

# **SDSC Time Trials 2021**

**Team Manager Meeting**

**Thursday, 14 Jan 2021**

**12:00pm**

**Disability Must  
Never Disqualify**



## What have we accomplished to-date?

	2020	2021
Clubs Participated	6	6
Female Participants	10	9
Male Participants	12	11
Events available	11	11

All Participants must be classified

# Safe Management Measures (SMM)

- Existing Safe Management Measures  
(**Remain the same during CB Phase 3**):
  - Venue Capacity = 50pax includes:
    - ✓ Technical Officials
    - ✓ Volunteers
    - ✓ Timing System Operators (OMEGA)
    - ✓ SDSC Staff
    - ✓ Team Officials & Swimmers

# Safe Management Measures (SMM)

- **To ensure that we meet SMM:**
  - **Clubs are divided into 2 Groups:**
    - ✓ **Group 1 (swim in Session S1):**  
**APSC, SPEX, Grace Orchard School**
    - ✓ **Group 2 (swim in Session S2):**  
**Art Aquatics, Ultra Swim Sch, ACE**
  - **Events are setup for:**
    - ✓ **Mixed Genders**
    - ✓ **Multi-Sport Class**
  - **Call Room caters only for 2 Races at a time**

# Safe Management Measures (SMM)

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- **Teams to arrive earlier to facilitate Safe Entry procedures**
- **Team Members should have face mask on at all times**
- **Swimmers may remove face mask when they are engaged in strenuous exercise (warm up, during race, swim down); face mask must be worn right after exercise is completed**

# Safe Management Measures (SMM)

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- **If anyone in the group displays COVID-19 symptoms** (coughing / running nose / shortness of breath or difficulty breathing / sore throat / loss of taste or smell / diarrhea / body ache), **TMs are to isolate the person and alert the officials immediately**
- **The person will be guided to the venue's designated isolation area, following the venue's protocol**

# Safe Management Measures (SMM)

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- If an attendee is reported to SDSC as a confirmed COVID-19 case, SDSC will inform the venue to activate deep cleaning procedures and contact tracing
- SDSC will identify other attendees at the session and submit this list to MOH for contact tracing.
- Video shooting of Team performance to be done from the Gallery (Level 7)

## Before you come for your session

SDSC Time-Trial 2021 Declaration & Waiver Form  
Fill up using this link

<https://forms.gle/Pvn7EWGjE2dXTjAQ9>

Or

Scan QR Code





# When you come for your session

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- Take Lift @ Lobby A to Level 6
- Scan Safe Entry / *TraceTogether* App
- Have your Temperature taken @ the Safe Management Counter
- Temperature  $>37.5^{\circ}\text{C}$  / Display COVID-19 symptoms will be denied entry
- Enter the Venue as directed



# Event Information

<b>Venue</b>	Our Tampines Hub Swimming Complex, Level 6
<b>Age Group</b>	Open Division (min. 7 Years Old)
<b>Medals</b>	No medal event (Time Trial)
<b>Classification Eligibility</b>	<p>WORLD PARA SWIMMING RULES REGULATION</p> <ul style="list-style-type: none"><li>• Physical Impairment, PI (Classes: S1 – S10)</li><li>• Visual Impairment, VI (Classes: S11 – S13)</li><li>• Intellectual Impairment, II1 (Class: S14)</li></ul>

# Events Order

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- Mixed 100m Butterfly
- Mixed 100m Backstroke
- Mixed 100m Breaststroke
- Mixed 100m Freestyle
  
- Mixed 50m Butterfly
- Mixed 50m Backstroke
- Mixed 50m Breaststroke
- Mixed 50m Freestyle
  
- Mixed 200m Freestyle
- Mixed 200m IM
- Mixed 400m Freestyle

# Session Schedules

Activities	Group 1	Group 2
Team Enter Venue	10:45am	2:15pm
Team warm-up at Competition Pool (45 mins)	11:00am	2:30pm
Pool Closed	11:45am	3:15pm
Race 1 & 2 report to Call Room by	12:00pm	3:30pm
Run Session Events (1.5 Hrs)	12:00pm	3:30pm
Last Race Ends	1:30pm	5:00pm
Team Exit Venue by	2:00pm	5:30pm

# Safe Management Measures (SMM)

- Group & Seating Assignments:

Seq	Name of Club	Swimmers	Team Officials	Total by Club	Group	Seats
1	APSC	9	2	10	1	Blk D
2	SPEX	1	3	4	1	Blk E
3	<i>Grace Orchard</i>	1	1	2	1	Blk C
	<b><i>Total Group 1</i></b>	<b>11</b>	<b>6</b>	<b>16</b>		
4	Ultra Swim	3	2	5	2	Blk D
5	Art Aquatics	5	2	7	2	Blk B & C
6	ACE	1	2	3	2	Blk E
	<b><i>Total Group 2</i></b>	<b>9</b>	<b>6</b>	<b>15</b>		

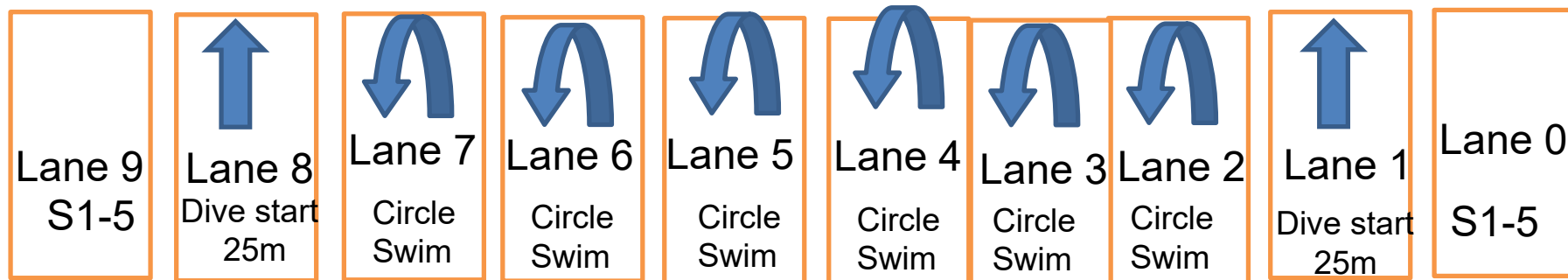
# Safe Management Measures (SMM)

- Teams will be assigned to Seating Areas:
  - No inter-mingling with other Teams
  - Wear Face Mask at all times except before the swim



# Warm Up Lane Procedure at Competition Pool

## Warm Up Lane Instruction



There's NO DIVING in Circle Swim Lanes, entry to these lanes is to be feet first, from a sitting position

Coaches/School Representatives are responsible for their swimmers during Warm Up & Swim down

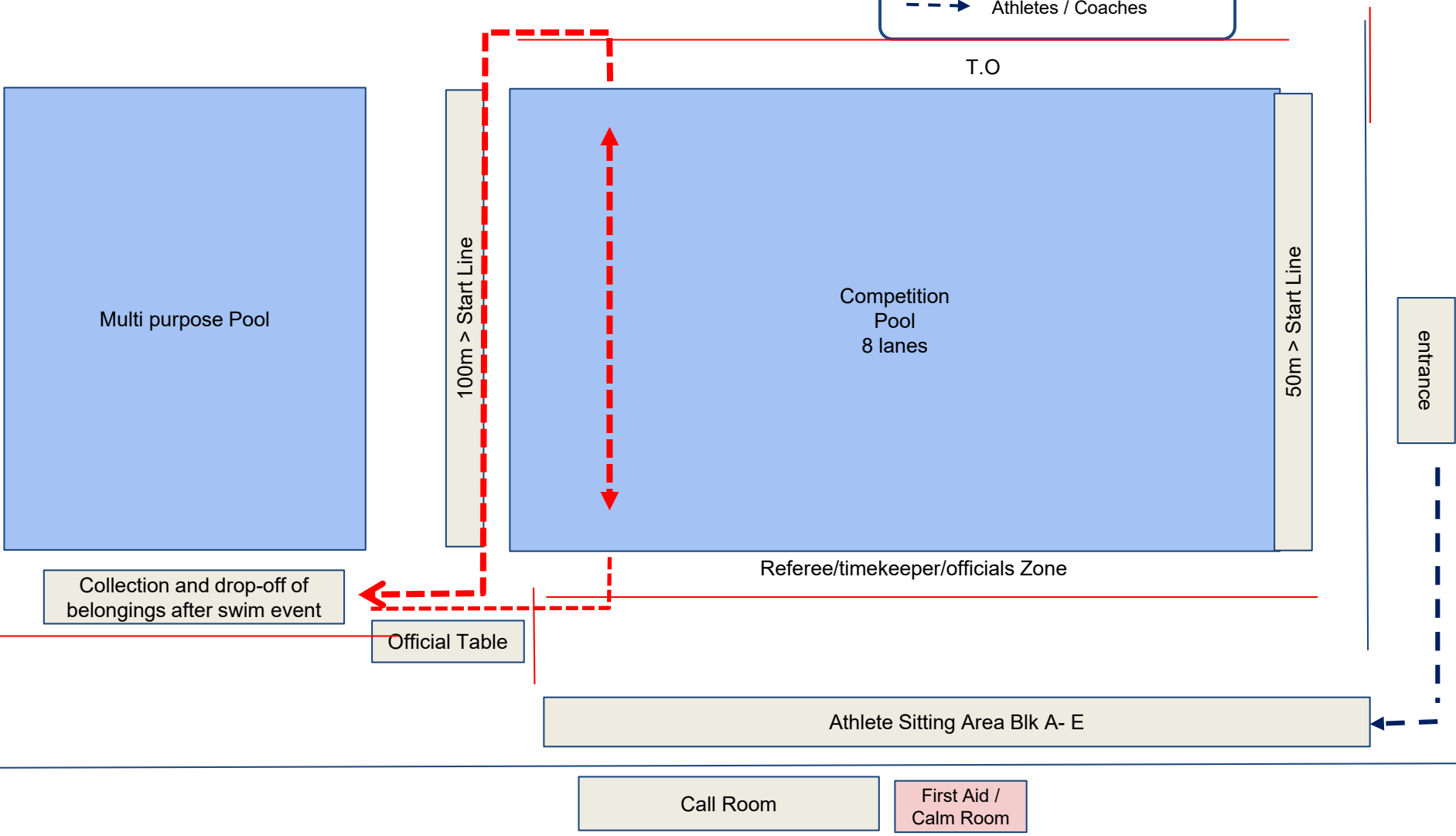
After Pool Closed, all warm up can continue at the Multi-purpose Pool.

Please note that there will be a maximum of **5** swimmers each time.



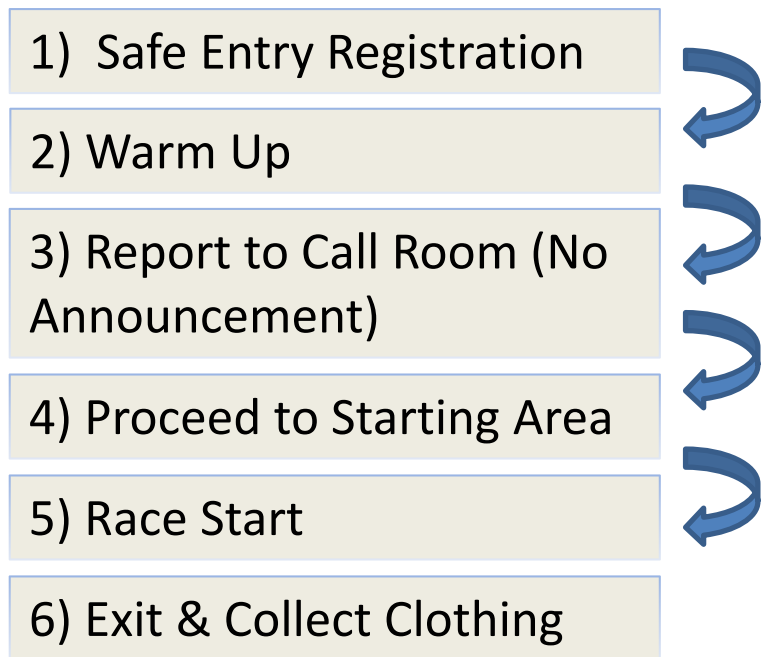
# Pool Exit

— Q-Pole  
 - - - Athletes / Coaches





# Typical Flow of Event



## Pool Instructions regarding Face Masks

- Athletes are to proceed to the call room 15mins before their event
  - Procedures in call room:
    - Checking of names, Events & Lane assignments
    - Seated according to Event & Lane
    - **Face Masks** to be worn at all times
- When the race is up, athletes will exit the room and place their clothings & **Face Masks** in allocated baskets before proceeding to their respective Starting Blocks
- Once race end, athletes can exit from nearest pool exit, and proceed to collect their clothings (at where they place beforehand) & put on their **Face Masks** if they are not warming down.



# Startlist

Schedule & Start list can be downloaded in SDSC website

<https://sdsc.org.sg/> > Sports > Local Competition > SDSC Swimming Time Trial 2021

No hardcopy schedule & startlist will be distribute, school/club/individual are expected to prepare on their own



## Results

Results of the meet will be posted on the results' notice board as and when they become available. No competitor, liaison officer or representative shall approach the meet officials for results.

Live result can be found in “**Meet Mobile App**” (App Store / Google Play)



\* In app subscription fee applied to view the result

# Q&A

**Any Withdrawals of  
Swimmers or Entries to  
inform Kang NOW.  
Startlist will be posted by  
end of 14-Jan-2021**

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# Thank You!