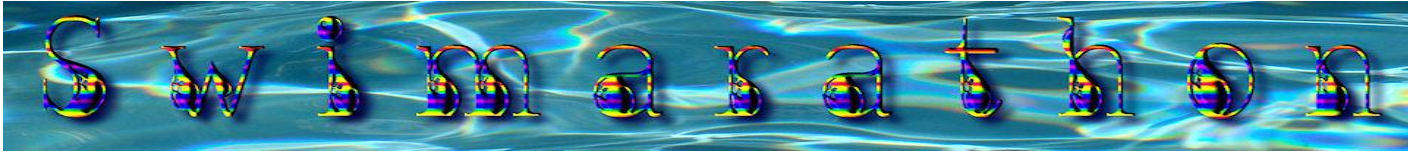




The Rotary Club of Polmont



Swimathon 2018

INSTRUCTIONS AND RULES FOR THE TEAM CAPTAIN

To make the event run smoothly please note the following:

- Your team should meet in the Leisure Centre foyer approximately 30 minutes before the swim
- Before the team gets changed please hand in to the Front Desk in the foyer:-
 - All Sponsorship Forms
 - The 'Team Members' Form
- After the swim we will add the number of lengths to the Sponsorship Forms, stamp them as proof that the team members have taken part in the event and hand them back to you so that they can collect their sponsorship money

Here are some rules for the swim:

- Each team should split into two groups with one group at each end of the pool
- For each team there will be one swimmer in the pool swimming one or two lengths at a time
- Lane numbers will be clearly identified at one end of the pool and the first swimmer for each team must start from the numbered end
- All swimmers take part in the event at their own risk. For safety reasons swimmers are not allowed to dive into the shallow end of the pool or wear fancy dress.

HAVE FUN!

