

CHILDS GUIDE TO THEIR FIRST GALA

- 1. Help your parent/carer to pack your kit bag**
- 2. You must report to a team manager when you arrive, they will be wearing a White UEA t-shirt**
- 3. Stay with your team**
- 4. Drink plenty**
- 5. Your team manager will tell you when it's your race**
- 6. When you hear a whistle blow 3 times it means you MUST be quiet**
- 7. You will hear one longer whistle to get into position**
- 8. Someone in white (an official) will say 'take your marks', you must stay very still until you hear the beep to go**
- 9. Once you hear the beep you dive in or if starting in the pool you start to swim as fast as possible**
- 10. When you reach the other end you must wait until you are told you are allowed to get out**
- 11. Put on your t-shirt to keep warm**

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