

Checklist for Sunbeam Club Fun Events & Gala

Saturday 6th June 2026



Venue: The Pavilions in the Park, Horsham, RH12 2DF.

- 12:20pm** Check in with your coaches on poolside
- 12:30pm** Gentle warm up in the pool with the other swimmers (this is optional)
- 12:45pm** Event start time
- 14:45pm** End of swimming events
- 15:00pm** Start of celebration event with awards
- 16:00pm** End of celebration

Come prepared: Eat a good lunch before you arrive. Wear your club T-shirt if you have one. Bring extra towels to keep warm on the poolside. Spectators wear something cool.

Arrive with;

- plenty of time to change into swimming trunks/swimming costume and get ready
- your spare towel
- something to wear to keep warm
- your drink

Sit on poolside under the clock with your team when ready

Things to check and bring to the swim gala	Have you got this ready?
Swimming trunks/costume Swimwear must be suitable - no bikinis or low cut swimming costumes please!	
Towel You will need a towel for poolside to keep warm after your race and then one for a shower at the end. Please bring plenty of towels - it is good to have extra.	
Swim goggles Very helpful to help you swim fast and not get upset by splashes.	
Padlock for the locker Please put bags in the lockers to keep the poolside clear	
Shampoo, shower gel etc Things that you like to use in the shower afterwards.	
Swimming cap or hair tie - if you have long hair it <u>must</u> be tied up. Wearing a swimming cap is the best, please ask if you need a cap.	
Snack for afterwards This is very important! Swimming makes you hungry.	

Water bottle Please bring plenty of water to drink on poolside and for afterwards.	
Club T-shirt Please wear your T-shirt on arrival and afterwards for photos with your medal.	
Money for the raffle There will be a raffle so please bring money if you would like to take part.	
Ear defenders It might be busy and noisy so bring anything you need to remain calm.	

Mobile Phones and Photography - official rules.

No mobile phones will be allowed in the changing rooms.

Spectators wishing to take photos/videos are asked to focus on their OWN SWIMMER as much as possible. It is not permitted for photos or videos to be taken of any swimmer without a shirt on unless they are in the pool.

No swimmer access to spectators area from poolside.

Steps must remain dry. Swimmers will not be allowed to use the steps to reach the spectators area. If a swimmer requires support from a spectator, the spectator is asked to come down to the front row of the seating area, or volunteer as a marshal on poolside for the event.

No climbing entering/exiting the pool from the end of the lane.

Swimmers must either use the steps/ladder or hoist to enter/exit the pool. Swimmers who cannot swim under a lane rope are permitted to swim in a side lane by the wall. Please add this info to your booking form for the event.

Coaches will be there to help and guide you throughout.

Swimmers will sit on the wall underneath the clock or in front of spectators.
Spectators will sit on the blue seats where they can clap and cheer for everyone.

This is a relaxed gala. The pool will be busy, noisy and possibly warm. Bring cool clothes, water and headphones/ear defenders if that helps you. All events start from the edge of the pool and not from the diving blocks. There will be NO diving starts.

Bring as many of your family and friends as possible, to cheer and support you. Spectators are free!
We will cheer everyone on and be great sports people!