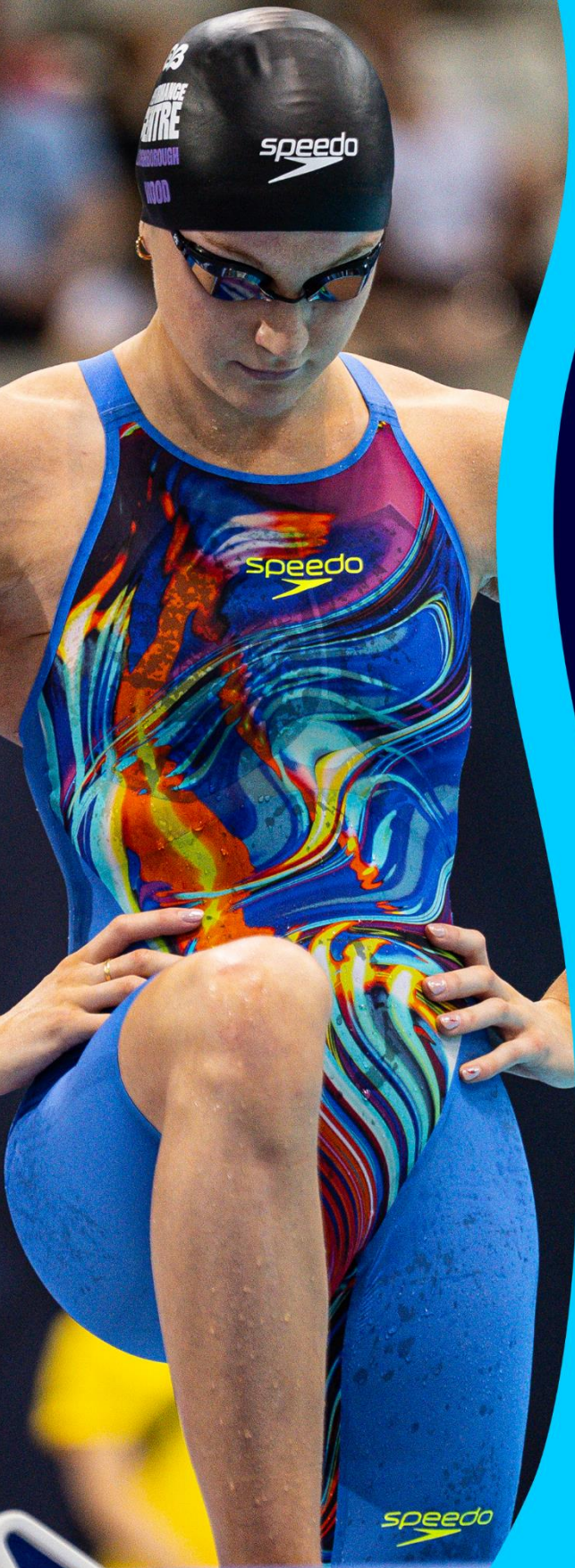


14th - 19th Apr 2026
London Aquatics Centre



 Aquatics GB
**SWIMMING
CHAMPIONSHIPS**

**CONFIRMATION
PACK**



LONDON AQUATICS CENTRE
14th - 19th April 2026

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WELCOME

Dear Competitor,

Welcome to the Aquatics GB Swimming Championships 2026. We are delighted to once again be hosting you in the fantastic surroundings of the London Aquatics Centre in the Queen Elizabeth Olympic Park - an appropriate stage for this, the flagship domestic swimming meet of the year for both swimmers and para-swimmers alike.

Everyone at Aquatics GB is conscious of the significant athlete training time and focus that goes into delivering a performance at these Championships and it is our primary objective to deliver the best experience we possibly can for you during the week of racing.

Whilst our team behind the scenes have been working hard to provide the platform for you to produce your best possible race, we have also been working to raise the profile of the event with the wider public and deliver a great experience for the thousands of fans in attendance with a number of new elements lined up for this year as part of the event presentation.

We hope that you will support us in this by doing your part to promote the event - by either pointing people to the live broadcast coverage across the BBC and the Aquatics GB YouTube channel or sharing Aquatics GB content or your own experiences across social media channels. As a final point, we actively encourage you to 'bring the noise' when you are watching from the stands - the greater the noise, the greater the atmosphere.

The Championships as you know serve two purposes - firstly to crown British champions and secondly as the selection meet for a number of representative British and Home Nations teams for this summer's international events including the senior European Aquatics Championships taking place in Paris in early August.

With this in mind, good luck with your competitive schedules across the week and I hope that you enjoy the experience and collectively we can deliver some high-quality racing.

Kind regards

Drew Barrant
Aquatics GB CEO



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

CONTENTS

- 1. KEY CONTACTS**
- 2. GETTING TO THE VENUE AND KEY INFORMATION**
- 3. KEY EVENT DATES AT A GLANCE**
- 4. ENTRY INFORMATION**
- 5. ACCREDITATION**
 - 5.1. ATHLETES
 - 5.2. COACHES, TEAM STAFF, CHAPERONES
 - 5.2.1. DBS/PVG AND SAFEGUARDING
 - 5.2.2. MINIMUM QUALIFICATION/REQUIREMENTS (SPECIFIC TO ACCREDITED PEOPLE)
- 6. COMPETITOR INFORMATION**
 - 6.1. VENUE
 - 6.1.1. VENUE ORIENTATION
 - 6.1.2. STEP FREE BUILDING ACCESS
 - 6.2. SCHEDULING AND CONDITIONS
 - 6.2.1. SCHEDULE CHANGES
 - 6.2.2. TRAINING SCHEDULE
 - 6.2.3. TRAINING AIDS
 - 6.2.4. SESSION TIMES
 - 6.2.5. WARM-UP AND SWIM DOWN
 - 6.3. STARTLISTS AND WITHDRAWALS
 - 6.3.1. START LISTS
 - 6.3.2. WITHDRAWALS
 - 6.4. DOPING CONTROL
 - 6.5. GENERAL COMPETITOR INFORMATION
 - 6.5.1. BELONGINGS
 - 6.5.2. SEATING
 - 6.5.3. ATHLETE PREPARATION SPACE
 - 6.5.4. LIGHTING
 - 6.5.5. CLOTHING BRANDS
 - 6.5.6. ATHLETE HEADSHOTS
 - 6.5.7. MEDICAL
 - 6.5.8. TEAM LEADER MEETING
 - 6.5.9. INSPECTION OF PARA DEVICES, SWIMSUIT MODIFICATIONS AND TAPING
- 7. SPECTATOR INFORMATION**
 - 7.1. TICKETS
 - 7.2. RETAIL
 - 7.3. SAFETY AND SECURITY
 - 7.4. SIS DISCOUNT
- 8. EVENT POLICIES**
 - 8.1. FILMING AND PHOTOGRAPHY POLICY
 - 8.2. SEXUAL HARRASMENT POLICY



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

1. KEY CONTACTS

Aquatics GB Contact	Venue Contact	Entries Administrator Contact
Issy Griffiths Aquatics GB SportPark, 3 Oakwood Drive Loughborough LE11 3QF isobel.griffiths@aquaticsgb.com	London Aquatics Centre Queen Elizabeth Olympic Park London E20 2ZQ 020 8536 3150 Website	Barry Saunders agbnational.entries@aquaticsgb.com

2. GETTING TO THE VENUE AND KEY INFORMATION

Public transport is the best and easiest way to get to and from the London Aquatics Centre, either by train, underground, bus or cycle.

The Elizabeth Line, Central and Jubilee underground lines, London Overground and Network Rail stop at Stratford Station (10-minute walk).

The London Overground also stops at Hackney Wick (15-minute walk).

There are over 140 cycle racks outside London Aquatics Centre.

Trains from central London (St Pancras International & Kings Cross stations) take seven minutes to reach Stratford International; from here it's a five-minute walk to the centre.

Parking at the London Aquatics Centre is extremely limited therefore, if you choose to drive, it is recommended that you park at Westfield Cark Park A, B or C (Roundhouse Lane, London E15 2DU).

Please see below guides for planning your trip to London:

[Venue accessibility information](#)

[Queen Elizabeth Olympic Park accessibility information](#)

[Accommodation near London Aquatics Centre](#)

[Getting to London Aquatics Centre](#)



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

Please note that on the dates below, the following events are also taking place at the Queen Elizabeth Olympic Park:

Event	Date	Venue	Time
London Lions vs Cheshire Phoenix	17 th April	Copper Box Arena	19:30 – 22:00
London Lions vs Cardiff Archers	18 th April	Copper Box Arena	17:00 – 19:30
London Pulse vs Leeds Rhinos	19 th April	Copper Box Arena	18:00 – 20:00

As such please be aware that the vicinity and travel will be busier than usual on these days/times, and you may need to factor this into your travel arrangements.

3. KEY EVENT DATES AT A GLANCE

Training Date	Monday 13 th April 2026
Team Leader Meeting	Monday 13 th April 2026 @ 18.00
Competition Dates	Tuesday 14 th – 19 th April 2026

4. ENTRY CONFIRMATION

A list of processed Olympic Pathway processed entries is available [here](#).

A list of Para Pathway MC processed entries is available [here](#).

Competitors are requested to check the detail in their entries carefully and inform the Entries Administrator [here](#) immediately of any errors. Please note that entry times cannot be updated now that entries have closed unless, an entry time was inputted incorrectly by the entry system.

A draft programme is available [here](#).

5. ACCREDITATION

All competitors, coaches, chaperones and support staff must have a valid accreditation to gain access to athlete areas at the event. Accreditation is non-transferable and must be always worn when accessing athlete areas.

If the pass is forgotten, lost or mislaid, a replacement pass will be re-issued for a fee of £10.00 payable at the Sport Information Desk.



LONDON AQUATICS CENTRE
14th - 19th April 2026

 Aquatics GB
**SWIMMING
CHAMPIONSHIPS**

5.1 ATHLETES

Your accreditation was sent to you by email in PDF format upon completion of your entry.

Please print and bring with you to the event where you can collect a pouch and lanyard from the Sport Information Desk.

If you are unable to find the accreditation link within the confirmation email, you can issue yourself a replacement via the links below:

Olympic Pathway Accreditations	HERE
Para Accreditations	HERE

5.2 COACHES, TEAM STAFF, CHAPERONES

All coaches, team staff and chaperones must have a valid photo accreditation to gain access to the pool deck. Applications for coach/chaperone passes will be charged at £26.00 per event.

A valid DBS/PVG check, safeguarding qualification and fulfilment of the minimum qualification/requirement for the specific role (stated below) you are undertaking is required.

	Application Links
Swim England members	HERE
Scottish Swimming/Swim Wales members	HERE
Sports Science/Sports Medicine	HERE
International	HERE

5.2.1 DBS/PVG AND SAFEGUARDING

Swim England - Disclosure and Barring Service (DBS) checks are required for Swim England members in regulated roles such as, Coaches, Team Staff and Chaperones. Further information for Swim England Members can be found [here](#).

If a DBS application was carried out through another organisation the certificate can be reused if registered with the [DBS Update Service](#). If you hold a disclosure that has been registered with the DBS Update Service, and you have not yet given the Swim England written consent to check the status, please submit your original disclosure certificate along with a completed consent form to dbs@swimming.org.



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

Please also email dbs@swimming.org for a DBS Update Service Consent form.

Scottish Swimming/Swim Wales – For queries regarding PVG for Scottish Swimming members, please email wellbeingprotection@scottishswimming.com. For queries regarding DBS for Swim Wales members, please email welfare@swimwales.org.

PLEASE NOTE: Scottish Swimming, Swim Wales and International Poolside Passes must be created and sent manually. They will be sent out prior to the event if you have the appropriate Safeguarding checks and qualifications on file.

5.2.2 MINIMUM QUALIFICATION/REQUIREMENTS (SPECIFIC TO ACCREDITED ROLE)

- Coaches - Coaching Qualification or Assistant Coach Certificate
- Team Manager – Team Manager Training Module 1 or 2 Certificate
- Chaperone – Club authorisation to be acting in loco parentis on behalf of the Club

PLEASE NOTE: It is the applicant's responsibility to ensure a DBS is in place and a pass has been purchased to attend the event. Under no circumstances will any person be allowed entry to accredited areas without the relevant safeguarding checks in place and pass issued.

Please email british.events@aquatics.gb.com if you have any queries.

Accreditations will be emailed to you in PDF format to print out and bring to the event.

Please ensure you print these before arriving at the venue. Pouches and lanyards will be provided.

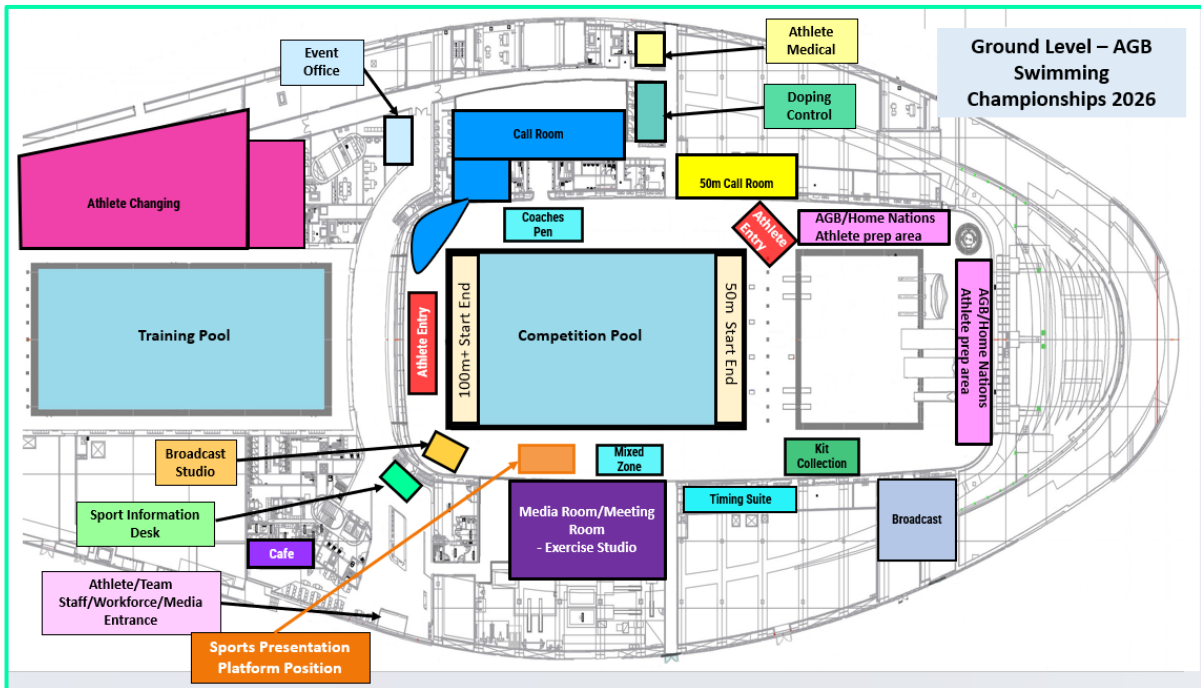


6. COMPETITOR INFORMATION

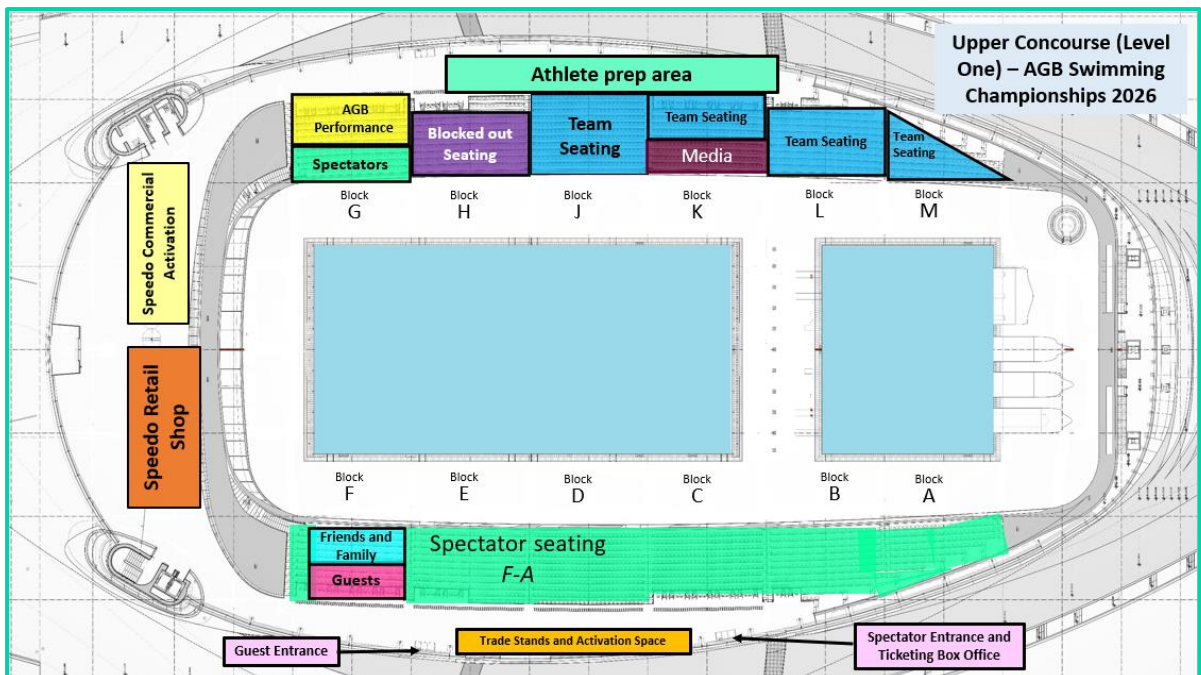
6.1. VENUE

6.1.1. VENUE ORIENTATION

Ground Floor



First Floor



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

6.1.2. STEP FREE BUILDING ACCESS

If the Park Lift is broken during the Championships, step free access to the London Aquatics Centre will be available throughout the day via the Stadium side on the bridge level.

6.2 SCHEDULING AND CONDITIONS

The Schedule, Conditions and Consideration Times for Aquatics GB Swimming Championships 2026 are available on the Aquatics GB website [here](#) (under the coaches tab).

6.2.1 SCHEDULE CHANGES

The following changes have been made to the schedule:

- Any Para B Finals that do not meet the B Final criteria have been removed.
- Due to no submitted entries, both the Men's and Women's 150m Individual Medley events have been removed.

6.2.2 TRAINING SCHEDULE

There is currently ongoing planning to confirm what the mid-session training offer will look like. Training time will be available in one or both pools subject to the demand of other planned activities.

Details of a schedule will be released and added to the Coaches link on the website and detail announced at the Team Leader meeting.

Date	Competition Pool	Training Pool
Monday 13 th April	TBC – 20:00*	08:00 – 20:00

*Training in the competition pool on this day is subject to production build timings. If there are any opportunities to train in the competition pool, it will be communicated on the notice board at the Sport Information Desk.



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

6.2.3 TRAINING AIDS

- Personal training equipment (pull buoys, kickboards, small hand paddles and small fins) may be used during training, warm-up and swim down in the competition pool and training pool
- Larger fins and hand paddles may be used during training periods in the training pool
- The use of bungee cords is not permitted in either pool at any time

6.2.4 SESSION TIMES

Date	Heats	B/Junior Finals	A Finals
Tuesday 14th April	09:30 - 12:30	18:00 – 19:00	19:45 – 21:20
Wednesday 15th April	09:30 - 14:00**	18:00 – 19:00	19:45 – 21:15
Thursday 16th April	09:30 - 14:00**	18:00 – 19:00	19:45 – 21:10
Friday 17th April	09:30 - 12:45	18:00 – 19:05	19:45 – 21:25
Saturday 18th April	09:30 - 12:25	18:00 - 18:50	19:45 – 21:10
Sunday 19th April	09:30 - 12:35	18:00 - 18:55	19:45 – 21:20

*Session finish times provided above are estimated and are subject to change

**Heats session timing includes a break between Events 205 and 206 (Wednesday 15th April) and Events 305 and 306 (Thursday 16th April)



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

6.2.5 WARM UP AND SWIM DOWN

Date	Session	Event	Warm-Up Times	Pool
Tuesday 14 th April	Heats	101-103	07:45 – 08:30	Competition and Training Pool
		104-105	08:30 – 09:15	Competition and Training Pool
	B/Junior Finals	N/A	17:00 – 17:45	Competition Pool
	A Finals	N/A	18:45 onwards	Training Pool
Wednesday 15 th April	Heats	201-203	07:45 – 08:30	Competition and Training Pool
		204-206	08:30 – 09:15	Competition and Training Pool
	B/Junior Finals	N/A	17:00 – 17:45	Competition Pool
	A Finals	N/A	18:45 onwards	Training Pool
Thursday 16 th April	Heats	301-303	07:45 – 08:30	Competition and Training Pool
		304-306	08:30 – 09:15	Competition and Training Pool
	B/Junior Finals	N/A	17:00 – 17:45	Competition Pool
	A Finals	N/A	18:45 onwards	Training Pool
Friday 17 th April	Heats	401-403	07:45 – 08:30	Competition and Training Pool
		404-406	08:30 – 09:15	Competition and Training Pool
	B/Junior Finals	N/A	17:00 – 17:45	Competition Pool
	A Finals	N/A	18:45 onwards	Training Pool
Saturday 18 th April	Heats	501-502	07:45 – 08:30	Competition and Training Pool
		503-506	08:30 – 09:15	Competition and Training Pool
	B/Junior Finals	N/A	17:00 – 17:45	Competition Pool
	A Finals	N/A	18:45 onwards	Training Pool
Sunday 19 th April	Heats	601-603	07:45 – 08:30	Competition and Training Pool
		604-606	08:30 – 09:15	Competition and Training Pool
	B/Junior Finals	N/A	17:00 – 17:45	Competition Pool
	A Finals	N/A	18:45 onwards	Training Pool

Additional warm-up and swim down will take place within the training pool.

Heats

- Warm Up split by events in both pools
- Warm Up in both Pools commences at 07:45 and 08:30



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

- 35mins General Warm Up – 10mins Dive etc
- Priority Para Lanes(s) in Competition Pool as required
- Training Pool continues for Warm Up/Swim Down

Finals

- B/Junior Finals warm up will take place in the Competition Pool for 45 minutes – Para Lane(s) will be made available as required
- A Finals Warm Up Opens at 18:45hrs in the Training Pool alongside B/Junior Finals swim down - Para Lane(s) will be made available as required.

6.3 START LISTS AND WITHDRAWALS

6.3.1 START LISTS

Start lists will only be available online and QR codes for start lists and results will be available around the venue and at the Sport Information Desk.

6.3.2 WITHDRAWALS

To ensure validity, withdrawal of an athlete from either a heat or final of an event can only be carried out by Team Staff members of the athlete's club who are in possession of a Coach, Team Manager or Chaperone event accreditation.

We encourage that accreditations are purchased as early as possible to ensure athletes can be withdrawn.

Once a relevant accreditation has been issued team staff will have access via a unique link to submit withdrawals. The unique withdrawal link can be found within the same email as the accreditation.

If an Athlete requires withdrawing prior to the Championships and, a Coach or Team Manager from their club has not yet purchased an accreditation, written confirmation of the withdrawal via email is required from a Coach or Team Manager to agbnational.entries@aquatics.gb.com before a manual withdrawal can be processed.

If a withdrawal cannot be done via the online withdrawal system during the event, due to no Coach or Team Manager from their respective club purchasing an accreditation, Athletes are required to present to the Timing Suite with their accreditation to confirm their identity before a manual withdrawal can be processed.



LONDON AQUATICS CENTRE
14th - 19th April 2026

 Aquatics GB
**SWIMMING
CHAMPIONSHIPS**

6.4 DOPING CONTROL

Competitors taking part in the Championships may be subject to random doping control and are required to bring with them identification that is required by UKAD and WADA. By entering this event you/your child (if athlete is under 18), consent to report to Doping Control if requested at any time during this event. You further agree to be bound by the [British Swimming Anti-Doping Rules 2021](#).

If an athlete is subject to doping control, they should ensure they provide detail of all medications (prescribed or over the counter and including dosage) and supplements taken within the last 7 days in advance of the test and (where the sample collected is a blood sample) blood transfusions within the previous three (3) months, on the Doping Control Form. Any previously disclosed medications or supplements to your club and/or your home nation do not form any part of doping control.

Please check your medications via <https://www.globaldro.com/uk/search>

If the medication you are taking is prohibited in or out of competition you may require a TUE. Please read the details below.

Therapeutic Use Exemption (TUE)

If an athlete **IS WITHIN** the National TUE Pool they are required to obtain a TUE before using a prohibited medication or method. You can check if you are within the National TUE Pool via <https://www.ukad.org.uk/national-tue-pool> and selecting 'aquatics'.

If an athlete is **NOT** within the National TUE Pool but using a prohibited medication or method **and** is subject to doping control they are required to apply for a retroactive TUE and you should contact Jane Smith (jane.smith@aquatics.gb.com or 07917 834785) as soon as possible after doping control. A retroactive TUE must be submitted to UKAD within five (5) working days of the testing taking place.

You can find out more information about Medications on the UKAD website <https://www.ukad.org.uk/medicine>

If you require support or have a query about any medications, supplements or the anti-doping rules please contact Jane Smith at Aquatics GB via jane.smith@aquatics.gb.com or 07917 834785



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

Strict Liability means an athlete is wholly responsible for any banned substance found in their system, no matter how it got there.

As a safety precaution and in line with best practice, we recommend that if you or your athlete is required to attend doping control, another individual remains on site to accompany you or the athlete to their destination afterwards, to ensure they are not alone.

6.5 GENERAL COMPETITOR INFORMATION

6.5.1 BELONGINGS

Athletes, Coaches, Team Managers and Chaperones are encouraged to use lockers to safely store their belongings. Aquatics GB and London Aquatics Centre will not be responsible for any lost or stolen items.

6.5.2 SEATING

Athlete seating will be located within allocated blocks (provided in the above venue plan).

There will be no athlete seating on deck.

6.5.3 ATHLETE PREPARATION SPACE

Aquatics GB World Class programmes and the Home Nations performance programmes will have access around the diving pool for preparation space.

Any club programmes requiring a preparation area may use the space along the concourse behind blocks H - L.

6.5.4 LIGHTING

Please be advised that special effect lighting, which may include flashing, will be used in the venue as part of the sports presentation delivery during the evening finals sessions.

Any such 'show' lighting will cease, and a steady white light will be showing once athletes have entered the Field of Play and are preparing for and throughout racing.



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

6.5.5 CLOTHING BRANDS

Clothing bearing large or prominently displayed logos, brand names, or graphics are not permitted to be worn when on the Field of Play.

6.5.6 ATHLETE HEADSHOTS

Olympic Pathway and Para Pathway 'A' Finalists who do not have a headshot on file, will be required before leaving the building following their heat, to report to the Media Room. The headshot will be taken by the Aquatics GB Media Team. Once taken, the headshot will be used for any additional A finals an Athlete qualifies for during the competition, therefore, will not need to be taken again.

The Media Room is located within the Exercise Studio (the same location the Technical Meeting will be held in), as shown on the above ground level venue plan.

6.5.7 MEDICAL

There will a paramedic present at these Championships during competition days only. Pool staff will administer first aid where necessary on poolside.

The closest hospitals to the LAC are:
Homerton University Hospital (Homerton Row, London E9 6SR) – 1.8 miles
The Royal London (Whitechapel Rd, London E1 1FR) – 2.9 miles

6.5.8 TEAM LEADER MEETING

It is strongly recommended that a representative from all clubs with swimmers entered in this Meet should attend the Team Leader Meeting which will take place at **18:00 on Monday 13th April** in the Exercise Studio (see venue plan above).

Non-attendance could result in swimmers being disadvantaged or not able to compete due to them or their coach not being aware of any changes required for the running of the competition.



LONDON AQUATICS CENTRE
14th - 19th April 2026

 Aquatics GB
**SWIMMING
CHAMPIONSHIPS**

6.5.9 INSPECTION OF PARA DEVICES, SWIMSUIT MODIFICATIONS AND TAPING

Any checks of tapping devices, swimsuit modifications and, starting devices will take place on the following date(s) and time(s):

Date	Location	Time
Monday 13 th April	Exercise Studio	Following the Team Leader Meeting
Tuesday 14 th – Sunday 19 th April	Referees Table – Main Start End	Heats: 08:45 – 09:00 B/Junior Finals: 17:30 – 17:45 A Finals: 19:15 – 19:30

7. SPECTATOR INFORMATION

7.1. TICKETS

Tickets are available to purchase [here](#).

Tickets will only be available at the box office for sessions that have not sold out in advance online.

For finals sessions, there are two types of ticket:

- **Gold Tickets:** reserved seating in block G and F, overlooking the finish end.
- **Silver Tickets:** reserved seating in block C, D & E

Finals tickets cover both B/Junior Final and A Final Sessions.

Concessions are those age 16 and under, 65 and over or students (ID required).

Children aged 2 and under, go free if they are babes in arms however, a ticket is required for scanning on arrival.

Please note ticket prices will be higher on the door than online.



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

On The Door Prices will be the following:

Ticket Type	Heats	Finals
Adult – Silver	£19.00	£26.00
Adult – Gold	-	£30.50
Concession – Silver	£17.00	£23.00
Concession – Gold	-	£26.00
Accessible* – Silver	£17.00	£23.00
Accessible* - Gold	-	£26.00

*Comes with a complimentary companion ticket

The box office will be open by the Spectator Entrance on the Upper Concourse of the London Aquatics Centre from 14th – 19th April. Box Office timings will be confirmed in due course.

Tickets for remaining sessions will be available on a first come first served basis at the event.

7.2. RETAIL

NESS Swimwear will be retailing at the Aquatics GB Swimming Championships. The store will be located on the first floor in front of the gym at London Aquatics Centre (see venue plan) from 14th – 19th April.

Aquatics GB merchandise will be available to purchase on the first floor near the Spectator Entrance and at the Sport Information Desk on the ground floor.

7.3. SAFETY & SECURITY

Security staff will be on site at the venue checking all accredited persons at key access points to the venue and the pool and carrying out ticket checks for spectators.

The health, safety, and wellbeing of all staff, volunteers, athletes, and spectators is our top priority. It is essential that every member of the workforce understands their role in maintaining a safe environment and knows how to act in the event of an incident.

Incident Reporting Procedure

All incidents, accidents, or near misses — whether involving workforce members, athletes, or the public — must be reported immediately. This includes:

- Injuries (minor or serious)



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

- Illnesses
- Sexual Misconduct/Harassment
- Unsafe conditions or hazards
- Damage to equipment or infrastructure
- Security concerns or suspicious behaviour

To report an incident:

1. Ensure safety first – If there is immediate danger, alert your Team Leader, venue staff, event organisers or on-site medics.
2. Notify the Event Organisers – provide clear details of the incident.
3. If necessary, complete an Incident Report Form.
4. Follow instructions – Remain available to assist if needed, and do not leave the area unless instructed.
5. If you are ever unsure of how to respond to a situation, speak to the Event Organisers immediately.

Aquatics GB will work with London Aquatics Centre to ensure that the venue is safe for all participants and for the competition to take place to World Aquatics Standards adhering to all UK health and safety guidance a full risk assessment of the event will be completed and checked daily.

Please note, bag checks will take place before entering the building. Bag checks will take place before entering the building; therefore, spectators are advised not to bring large bags or suitcases over A3 size. Prohibited items include fireworks, smoke canisters, bottles, glassware, cans, flags, banners, poles, laser pens, and or any other item, which in our reasonable opinion, may cause danger or disruption to any event or to other visitors (regardless of whether such item is illegal or is carried for specific purposes).

Further information on safety and security including the Event Admissions Policy will be published [here](#) in due course.

7.4. SIS DISCOUNT CODE

Level up your training with the SiS Aquatics GB bundle, curated by the Aquatics GB Sports Science and Sports Medicine team to maximise your performance at the Swimming Championships. This bundle gives you everything you need to train harder, recover smarter, and compete stronger.



LONDON AQUATICS CENTRE
14th - 19th April 2026

 Aquatics GB
**SWIMMING
CHAMPIONSHIPS**

You can see what is in the bundle [here](#). All qualified athletes receive 60% off RRP using the code **GBAQBUNDLE**.

8. EVENT POLICIES

8.1.1. FILMING AND PHOTOGRAPHY POLICY

Aquatics GB are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within an Aquatics GB setting are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identify of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms. Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's image to be taken and shared in this way.

Aquatics GB encourage all spectators and participants at Aquatics GB events to make themselves familiar with the photography and filming arrangements for the event and be vigilant during that event.

Aquatics GB is committed to ensuring that all children who participate in Aquatics GB activities can take part in an enjoyable, safe environment and be safeguarded from harm. If you have any child safeguarding concerns at the event, please contact an Event Officer immediately to disclose your concerns.

8.1.2. EVENT PHOTOGRAPHY AND FILMING

This event **will be photographed and live streamed**. Static images will be displayed on the Aquatics GB website [here](#). They will be used to promote the sport



LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

at this event and events in the future. Moving images may be displayed at the venue and via live stream [here](#). In addition, Aquatics GB may use these recordings and images for the purposes of education and training, swimmer analysis, promotion, performance, development and selection and event analysis.

In such instances where the event is being live streamed, it will not be possible to provide the option to refuse consent to filming and if there are any concerns, please speak to the Event Officer present. However, if individuals wish to refuse consent to static photography, please complete the Photography Refusal of Consent Form below and return to Aquatics GB Events Department.

If you, as a Parent/Guardian/Carer, have concerns about your child being photographed/filmed, please refer to the relevant Home Nation guidance document: Wavepower the Swim England Child Safeguarding Policy and Procedures; YPlant the Swim Wales Child Protection Policy; Scottish Swimming Child Protection Policy. If you have any concerns in this area, please contact the Data Protection Officer.

Our photography refusal form is available on the next page.

Please note that professional photography is not permitted at this event without prior written consent. Personal photography for private use is welcome provided it does not disrupt the event or infringe on the privacy of others. Aquatics GB reserves the right to request that certain photography devices are not used.

LONDON AQUATICS CENTRE
14th - 19th April 2026

Aquatics GB
SWIMMING
CHAMPIONSHIPS

PHOTOGRAPHY REFUSAL FORM

Name of Swimmer: _____

Membership Number: _____

Event: Aquatics GB Swimming Championships 2026

I refuse permission for the taking and/or publication of images of my child or myself by the event's Official Photographer(s):

Signed _____
(Competitor/Parent/Carer)

Print Name: _____

Date: _____

Please return this form by email to: british.events@aquaticsgb.com



LONDON AQUATICS CENTRE
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 Aquatics GB
**SWIMMING
CHAMPIONSHIPS**

8.2. SEXUAL HARASSMENT POLICY

SPEAK UP

AGAINST SEXUAL HARASSMENT



Unwanted conduct of a sexual nature which has the purpose or effect of violating an individual's dignity, or creating an intimidating, hostile, degrading, humiliating or offensive environment.

4 Types of sexual harassment

VERBAL/WRITTEN

- Remarks of a sexual nature about a person's clothing, personal behaviour or body
- Sexually explicit statements, questions, jokes or anecdotes
- Requesting sexual favours or dates
- Spreading rumours about a person's personal life
- Coercion of sexual activity by threat of punishment
- Excessive and unwelcome flirting

PHYSICAL

- Impeding or blocking a person's physical movement
- Inappropriate and unwanted touching of a person and/or their clothing
- Other inappropriate touching including kissing, hugging, patting, stroking or rubbing
- Playing music with offensive or degrading language
- Purposefully brushing up against another person

NON-VERBAL

- Looking a person's body up and down
- Making derogatory gestures or facial expressions of a sexual nature
- Frequently following or standing too close to a person on purpose
- Whistling or staring in a sexually suggestive or offensive manner

VISUAL

- Displaying sexually suggestive objects, pictures, cartoons, posters, calendars or computer screens
- Showing other people sexually suggestive text messages or emails
- Sharing sexually inappropriate images or videos such as pornography

Please speak up and contact speakup@aquaticsgb.com
or alternatively leave a message on our confidential line **0808 1000 323**

Individuals are encouraged to provide their details but may also choose to remain anonymous.

