

REGISTRATION ON ARRIVAL – Psych sheets will be made available once all entries have been confirmed and will be posted on the Mencap, Special Olympics GB and DSISO websites. Any corrections are to be sent to Mencap Sport as soon as possible, and no later than Friday 25th June 2010.

The Team Manager ONLY must report to the registration desk in the foyer between 09.00 and 10.00 hours. Team Coaches/Managers may register groups of swimmers. Withdrawals may be declared at registration, but NO substitutions are permitted.

PROTESTS - Protests may be made in accordance with ASA Rules 104, 150 and 415. Any such protest is to be made to the Competition Referee within 30 minutes following the conclusion of the event during which the incident giving rise to the protest took place, unless the reason for the protest is known before the event, in which case the protest must be made as soon as reasonably practicable before the event starts. All protests are to be accompanied with a fee of £10. Appeals against the decision of the Competition Referee may be made to the Jury of Appeal in accordance with ASA Rule 416.

If a protest is rejected, the fee shall be forfeited to the event organisers. If the protest is upheld the fee may be returned.

POOLSIDE HELPERS - Each team is allowed ONE person in the marshalling area while the swimmers are waiting for their races. Once the competitor has been handed over to the final race marshals, no contact is allowed. Only escorts/coaches with a valid pool pass will be able to access poolside, wearing appropriate pool shoes (soft shoes - eg trainers with white soles). No outdoor shoes are allowed on poolside.

Each team will receive one free poolside pass for every four swimmers. Additional passes may be ordered on the entry form at a cost of £5. Athletes requiring Medical Spotters will receive a free pool pass. This requirement should be explained in a covering letter with the entry.

Anyone receiving a pool pass will need to provide evidence of a CRB check or sign a self-declaration on the day, before they are allowed on poolside.

SPECTATORS - We encourage all parents to come and support the event, however please note that spectators will not be permitted access to the poolside. No smoking or alcohol is permitted in any areas normally used by athletes.

VIDEO AND PHOTOGRAPHY - In line with the recommendations in the ASA Child Protection Policy, the promoters of this event request that any person wishing to take still or moving images register their details with staff on reception. This includes the use of a mobile telephone with photographic or video facility.

Mencap, Special Olympics GB and DSISO GB may take photographs/recording of you whilst at this event. These images may appear in publicity material or websites. The organisers will only use appropriate images of athletes to promote sport and recreation and/or athletes in competition through publicity material, media, contacts or other appropriate means and will not include personal email, postal addresses or telephone or fax numbers. If you do not consent to photographs, please indicate this on the entry form.

HEALTH & SAFETY - Due to health and safety rules we must insist that all spectators and competitors in the balcony use the seats and do not congregate at the rear walkway or on the balcony below the scoreboard. This is to keep the fire escapes free. Please do not congregate at the entry doors.

Please ensure that all swimmers coming to the pool marshalling area have with them a plastic drinks bottle, tracksuit top/tee-shirt and shorts/tracksuit trousers and are wearing suitable footwear. We have helpers who will keep all these together until after the race.

PARTNER ORGANISATIONS CONTACT

DSISO: 07717 362 616 or email diane.dart@dsiso.org,

SOGB: 0207 247 8891 or email info@specialolympicsgb.org

Mencap Sport: 01924 234 912 or email sport@mencap.org.uk

For all general enquiries and entries, please contact Mencap Sport, 6a Calder Vale Road, Wakefield, West Yorkshire, WF1 5PE, tel 01924 234 912 or email - sport@mencap.org.uk

PROGRAMME OF EVENTS (subject to change)

Programmes will be available from the registration desk at a cost of £2.00

Session 1 (10.00am)

Warm up 9.00 – 9.40am

50m Backstroke (Female)
50m Backstroke (Male)
100m Breaststroke (Female)
100m Breaststroke (Male)
200m Freestyle (Female)
200m Freestyle (Male)
25m Freestyle (Female)
25m Freestyle (Male)
100m Individual Medley (Female)
100m Individual Medley (Male)
400m Individual Medley (Female/Male)
10 Meter Assisted Swim*
15 Meter Unassisted Swim*
15 Meter Flotation Race*
25 Meter Flotation Race*

Session 2 (2.00pm)

Warm up 1.00 to 1.40pm

50m Breaststroke (Female)
50m Breaststroke (Male)
400m Freestyle (Female)
400m Freestyle (Male)
25m Backstroke (Female)
25m Backstroke (Male)
200m Backstroke (Female)
200m Backstroke (Male)
50m Freestyle (Female)
50m Freestyle (Male)
100m Butterfly (Female/Male)
25m Butterfly (Female)
25m Butterfly (Male)
200m Butterfly (Female/Male)

Session 3 (5.00 pm)

Warm up 4.00 to 4.40pm

50m Butterfly (Female)
50m Butterfly (Male)
200m Individual Medley (Female/Male)
100m Backstroke (Female)
100m Backstroke (Male)
25m Breaststroke (Female)
25m Breaststroke (Male)
200m Breaststroke (Female/Male)
100m Freestyle (Female)
100m Freestyle (Male)

* - These races are reserved for swimmers with more severe disabilities. They are not open to swimmers capable of achieving the entry standard for other races, or for 'beginner' or 'non swimmers'. There are no qualifying times for these races.

MINIMUM QUALIFYING ENTRY TIMES

Swimmers entering the event must meet the minimum qualifying times. Swimmers competing in a 100m race will not be permitted to enter any 25m races.

	Men	Women		Men	Women
25m Backstroke	58.00	1.12.00	100m Butterfly	2.46.00	3.11.00
25m Breaststroke	62.00	1.17.00	100m Freestyle	2.00.00	3.00.00
25m Butterfly	59.00	1.13.00	100m IM	3.36.00	4.07.00
25m Freestyle	56.00	1.10.00	200m Backstroke	4.48.00	5.36.00
50m Backstroke	1.32.00	1.36.00	200m Breaststroke	5.00.00	6.00.00
50m Breaststroke	1.40.00	1.54.00	200m Butterfly	5.00.00	6.12.00
50m Butterfly	1.35.00	1.49.00	200m Freestyle	4.12.00	5.12.00
50m Freestyle	1.31.00	1.43.00	200m IM	4.36.00	5.24.00
100m Backstroke	2.48.00	3.07.00	400m Freestyle	7.36.00	9.36.00
100m Breaststroke	2.54.00	3.24.00	400m IM	8.48.00	11.00.00

The entry time is to have been attained on or after 1st June 2009 and must be verified by the signature of a coach or official showing where, when and at what event the time was achieved.

ADDITIONAL INFORMATION FOR SWIMMERS WITH DOWN SYNDROME

ATLANTO-AXIAL INSTABILITY

Atlanto Axial Instability is a condition which Down Syndrome swimmers could have. There are quite a few sports that can cause pressure on the neck and if the swimmer has this instability it can have serious effects. It is stressed that for the safety of the swimmers they have a regular/periodic neck X-ray as directed by their medical specialist.

Any person diagnosed with Symptomatic AAI WILL NOT BE ALLOWED TO COMPETE IN THIS EVENT.

For this event we require a doctor's note/letter stating whether the x-ray has been done, the results and, if necessary a clear statement of whether the swimmer has, or does not have, asymptomatic AAI.

Swimmers are considered to be in a "high risk" group if they swim the butterfly, dive or do a racing start into the water. In this case we must insist that all Down Syndrome swimmers complete the attached Dive Start and Butterfly Form.

All swimmers with Down Syndrome MUST complete the section of the entry form headed "Swimmers with Down Syndrome" and submit medical evidence to show clearance from AAI to Dive Start and/or swim Butterfly.

RACING DIVE STARTS

All swimmers with Down Syndrome wishing to execute a Racing Dive Start must have reached the standard of the "Dive Start Guidelines" below and should complete and return the "Swimmers with Down Syndrome" section of the entry form.

This section of the form should be completed for all Down Syndrome swimmers who wish to be permitted to use a dive start and/or to swim butterfly in the event. Failure to produce this form, correctly completed, will result in the swimmer being required to start all races in the water and will not be permitted to enter the butterfly events.

It is the responsibility of the coach/trainer to ensure that the named swimmer is safe in performing the activities stated. The attached flowcharts will help you to understand the requirements.

DIVE START GUIDELINES - MINIMUM PERFORMANCE REQUIREMENTS

These guidelines have been drawn from those in use by British Swimming to encourage safety when considering the dive start. Assessment and validation is to be made by a swimming coach or swimming trainer.

Dive Start Test (Side)

The depth of water is to be a minimum of 0.9m and a maximum of 2.0m, with a maximum freeboard of 0.38m. The swimmer is required to demonstrate that he/she is capable of performing the following activities from the poolside under normal starting conditions in a proficient and safe manner.

1. Perform a shallow dive followed by a glide of at least 5m.
2. Perform a shallow dive followed by a front crawl leg kick to surface
3. Perform a shallow dive followed by a dolphin leg kick to surface
4. Perform a shallow dive followed by one breaststroke arm pull and leg kick to surface
5. Perform a track, grab or wind-up start followed by a glide for 5m

Dive Start Test (Block)

This additional assessment is to ensure that the athlete has confidence in the use of the block in achieving a dive start.

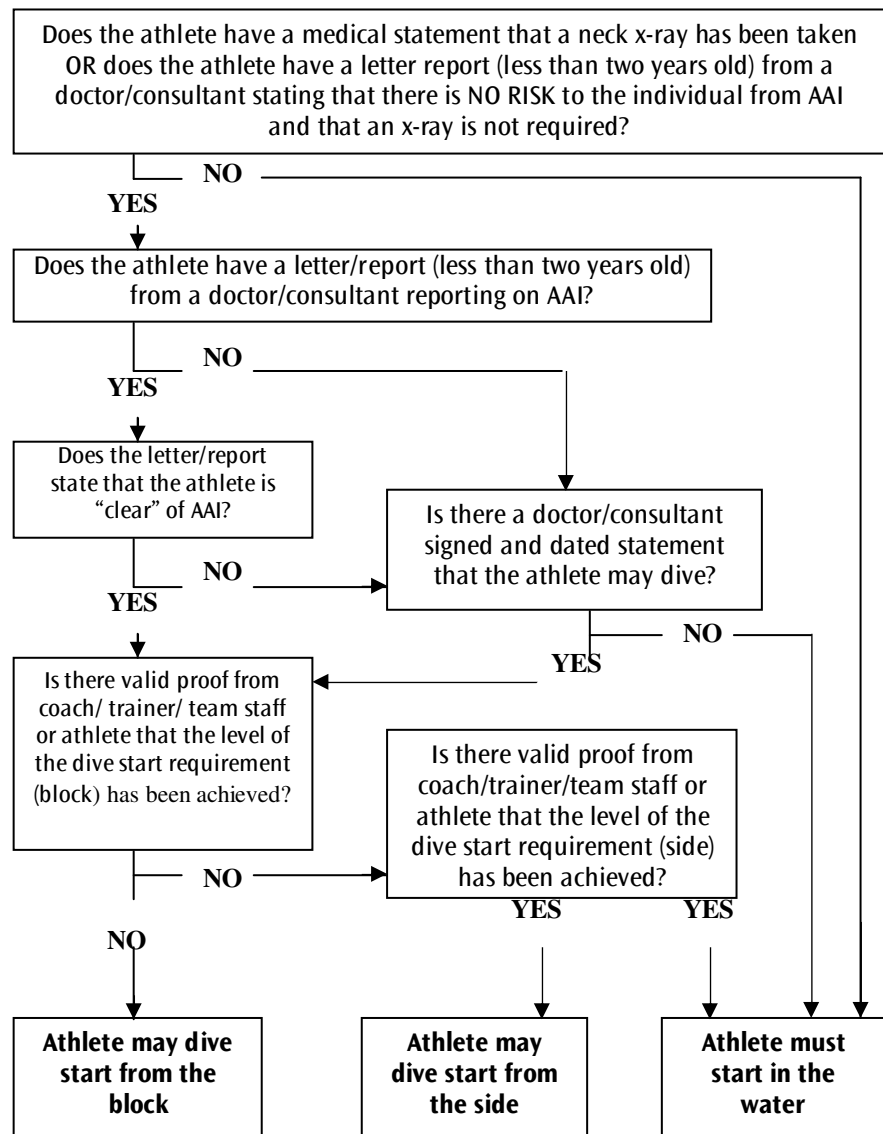
The depth of water is to be a minimum of 1.2m and a maximum of 2.0m, the height of the block is to be a minimum of 0.5m and a maximum of 0.75m above the water surface.

In addition to the requirements of the Dive Start Test (Side), the swimmer is required to demonstrate that he/she is capable of performing the following activities from the block under normal starting conditions in a proficient and safe manner.

1. Perform a shallow dive followed by a glide of at least 5m.
2. Perform a track, grab or wind-up start followed by a glide for 5m
3. Perform a dive start followed by a front crawl leg kick to surface
4. Perform a dive start followed by one breaststroke arm pull and leg kick to surface

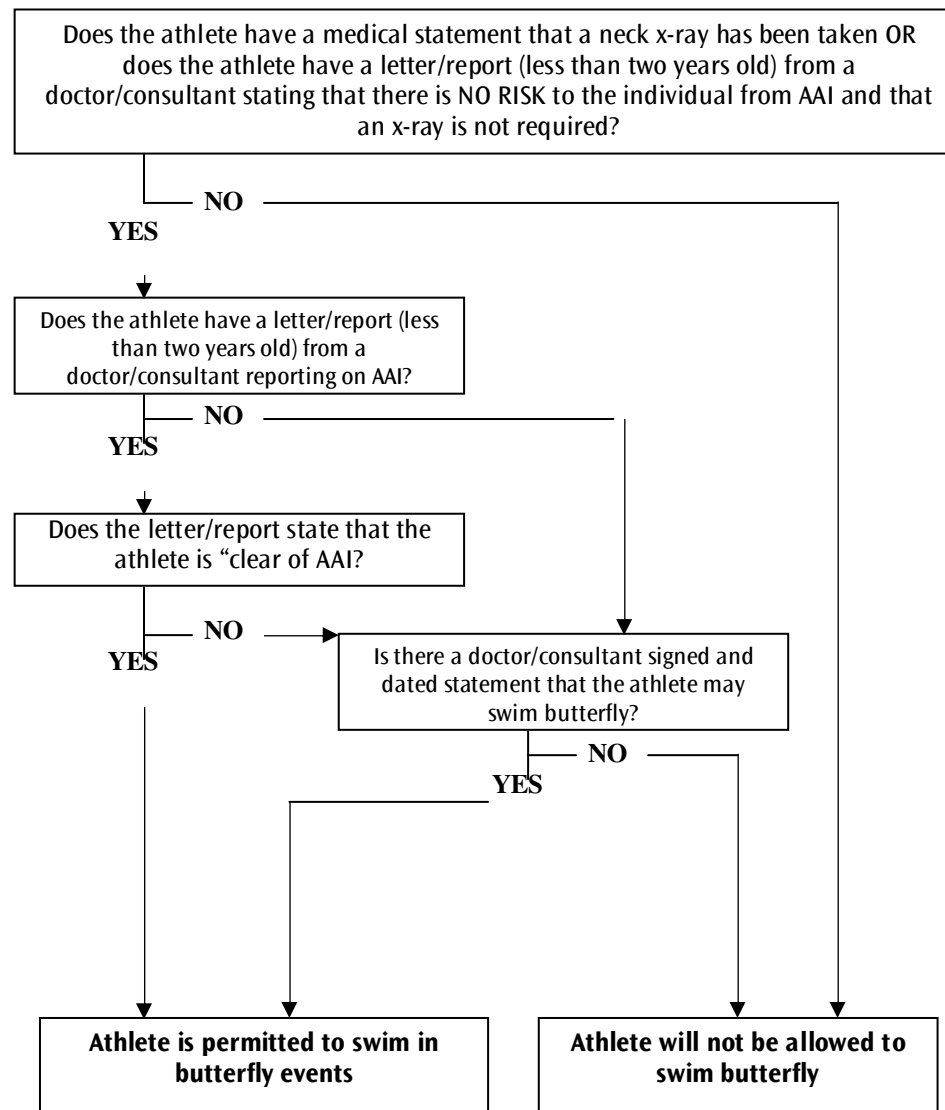
PERMISSION TO DIVE START FOR DOWN SYNDROME ATHLETES

The following flow chart is to be used by ALL Down Syndrome athletes wishing to dive start at the British Learning Disability Swimming Championships & Festival of Swimming. Failure to provide any of the required documentation WILL result in the athlete being required to start in the water.



PERMISSION TO COMPETE IN BUTTERFLY EVENTS FOR DOWN SYNDROME ATHLETES

The following flow chart is to be used by ALL Down Syndrome athletes wishing to enter in butterfly events at the British Learning Disability Swimming Championships & Festival of Swimming. Failure to provide any of the required documentation WILL result in the athlete not being permitted to enter any butterfly events.



2010 British Learning Disability Swimming Championships ENTRY FORM

Name:		Date of Birth:	/ /
Address:			

Contact:	Telephone: Home/Work	Mobile:
	E-mail:	

Club:		Male/Female:
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Classification or membership number if available:	International (INAS) or UK (National)		DSISO
	SPECIAL OLYMPICS		ASA, SASA, WASA or Swim Ireland

	Entry Time	Coach/ Official's signature	Event name & date when achieved
example	00:00:30	<i>John Toward</i>	DSE juniors, 4.11.07
25m Freestyle			
50m Freestyle			
100m Freestyle			
200m Freestyle			
400m Freestyle			
25m Breaststroke			
50m Breaststroke			
100m Breaststroke			
200m Breaststroke			
25m Backstroke			
50m Backstroke			
100m Backstroke			
200m Backstroke			
25m Butterfly			
50m Butterfly			
100m Butterfly			
200m Butterfly			
100m IM			
200m IM			
400m IM			
15m Floatation Race*			
25m Floatation Race*			
10m Assisted Swim*			
15m Unassisted Swim*			

* - These races are reserved for swimmers with more severe disabilities. They are not open to swimmers capable of achieving the entry standard for other races, or for 'beginner' or 'non swimmers'. There are no qualifying times for these races.

DECLARATION OF MEDICAL CONDITIONS

I understand that the Promoters require me to state any known medical conditions and their management that may compromise my safety in the water. I understand that if I fail to state any known medical conditions and if this condition results in having to perform a rescue, I will automatically be deemed ineligible for the competition.

Known medical conditions (print 'n/a' if there are no medical condition):

Name of medical spotter (if required):

The current management for the above is:

ELIGIBILITY

I confirm that the swimmer overleaf meets the eligibility criteria to compete as a swimmer with a learning disability (see notes)

YES	NO
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OTHER

Do you consent to use of video and photography?

YES	NO
YES	NO

Do you have Down Syndrome? (If YES, then remember to complete the section below)

SWIMMERS WITH DOWN SYNDROME

Medical assessment states "Clear of AAI"

YES	NO
YES	NO
YES	NO

If NO, does medical assessment give recommendation to allow diving

If NO, does medical assessment give recommendation to allow butterfly?

If YES, and/or medical assessment gives recommendation to permit diving:-

Assessment of Dive Start Test (Side) ...Pass/Fail Date of assessment _____
Assessment of Dive Start Test (Block)...Pass/Fail Date of assessment _____

Please attach copies of current medical assessment certificates/letters etc. These must be signed and authorised by a Medical Practitioner and carry the stamp of the Medical Authority/Surgery.

Signature of coach/trainer _____

Name of coach /trainer _____ Qualification _____

DECLARATION

SIGNATURE OF SWIMMER: _____ **DATE:** _____

SIGNATURE of PARENT/GUARDIAN [IF UNDER AGE 18]: _____

This form is to be resubmitted if there are changes to the condition and medication and/or management. If you would like a receipt, please enclose a stamped addressed envelope.

OFFICIAL USE ONLY

Date Received	/ /	Date Recorded	/ /	AAI	
Date Receipt Sent	/ /	Fees Checked		Approved Technical Director	
DS	Yes/No	Results		Dive Cert	
				Butterfly	

**2010 British Learning Disability Swimming Championships
COSTING SHEET**

Club/Team				
Contact				
Address				
Contact Telephone Numbers	Work/Home:	Mobile:		
Contact Email				
Swimmer	N ^o of Races			
		@ £5.00	£	
		@ £5.00	£	
		@ £5.00	£	
		@ £5.00	£	
		@ £5.00	£	
		@ £5.00	£	
		@ £5.00	£	
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		@ £5.00	£	
		@ £5.00	£	
Additional Poolside passes:				
Name:		@ £5.00	£	
Name:		@ £5.00	£	
Name:		@ £5.00	£	
PLEASE MAKE CHEQUE PAYABLE TO <u>MENCAP</u>			TOTAL	£