2016 Canadian Age Group Championships
Coach Bulletin
July 20, 2016

The following information is intended to give coaches attending the 2016 Canadian Age Group Championships a heads up regarding new information or amended information from the Meet Package.

Text messaging service

All clubs must have their head coach register their mobile number for our event text messaging service. We will use this to keep you up to date with important information throughout the competition such as scratch deadlines, the posting of results and heat sheets etc. To subscribe text SWIMCAL to 767638.

Support Staff Requests

Please remember to complete support staff requests for each position attending Canadian Age Group Championships at least 7 day prior to the start of the meet. Links for all forms are:

- Domestic support staff accreditation: https://www.surveymonkey.com/r/M7M5QCK

Foreign Coaches and FINA Suspended Federations

All foreign coaches are asked to familiarize themselves with the following Swimming Canada policy and complete the following forms:

- Foreign support staff: https://www.surveymonkey.com/r/M8F9RQP
- Foreign coach: https://www.surveymonkey.com/r/SQNJNMH

Technical Meeting

Coaches are reminded to please attend the Technical Meeting, Tuesday, July 26, 2:00pm in the Riverview room. Coaches are responsible for knowledge of all business conducted at the Technical Meeting.

Open Water Technical Meeting

The first open water meeting will take place on Tuesday July 26, during the main Technical Meeting. Final timelines will be supplied based on the heats of the open water events during the second meeting that will take place on Sunday July 31 at 3:30pm at the pool.

Late Registration

All clubs arriving after the registration period has closed (Wednesday morning or later) can pick up their accreditation at the Host Servicing booth by the Athlete Pool Entry
Warm-up Safety Procedures
Please make yourself familiar with the Swimming Canada Competition Warm-Up Safety Procedure and note that swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred. The full document can be viewed here.

Relays
All relays are time final events, the fastest 8 entries swimming at finals with the exception of the 12 & U girls and 13 & U boys 4 x 200 FR where all heats will be swum at the end of the preliminary session on Thursday.

Open Water Waivers
Open Water Waiver Form will be distributed to clubs and must be signed by the parents or legal guardian of the participant. Waivers should be submitted at the Technical Meeting or scanned versions can be submitted electronically in advance to azevnik@swimming.ca. A copy of the form can be found here.

Parking
Please refer to Talisman document below

Outdoor Access & Tents
Please note that there will be access to outdoor space for athletes and coaches. Any teams wishing to utilize this space are encouraged to bring their own pop-up tents. For more information, please refer to the Talisman document below.

Physio, Massage and Chiro Services
Lifemark Talisman Centre is available on-site
Wednesday - Friday 6:30 AM - 7:00 PM
Saturday 8:00 AM - 12:00 PM
Bookings made by calling 403-221-8340 or online at www.lifemark.ca/Talisman-Centre
Please reference CAGC16 when you make your booking

Special Events
On Saturday morning, all participants, team personnel and spectators are invited to a pancake breakfast.
On Friday during finals warmup, there will be an athlete BBQ to enjoy.
We are very excited to welcome athletes, their families and friends, officials, coaches and volunteers to the facility and we wish you a most successful event! To best prepare you for your upcoming event experience, we’ve included some helpful information below regarding Talisman Cent’s facility and policies.

**Facility Access**

- Access for event groups (an event group includes but is not limited to athletes, coaches, officials, volunteers and event organizers) into the facility is permitted 30 minutes prior to the start time of your event, provided the 30 minutes does not fall outside our facility hours.

- Please note that access into the facility will **not** be granted outside of our facility operating hours:
  - **Monday to Friday** 5:00am-11:00pm
  - **Saturday** 6:00am-10:00pm
  - **Sunday & Statutory Holidays** 7:00am-10:00pm

- Access for Competition and Event group Athletes, Coaches, Officials & Volunteers must be done through the back gate. The back gate is located behind the customer service desk on the concourse level, overlooking the competition pool. Directional event signage towards the back gate will be posted throughout the facility.

- All event group participants must have a valid access barcode to scan at the back gate for entry.

- The emergency exits within the facility are for emergency purposes only. Please remind your participants to refrain from using and/or sitting in front of the emergency exits – this includes on stairways. This is especially critical during 2016 Canadian Age Group Championships, due to the event size, maintaining clear emergency access ways is imperative for event safety.

- To ensure the utmost safety during aquatic events, parents/spectators are not permitted to be on the pool deck. Parents are welcome to watch the event from the concourse level bleachers – spectator tickets are required and will be available at the North end of the concourse bleachers. Please note that Training Pool Spectator Access will be available from the exterior of the building in the Park – Foot/Shoe washing stations will be available. The training pool balcony will be closed and locked during the event.

- Event participants are not permitted to use the Hot and Cold Tubs before, during or after the event.

- Please assist us in keeping Talisman Centre clean and safe by using the waste and recycle receptacles located throughout the facility.
**Conduct**

- In accordance with our Zero Tolerance Policy, under no circumstance will disruptive behavior be tolerated at Talisman Centre. This includes all areas on our premise, facility and in our parking lot. Disruptive behavior may include but is not limited to: rudeness, loud, vulgar and abusive language, physical abuse, and blatant disregard of Talisman Centre policies. Talisman Centre employees will follow our procedures which may include banning a disruptive individual for the rest of the day or up to a lifetime ban based on the severity of the conduct.

**Event Reminders**

- Lockers are for members, registered program and public use customers only. All event participants must keep their belongings with them on the activity level. Items left unattended in the locker rooms may be removed and taken to Customer Service for pick up. This is to ensure access to available lockers for our members and public, as well as to encourage safe practices so that unattended items are not subject to theft or damage. Talisman Centre is not responsible for lost or stolen items.

- Health and safety mandates that shoes and shirts must be worn at all times on the main concourse level and in all dryland activity areas.

- Indoor footwear or bare feet only on the pool deck. Outdoor footwear is NOT permitted on the pool deck without cover booties. Cover booties are available at the pool deck entrances.

- Athletes/participants are not permitted to change their clothing in the activity areas (pool deck, gymnasiums, etc.); Talisman Centre requires all changing of clothing to take place in the change rooms provided.

- Please refrain from leaving personal items on equipment (for example cable lines, diving boards, water polo nets, etc.) or in space not designated for the events use. This assists us in creating a positive and safe event and training environment for all guests of the facility.

- Please do not bring any glassware into the activity areas, including onto the pool deck. All beverages should be in a sealed, plastic, spill proof container.
**Outdoor Athlete Tent Area**

- Our event permit allows 10x10 Canopy Tents, with no walls, in the Athlete Tent Area. These are to be set up by July 26\(^{th}\) and can remain in place for the duration of the event. Please ensure they have a fire resistant tag inside or bring the fire resistance certificate with you. Other tent types are not permitted.

- The athlete tent area will undergo a City of Calgary Inspection on Wednesday July 27\(^{th}\). Access into the Tent Area will be granted only after a successful inspection has been conducted. We anticipate this time to be approximately 9:00am.

- Lawn chairs, blankets, etc. are permitted within the Athlete Tent Area but must be removed, along with all personal items, each night to avoid theft – this will be each club’s/athlete’s responsibility to remove and store. Talisman Centre does not have additional storage available and is not responsible for lost or stolen items.

- The Athlete Tent Area is for Athletes and Coaches only, Parents/Spectators are permitted to assist in setting up tents prior to the event start, however will not be permitted in this area during the event.

- Footwear MUST be worn inside the outdoor Athlete Tent Area. As the Athlete tent area is within a city park, this is to ensure your safety. Foot/Shoe washing stations will be available at entry points into the facility.

**Parking/Transportation**

- Parking is extremely limited at the facility. We ask guests to give themselves plenty of time to arrive at the facility and to use caution and safe driving practices at all times. We encourage carpooling and public transit as much as possible.

- Talisman Centre will be setting up the parking lot to ensure one-way flow of traffic, to provide a smooth parking experience for all guests, please follow the guidance of our parking attendants and parking signage.

- Cars wishing to drop off only, will be directed to a designated drop off zone. Vehicles must not be left unattended. Signage for this zone will be clearly marked.

- Buses are permitted to drop off and pick up only. A designated bus zone will be available. There is no Bus/RV Parking permitted in our facility parking lot, buses will be given directions to our overflow bus parking lot upon arrival.

- Cars parked inappropriately (taking up multiple spaces, blocking other vehicles, not in designated stalls, ‘no parking’ areas etc.) or illegally (in fire lanes, handicapped stalls without permit etc.), will be subject to ticket/tow.
o Overflow parking will be available at the Indigo Lot 249 parking lot located across the street nearby to the Elbow River Casino, should our Talisman Centre lot become full. **A parking pass for this lot is required** & will be distributed during the event by one of the parking attendants upon entry to the parking lot. This must be collected at Talisman Centre prior to parking in the overflow lot. These can also be picked up in advance during athlete registration, or at our Customer Service Desk. Cars parked without a parking pass are subject to ticket/tow.

o Members, coaches, athletes, organizers and volunteers participating in the event will not have special access to use the onsite Talisman Centre parking lot during events. Once the event parking is full, all event guests will be directed to our overflow parking lot. Talisman Centre Staff park offsite and/or, walk, bike or use public transit to ensure event guests, sport partners, members and public have the most opportunity to utilize our onsite parking lot.

o Please refer to the below map on where Event parking is located:

![Map of Event Parking](image)

o Public Transportation: Talisman Centre is located just outside of the Downtown Core between 2 LRT stops, Eriton/Stampede and Victoria Park/Stampede. From these 2 train stations, we are located across Macleod Trail, approximately a 10 minute walk. Talisman Centre also has a bus stop outside of our door, the #10. This bus transports riders between Market Mall and South Centre Mall acting as a major bus route for those travelling North to South.

Thank you for joining us at Talisman Centre for the 2016 Canadian Age Group Championships!

Should you have any questions or require additional assistance, please feel free to contact our Competition and Events Coordinator - Jessica Alder at 403.355.1278