



**Nottinghamshire A.S.A.
Presents**

Festive Frenzy Gala 2022



(Under Swim England Regulations and Technical Rules of Swimming)
(Licensed Level 3 - 3EM222120)

Going Paperless

In order to reduce the amount of paper used and provide the event in a more covid-safe manner we will be using Telegram to communicate with Coaches, Spectators and Swimmers both before and during the event.

We will not be distributing or posting printed start lists or results - all will be on the website and signposted on Telegram.

We will be sending out reminders before the meet on the channel along with notification of Starts lists being ready, results being published and any DQ notifications.

Telegram is a secure messaging application that works on mobile, tablet and laptop devices that have an active internet connection - details can be found here: -

<https://telegram.org/faq#q-what-is-telegram-what-do-i-do-here>

You will need to install Telegram on your device and create an account - you will need a mobile phone to receive a validation text but the same mobile can be used for multiple devices using the same account. The app and sign up is completely FREE.



Telegram can be installed from <https://telegram.org> or just search for Telegram in your App Store.

Once you have Telegram installed then you will need to join the Notts ASA Competitions Channel by following the below link, or with a QR Code scanner you can scan the code below to join (Not from within the app).



<https://t.me/joinchat/NdEqXUGS4Mo2NWU0>