

What to bring to a gala?

It's easy to worry about forgetting something before a gala, but the best approach is to stay calm and follow the guidance provided.

- **Check your email**
Full gala details, including warm-up times, will have been sent in advance.
- **Be ready on poolside**
Swimmers should be changed and prepared by the time stated.
- **Withdrawals**
Coaches must inform organisers promptly of any withdrawals. If your child cannot attend, please notify the club as soon as possible.

Swimmers take a bag containing:

- 2 caps (Strule Dolphins)
- 2 pairs of goggles
- towel
- Strule Dolphins t-shirt (if you have one)
- Shorts
- Flip-flops / sliders (to go between the gallery & pool deck these are a must)
- Snacks (e.g. fruit, crackers, cheese, small number of sweets. No nuts, crisps or fizzy drinks please)
- Water bottle
- Something to keep you occupied between races (Book, puzzle book etc. No electronics)

Have in your locker:

- spare swimsuit
- spare towel (one for poolside and 1 for changing after)
- comfy clothes
- Lunch / snack

Gala Day Checklist for Parents

- **Change for the Gala Programme**
Pick one up when you arrive, it shows when your child is due to swim. Bring a **Highlighter** and mark your swimmer's events so you don't miss their races.
- **Photographic ID (if taking photos/video)**
Show ID at the sign-in desk. You'll be given a wristband confirming approval to record.
- **Drinks**
It gets hot inside, staying hydrated makes the day easier.
- **Something to occupy yourself between races**
Galas can run long, so bring a book, magazine, or something relaxing.