

# ANGMERING CLUSTER



## AQUATHON

AGE	Y5&6
Team	4 (2 boys & 2 girls) <b><u>This event is intended for your school's strongest swimmers and runners.</u></b>
Venue	St. John the Baptist School
Contact:	

### Swimming

The team of 4 children will swim 1 km between them (40 lengths of our pool). The children will compete as a relay team with each child in turn swimming two lengths of the pool until the 40 lengths have been completed. An overall time for the swim will then be given. The pool is well chlorinated and we suggest that the children wear goggles.

### Running

The team of 4 children will run 4km between them (28 laps around the football pitch). Again the children will compete as a relay team with each child in turn running around the football pitch once until 28 laps have been completed. An overall time for the run will then be given.

The swim and run will not be a continuous event. The children will have the opportunity to get changed between the swim and the run. At the end of the Aquathon the swimming and running times will be added together to create a final time.

### Staff Requirements

A member of staff will need to stay with each team throughout the morning and should preferably be first aid trained. If the member of staff is not first aid trained then they must bring with them relevant medical information and equipment (inhalers, epi-pens, etc) in case of an emergency. Please contact the school prior to the event if the staff accompanying the children is not first aid trained.

The member of staff will also be required to help with the counting of laps and the timing of events.

### Parking

Cars will need to park in the village as there will not be enough room to accommodate cars in the school car park.

