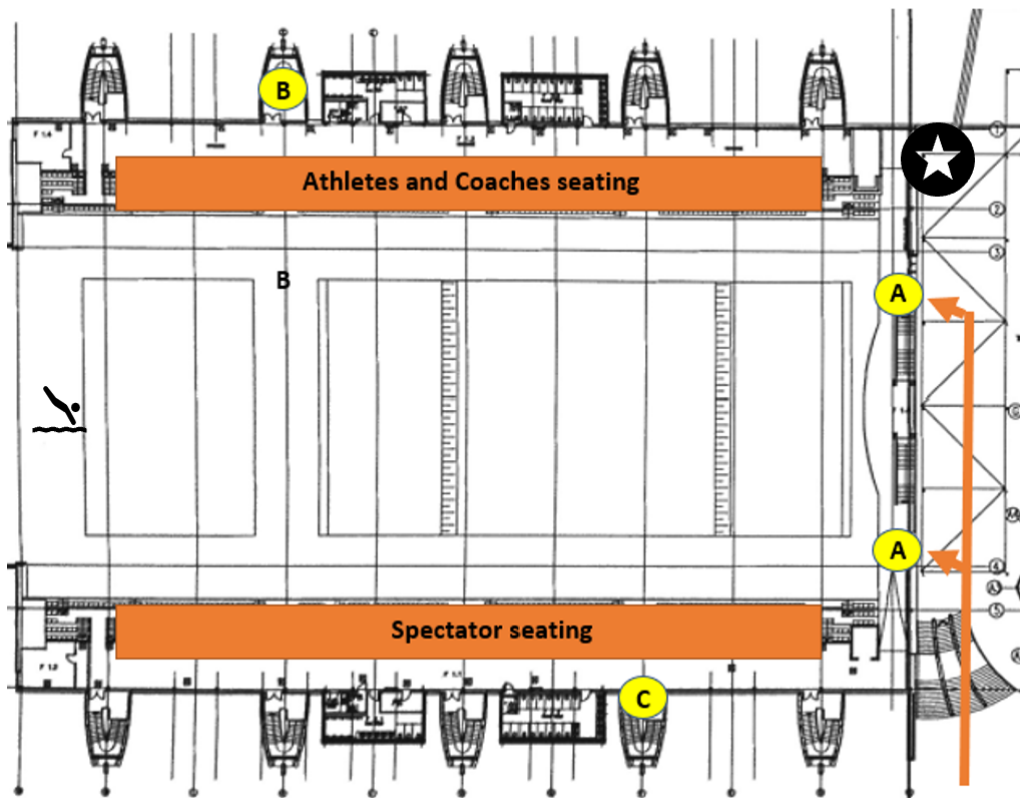


NAC access Map for Gala



On entry to the NAC building swimmers proceed to the right of the desk, through the turnstiles to the changing village and out on to swimming pool deck at the black star.



Entrance for swimmers from changing to pool here on the lower level

Parents / visitors / spectators proceed to the left of the reception desk, through double doors and up the stairs at 'A'. Seating is available on either side in the orange spaces (spectator seating overlooking either side of the pool)

'A' in yellow is the staircase from the reception to the seating areas

'B' – scorers room – NO ACCESS

'C' = Phase steward and scoring table will be here



Starting end of the pool

Please ensure all swimmers know their heat number prior to entering the NAC

Rules

- No hot drinks are allowed on poolside at any time.
- No bags allowed on poolside.
- Swimmers must use the allocated changing rooms: swimmers are not allowed to change on poolside, viewing galleries or toilets.
- Any person using camera or video equipment must first register these devices. This includes phones.
- Unless you are wearing approved poolside footwear*, you must cover your footwear with 'Blue' protective shoe covers. These are located at various locations on poolside.
- All swimmers must be wearing approved poolside footwear* when entering and before leaving the poolside.
- Any potential safety hazard should be reported to any member of staff.
- No glass whatsoever will be permitted in the spectator gallery, pool area or changing area.
- All spectators must be accompanied and supervised at all times by a designated responsible adult.

NAC Additional Gala Rules

- All swimmers must follow directions given by the stewards, officials, competition staff and National Sports Campus staff as to the correct directions to take when entering and leaving the poolside.
- Before leaving poolside swimmers must dry-off and put on approved poolside footwear before entering the cold stairwell.
- Only Swimmers, Coaches and Officials are allowed on poolside during the competition.
- Coaches allowed poolside in designated area
- Swimmers only allowed poolside prior to their race.
- No Parents are allowed on poolside unless they are carrying out an official duty as per the official's rota.

Any breach of National Aquatic Centre rules or Swim Irelands code of conduct by swimmers , coaches and parents will be subject to disciplinary action against a swimmer / coach or club .

* Approved poolside footwear: Footwear that have only been used around pools and have not been contaminated by outside use.