

ALPS Synchro

Getting ready for the competition

Months and weeks leading up to the competition

- Please contact the Synchro Coordinator in July. We will organize a meeting at the host pool to go over the set-up of the competition. As well, I will meet with competition volunteers at that time to review their job descriptions prior to the competition day.
- Contact the city for extra bleachers, garbage cans, “no parking” signs...
- Contact DJ to set up music / sound system operations / underwater speaker operations for a test run. Phil Hamilton (514) 332-6440 (phil@avd.ca).

Days prior to the competition:

It is a good idea to have a couple of lifeguards or pool executive board members to stay overnight the few nights leading up to the competition. As well, you might want to contact public security to request they patrol your pool at night prior to the competition.

- Prepare judges chits in plastic bags per event (one bag per event), attached to clipboards with 2-3 pencils. There are 5 judges.
- Set up judge’s chairs with umbrellas in case of rain or sun. There are 5 judges.
- Make sure judges have a rest area away from spectators, with food and drinks.
- Rope off designated areas including around the pool, there must be a clearly defined area, “Marshalling Area”, for the competition athletes “walking on”.
- Make sure the pool is well-vacuumed and skimmed.
- All scum lines must be cleaned.
- Deck must be swept and hosed down. Make sure all slippery areas on deck are scrubbed.
- Remove racing blocks.
- Elevate or remove diving boards.
- Set-up all pop-up tents.
- Set-up tarps (all tables must be covered).

- Arrange tables and chairs accordingly.
- Put in lane rope to divide the competition pool from the rest of the pool.
- Turn off pool jets at the start of the competition.
- First aid table with two guards at all times.

Competition sub-committees to consider:

- Volunteer liaison
- Security (for parking lot & inside pool area)
- Food (for spectators & officials)
- Fundraising: raffles & prizes
- Competition program
- Sponsorship
- Decorations

Please note that the following will be provided by the ALPS Synchro Coordinator:

- Judges
- Entry forms / score sheets
- Excel spreadsheet for calculating results
- Ribbons & Medals

Volunteers needed for table

-2 score keepers (guards or adults)

-2 timers (leaders or older)

-2 runners (Jr-Leaders or leaders)

-DJ and announcer

****If you have any questions please contact the ALPS Synchro Coordinator. ****