

# 2012 British Learning Disability Swimming Championships



## Entry pack – Information for coaches

Saturday 12 May 2012  
Ponds Forge, Sheffield

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



# 2012 British Learning Disability Swimming Championships

**The British Learning Disability Swimming Championships 2012 is for swimmers with a learning disability and there are specific entry requirements. You'll find everything you need to know about the criteria and the competition in this booklet. Please make sure you read everything through carefully before you fill in the form later in this pack.**

**We look forward to receiving your entry.**

## **Who is eligible to enter the championships?**

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

Learning disability does not include physical or sensory impairment, emotional or 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 necessary to enter but only athletes who hold a classification can claim performance records. Only DSISO members may claim DSISO records.

## **General rules of the competition**

Competitors entered in this event must have recognised stroke movements as defined by Fina, the international governing body for swimming. For details see the

handbook at [www.britishswimming.org](http://www.britishswimming.org)  
Rules will be strictly enforced, so 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.

## **Events for 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 'beginners' or 'non-swimmers'.

The organisers may provide a number of volunteers or supporters to assist, but recommend that teams nominate a volunteer to assist swimmers in these races. This person should hold a CRB certificate issued within the last two years, and bring it with them on the day.

## **Entering the competition**

This year we are introducing an online entry system. This has a number of advantages for both the club and for the event as it improves accuracy and speeds up the entry process.

You can download the online entry pack at <http://www.hy-tekLtd.com/downloads.html> which includes instructions on how to use the software.

If you have any questions when following these instructions please e-mail [info@sportstek.co.uk](mailto:info@sportstek.co.uk)

If you cannot enter online then please use the entry form attached.

The promoters will hold information about entrants in line with the *Data Protection Act 1998*.

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 1 June 2011.

Swimmers may enter up to four events but consideration should be given to how tired the swimmer might get. If the number of entries exceeds the time available for the event, the promoters reserve the right to decline entries. If necessary, the promoters may combine male and female events for the benefit of swimmers and/or for the purposes of event timing. The results will still be published as separate events.

The entry fee is £5.50 per person per event. Cheques should be made payable to Mencap. Send your entry and cheque to Diane Dart, 6 Radnor Road, Earley, Reading RG6 7NP.

Entries must be received by Friday 16 March 2012. No late entries will be accepted.

Results for all Mencap members will be used to select the team for the competition in Geneva. Application forms will be available on the day – see [www.mencap.org.uk/sport](http://www.mencap.org.uk/sport)

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](http://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. If anything is incorrect, please send the correct information to Diane Dart (address above) as soon as possible, and no later than Friday 6 April 2012.

Only the team manager must report to the registration desk in the foyer between 9am and 10am. Team coaches or managers may

register groups of swimmers. Withdrawals, if known, must be declared at registration but no substitutions are permitted.

## Time banding and penalties

Races will be divided into time bands where 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 or her entry time, they will be given a 'speeding ticket' and excluded from the final placing 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.

## The 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 three places in each time band.

## The protesting procedure

Protests must be made in accordance with ASA rules. Any protest should be made to the competition referee within 30 minutes of the end of the event that the incident took place in – unless the reason for the protest is known before the event. If this is the case, the protest must be made as soon as reasonably practicable before the event starts. All protests should 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.

## If you need 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 or coaches with a valid pool pass will be able to access poolside, wearing appropriate pool shoes (soft shoes - for example trainers with white soles). No outdoor shoes are allowed poolside.

Each team will receive one free poolside pass for every four swimmers. You can order extra passes on the entry form for £5 each. Athletes who need medical spotters will receive a free pool pass. You need to explain the reason for the medical spotter 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 poolside.

## Bringing spectators

All parents are welcome to come and support athletes at the event, however spectators will not be permitted 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, anyone who wants to take still or moving images must 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 or record 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. No personal email or postal addresses, telephone or fax numbers will be used. If your athletes do not want to have photos or film taken of them, please indicate this on the entry form.

## Health and 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. All entry doors should be kept clear as well.

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

## Organisations and contacts

For all general enquiries, please contact:

**Diane Dart**

6 Radnor Road  
Earley  
Reading RG6 7NP

**07717 362 616**

**diane.dart@dsiso.org**

To contact partner organisations:

**Special Olympics GB:**

**0207 247 8891**

**info@specialolympicsgb.org**

**Mencap Sport:**

**0121 722 5900**

**sport@mencap.org.uk**

For all swimming, technical and rule-specific enquiries please contact:

**Dave Harman**

**07803 017 903**

**dave.j.harman@gmail.com**

# Programme of events (subject to change)

Programmes will be available from the registration desk for £2.

## Session 1

10am

Warm up 9–9.40am

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)
10m	Assisted swim*
15m	Unassisted swim*
15m	Flotation race*
25m	Flotation race*

\* *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 'beginners' or 'non-swimmers'. There are no qualifying times for these races.*

## Session 2

2pm

Warm up 1–1.40pm

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

5pm

Warm up 4–4.40pm

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)

## Minimum qualifying entry times

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

	Men	Women		Men	Women
25m Backstroke	58.00	1.12.00	100m Butterfly	2.46.00	3.11.00
25m Breaststroke	1.02.00	1.17.00	100m Freestyle	2.00.00	3.00.00
25m Butterfly	59.00	1.13.00	100m Individual medley	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 Individual medley	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 Individual medley	8.48.00	11.00.00

The entry time must have been achieved on or after 1 June 2011 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's syndrome

### Atlantoaxial Instability

Atlantoaxial Instability (AAI) is a condition which some swimmers with Down's syndrome may have. There are a few sports that can cause pressure on the neck and if the swimmer has this instability, it can have serious effects. For the safety of the swimmer they should have a regular 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 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's syndrome swimmers complete the dive start and butterfly permission charts later on in this form.

All swimmers with Down's syndrome must complete the section of the entry form headed 'Swimmers with Down's syndrome' and submit medical evidence to show clearance from AAI to dive start and/or swim butterfly.

## Racing dive starts

All swimmers with Down's 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's syndrome' section of the entry form.

This section of the form should be completed for all Down's syndrome swimmers who wish 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 having to start races in the water and not being permitted to enter the butterfly events.

It is the responsibility of the coach or 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. A swimming coach or swimming trainer must provide assessment and validation.

### Dive start test (side)

The depth of water should 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 or 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 one breaststroke arm pull and leg kick to surface.
3. 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 is confident using the block for a dive start.

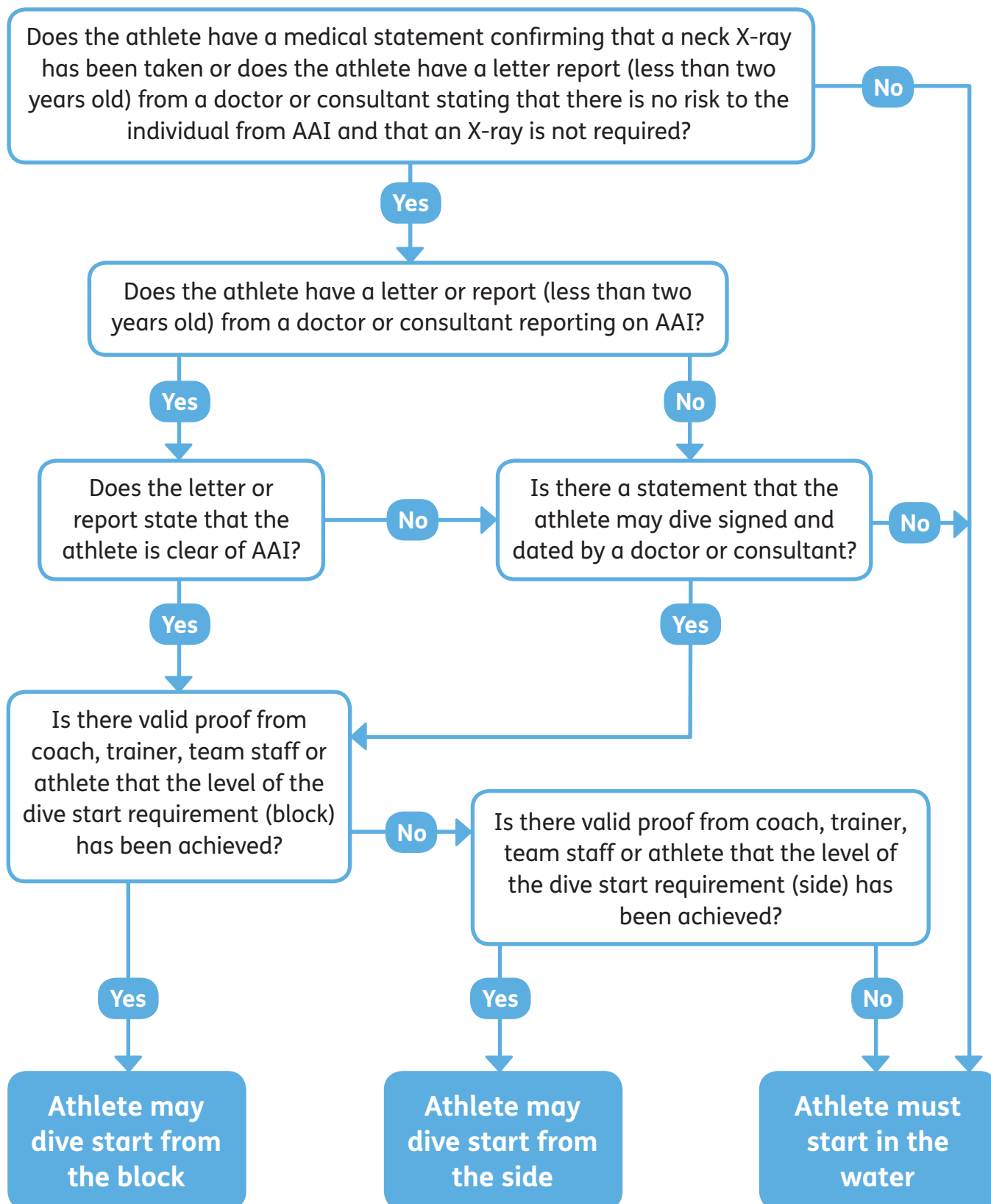
The depth of water should be a minimum of 1.2m and a maximum of 2.0m, the height of the block should be a minimum of 0.5m and a maximum of 0.75m above the water surface.

In addition to the requirements of the dive start test (side), the swimmer is required to demonstrate that he or 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 dive start followed by one breaststroke arm pull and leg kick to surface.

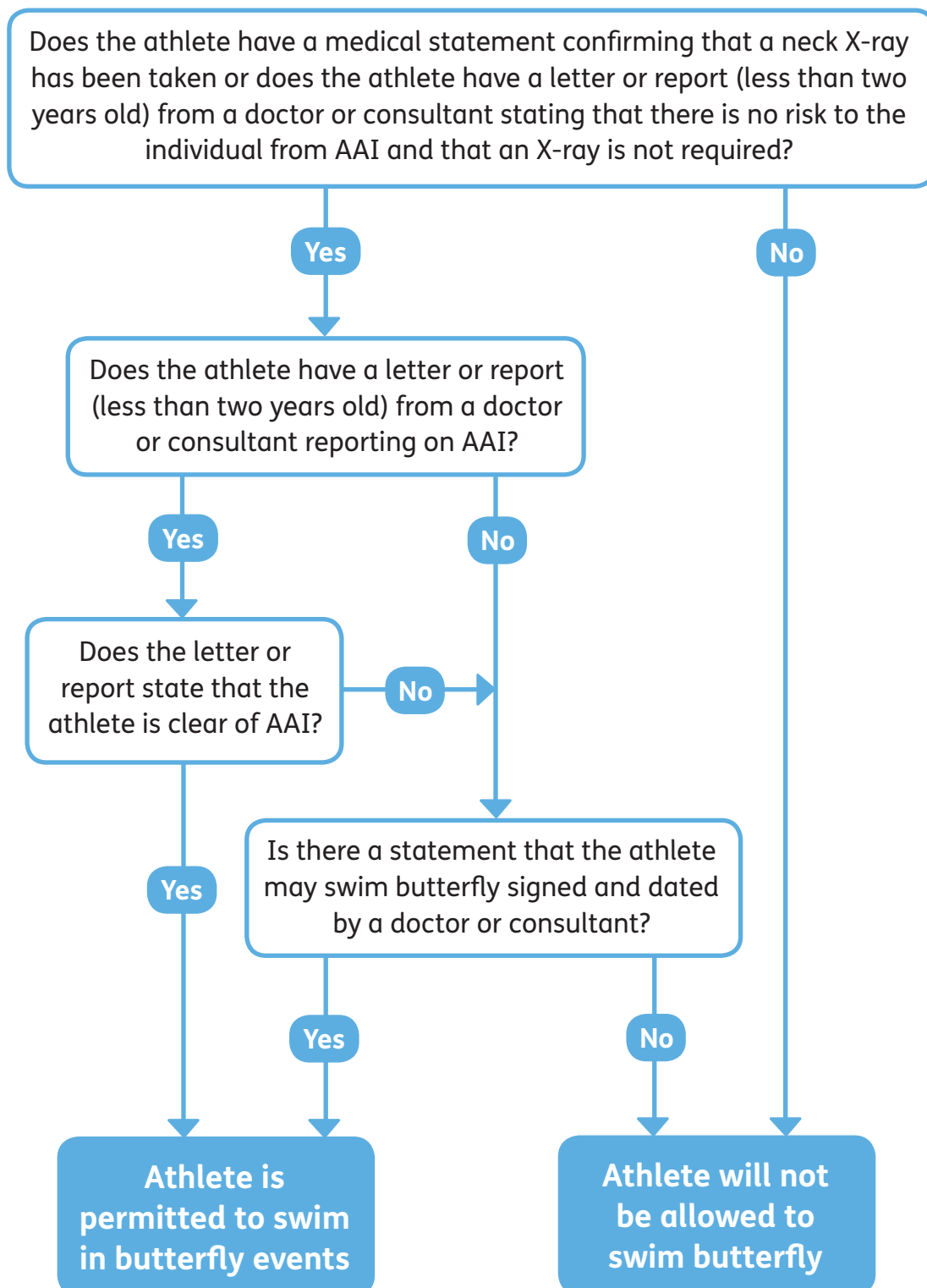
## Permission to dive start for athletes with Down's syndrome

The following flow chart is to be used by **all** athletes with Down's syndrome wishing to dive start at the British Learning Disability Swimming Championships. Failure to provide any of the required documentation will result in the athlete being required to start in the water. In line with the recommended guidelines, swimmers with symptomatic AAI are not permitted to take part in the event.



## Permission to compete in butterfly events for athletes with Down's syndrome

The following flow chart is to be used by all athletes with Down's syndrome wishing to enter butterfly events at the British Learning Disability Swimming Championships. Failure to provide any of the required documentation will result in the athlete not being permitted to enter any butterfly events. In line with the recommended guidelines, swimmers with symptomatic AAI are not permitted to take part in the event.



# 2012 British Learning Disability Swimming Championships

## entry form (please use online entry system where possible)

Name: ..... Date of birth: ...../...../.....

Address: .....

.....

Telephone: Home/Work: ..... Mobile: .....

E-mail: .....

Club: ..... Male/Female: .....

Classification or membership no. if available:

International (INAS) or UK (national)		DSISO	
Special Olympics		ASA, SASA, WASA or Swim Ireland	

	Entry time	Coach or official's signature	Event name and date achieved
<i>Example</i>	<i>00:00:30</i>		<i>DSE juniors, 4.11.07</i>
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 'beginners' or 'non-swimmers'. There are no qualifying times for these races.

# Consent and declarations form

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 swimmers with symptomatic AAI may not take part. I understand that if I fail to state any known medical condition and if this condition results in having to perform a rescue, I will automatically be deemed ineligible for the competition.

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

Name of medical spotter (if required - you will need a covering letter):

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

## Other

Do you consent to the use of video and photography?

Yes  No

Do you have Down's syndrome? (If yes, remember to complete the section below)

Yes  No

## Swimmers with Down's syndrome

Medical assessment states clear of AAI

Yes  No

If no, does medical assessment give recommendation to allow diving?

Yes  No

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

Yes  No

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 or letters etc. These must be signed and authorised by a medical practitioner and carry the stamp of the medical authority or surgery.

Signature of coach or trainer: .....

Name of coach or trainer: ..... Qualification: .....

## Declaration

Signature of swimmer: ..... Date: .....

Signature of parent or 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	

