**Bromsgrove Lions Club**

**Inclusive Swimming Event**

EVENT INFORMATION PACK & REGISTRATION

**LOCATION:** **Bromsgrove Leisure Centre,**

 **School Drive, Bromsgrove B60 1AY**

**DATE:** **Saturday 5th October 2019**

**RACES:**  **5.30pm – 7.30pm (approx.)**

**PARTICIPATION FEE FREE**

***(FEE HAS BEEN WAIVED AS PART OF THE LIONS SPONSORSHIP)***

 **Swimmers Age 6 and over**

**ENTER ONLINE @**

[**http://swimprojects.co.uk/bromsgrove-inclusive-swimming-competition-2019/**](http://swimprojects.co.uk/bromsgrove-inclusive-swimming-competition-2019/)

**OR REGISTRATION FORMS CAN BE EMAILED TO:**

swimprojects@virginmedia.com

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[**www.swimprojects.co.uk**](http://www.swimprojects.co.uk)

**For more details call: Dave White on 0774 677 9293**

**NO ENTRIES WILL BE ACCEPTED AFTER: Thursday 3rd October 2019**

**Bromsgrove Lions Club**

**Inclusive Swimming Event**

###### Details & Conditions

The competition activities are being organised and run by, Swim Projects, in association with Bromsgrove Lions Club and Everyone Active Bromsgrove Leisure Centre

This event is to provide swimmers with a Physical, Visual, Hearing and Intellectual (low IQ) Aged 6+, a taster of competition swimming with the opportunity to race over a short distance.

**PLEASE NOTE WE HAVE A LIMIT OF 40 SWIMMING PLACES AVAILABLE**

 **Warm up 5.30pm-5.45pm Races 5.50pm-7.30pm (approx.)**

Swimmers who take part in this event will be involved in a competition, they will have the opportunity to have-a-go at racing and hopefully experience the competitive buzz of people cheering them down the pool

* During the event swimmers will swim one per lane and race over 25m (one length)
* Those that require someone swimming alongside them may do so
* Each swimmer will be timed each time they swim

There will be an opportunity for each swimmer to race a maximum of four times, (subject to ability) backstroke/breaststroke/front crawl/Butterfly

Once the swimmers have completed their events, they are free to go, however they will need to be collected by parent/carers ensuring that the poolside helpers are aware they are going.

**Team staff during races**

Other than parents/carers acting as accompanying swimmers in the pool, parents/carers, family and supporters will be able to spectate from the spectator area, swimmers will be guided to their races by a group of team staff.

To be comfortable on poolside it is recommended that the swimmers have a spare towel and extra ‘T shirt’ to keep warm and dry while waiting for their races

**Refreshments:**

There is a café in the reception area which overlooks the pool.

Swimmers may want to bring a plastic drinks bottle of water/squash on poolside while they are competing

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**Please type or print clearly**

|  |  |  |  |
| --- | --- | --- | --- |
| First Name |  | Surname |  |
| Date of Birth |  | Sex | Male/Female |
| Tel. Home |  | Tel. Mobile |  |
| Email |  |
| Member of a Club? |  |

 Type of disability (please tick)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Physical |  | Visual |  | Hearing |  | Intellectual (low IQ) |  |

**IMPAIRMENT DETAILS**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E.g. CP / HEMIPLEGIA (any other details we need to know)**

**Please indicate your level of swimming ability**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Swims using own aids (armbands etc.) |  | Swims without use of aids |  | Level 4 swimming lessons or above |  | Member of a swimming club |  |

*If you have a time for any of the event’s, please enter them below (don’t worry if you don’t have one)*

|  |  |  |  |
| --- | --- | --- | --- |
| 25m Backstroke |  | 25m Breaststroke |  |
| 25m Freestyle |  | 25m Butterfly |  |

Swimmers may use aids and if required have an accompanying swimmer swimming alongside during any of these events

**If your parent/carer will be swimming alongside you please tick here**

**If you would like an accompanying swimmer to be available for you please tick here**

|  |
| --- |
| Signature:  Parent/Guardian Signature (if competitor under the age of 18): Date:  |

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