



TOLLCROSS INTERNATIONAL SWIMMING CENTRE

Essential Venue Guide

Tollcross International Swimming Centre's existing Olympic-sized, 10-lane pool has undergone extensive refurbishment and is now complemented by a 50 metre warm-up and training pool to provide a world-class facility for the Aquatics (Swimming) competition.



At Tollcross International Swimming Centre

For everyone's safety and enjoyment of the event, all spectators will pass through an airport style screening process for prohibited and restricted items before being allowed into venues.

Facilities	Advice	Regulations	Important information
<ul style="list-style-type: none">- Spectator Information Point, including induction hearing loop, wheelchair loan, wheelchair pushing service, and Lost & Found service for people and property.- Pushchair and wheelchair storage.- Accessible toilets, Changing Places toilet, and limited baby change facilities.- Assistance dog spending & water area.- First Aid.- Merchandise, food & drink kiosks and free water filling stations.- Ticket office.- There will be no cloakroom facility. However, there is limited shelter in Tollcross Park, so please dress appropriately.- Cash only payments will be accepted by food & drink kiosks (NB no ATM/cashback facility available). Merchandise kiosks accept cash, VISA and MasterCard.	<ul style="list-style-type: none">- Plan your journey now. Make sure you know how to reach the venue and allow plenty of time for travel, queuing systems at transport hubs, and security checks.- Do not drive to the venue. Except limited pre-bookable facilities for Blue Badge holders, there will be no parking or set-down/pick-up points for private cars at or near the venue.- Entry gates will open 90 minutes before each session starts. Arrive in plenty of time to allow for security and ticket checks.- Entry will be from Tollcross Park, which has slight gradients. An accessible buggy will operate from Tollcross Road to the venue.- It's warm in there! We recommend you wear layers and drink plenty of water.- It is not possible to leave Tollcross International Swimming Centre then re-enter – make sure you bring everything you need (e.g. medication, nappies etc).- Public transport is expected to be particularly busy after each session, so walking or cycling may be your easiest way of returning to the city centre.	<ul style="list-style-type: none">- Flash photography is not permitted at any time during the Aquatics events.- Please remember to be silent at the start of the Aquatics events, until the athletes are in the water – then make as much noise as you like!- Bringing a bag may slow down your entry. Each spectator is permitted one small bag no larger than 25 litres (equivalent to 30 x 20 x 20 cm/12" x 8" x 8"). It must be soft sided and fit under your seat.- Spectators with a wheelchair ticket can bring a wheelchair into the accessible seating area. All other ticketholders with wheelchairs, prams or pushchairs must use the storage facility. Just ask a member of staff for assistance.- Children under the age of two years on 23 July 2014 will not require a ticket or be allocated a seat. Children under the age of 16 must be accompanied by an adult and may not enter the venue alone.- Smoking, including electronic cigarettes, is not permitted within any Games venue. This includes any open air space within the venue perimeter. Smoking is discouraged immediately outside venues.	<ul style="list-style-type: none">- Alcohol can be purchased from the food & drink kiosks, but may not be brought into the venue from outside.- All containers of liquids, aerosols or gels – except sunscreen (200ml) and non-alcoholic drinks (500ml) – must be 100ml or under in volume.- You can bring a plastic water bottle of 500ml or under.- The following items will not be permitted at Tollcross International Swimming Centre: cans; glass; horns, vuvuzelas or similar items; flags of non-participating causes, affiliations or organisations; all photographic equipment over 30cm in length, including tripods and monopods; golf style umbrellas, large bags, coolbags and picnic hampers.- The following items are prohibited and illegal under Scottish law: knives; firearms; ammunition; explosives; toxic or irritant chemicals; CS spray; illegal drugs and similar substances.- For full details and guidelines, visit: glasgow2014.com/tickets

Travelling to Tollcross International Swimming Centre

Approximately 3.5 miles (64 minutes' walk) from George Square (Glasgow city centre)

Glasgow 2014 is a public transport Games. Where possible, cycle or walk. Plan your Games Time journeys using the Traveline Scotland Journey Planning App: travelinescotland.com

On the day for which it is valid, your event ticket includes access to local public transport services (trains, buses and Subway). To access these services, simply show your event ticket on request. Further details are available at glasgow2014.com/transport/public-transport

For the latest transport news, visit glasgow2014.com/transport or follow us on twitter [@GamesTravel2014](https://twitter.com/GamesTravel2014)

- Limited parking for Blue Badge holders and wheelchair users is available at The Forge Shopping Centre, and includes Accessible Shuttle bus transport to the venue. It's free and must be pre-booked on a first-come, first-served basis at glasgow2014.com/accessibility
- An Accessible Shuttle bus service for those with restricted mobility will also be available from Shettleston Station, and must also be pre-booked at glasgow2014.com/accessibility
- For all accessibility enquiries go to glasgow2014.com/accessibility
- No Park & Ride service is available for this venue.

See next page for recommended transport options.

Travelling to Tollcross International Swimming Centre

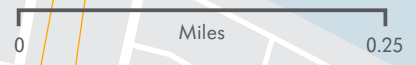
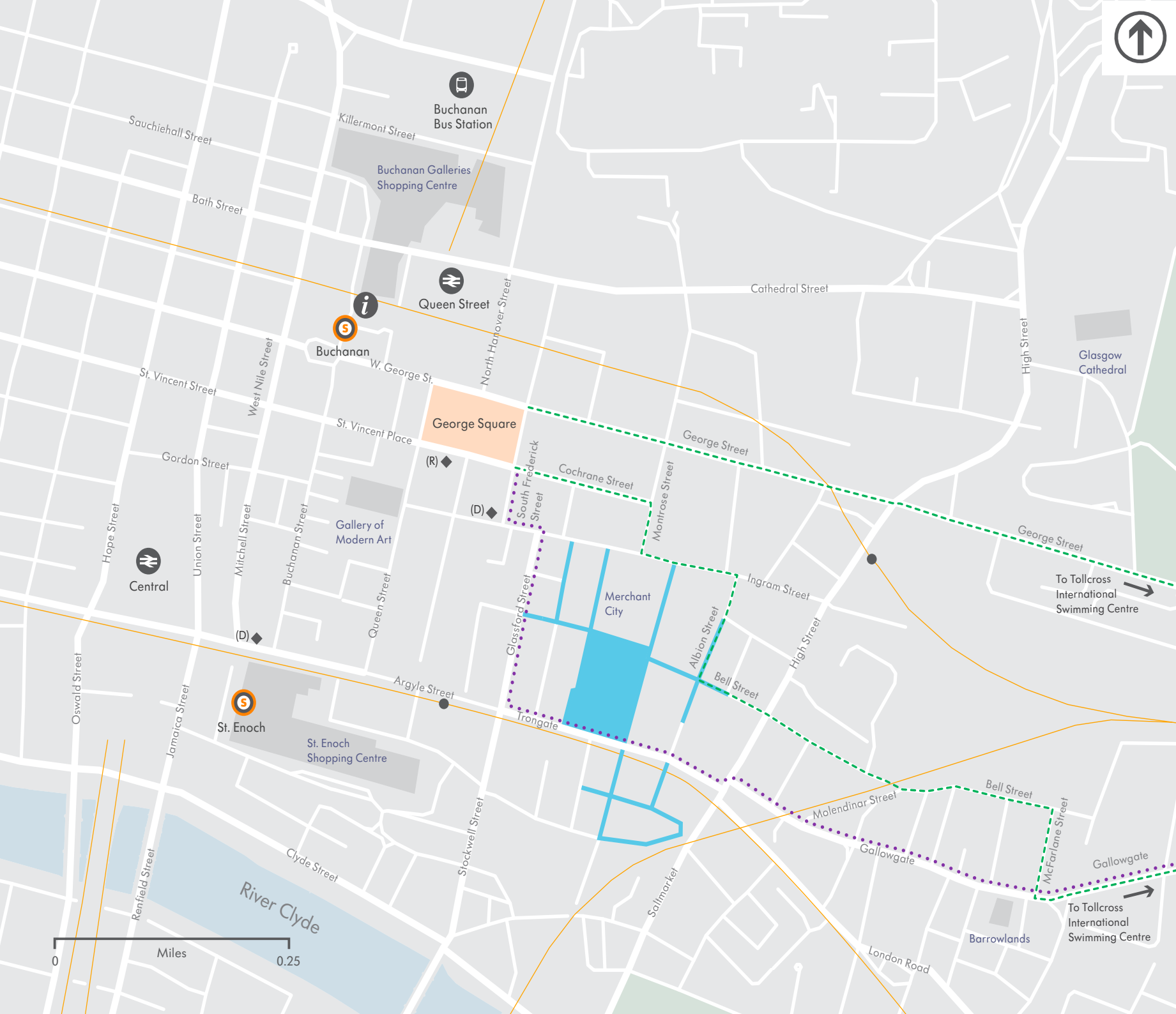
Approximately 3.5 miles (64 minutes' walk) from George Square (Glasgow city centre)

	Walking and Cycling	Rail	Local Public Bus	Accessible Shuttle Bus
Depart City Centre	George Square, 3.5 miles to venue.	Glasgow Queen Street Station.	Argyle Street after Mitchell Street. Ingram Street. (2, 60, 60A, 61, 240 and 255)	Shettleston Station (accessible) Accessible Parking area at The Forge Shopping Centre.
Arrive	Tollcross International Swimming Centre, Tollcross Park Entry. Cycle parking available at Winter Gardens in Tollcross Park, 5 minutes' walk from venue entry.	Carntyne Station, 15 minutes' walk to venue.	Tollcross Road west of Wellshot Road (61, 240 and 255). Shettleston Road at Wellshot Road (2, 60 and 60A).	Accessible drop-off point, 2 minutes' walk to entry.
Return	Tollcross International Swimming Centre.	Carntyne Station, 15 minutes' walk from venue.	Tollcross Road opposite Altyre Street (61, 240 and 255). Shettleston Road at Wellshot Road (2, 60 and 60A).	Accessible drop-off point, 2 minutes' walk to entry.
Note	Walking takes 64 minutes from George Square. Cycling (19 minutes to cycle parking) may be your quickest way of travelling to the venue. Bags and panniers may not be left unattended in the cycle parking area.	Glasgow Queen Street and Shettleston Stations are accessible. Carntyne Station is not considered accessible to all.	Many normal services will be running, but may be adjusted for Games Time. For further information go to travelinescotland.com	Accessible shuttle places are available to wheelchair users/easy access ticket holders on a first-come, first-served basis, and must be pre-booked at glasgow2014.com/accessibility

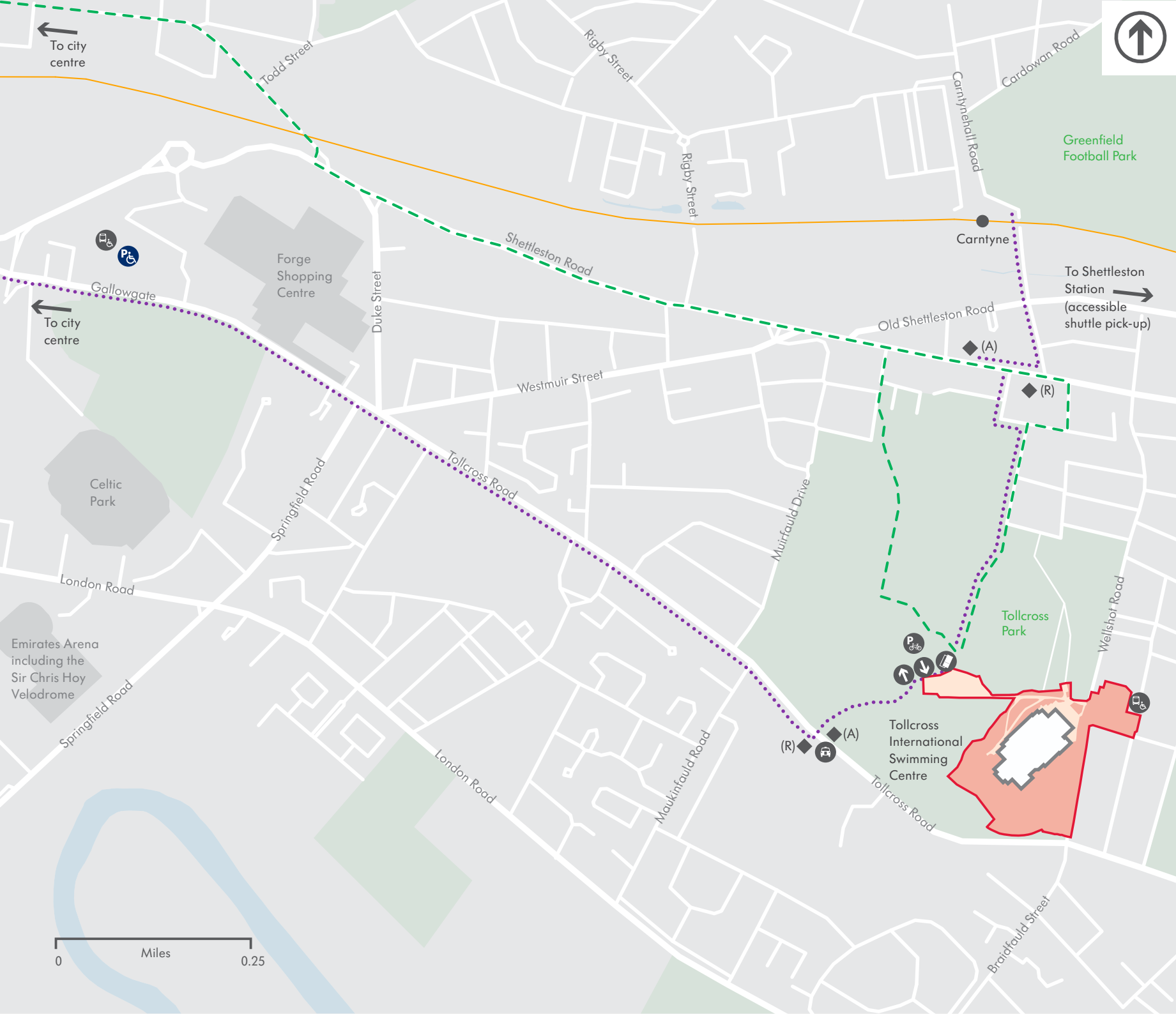


Your journey from central Glasgow

- Rail route
- Walking route
- Cycling route
- Landmark
- Festival hub
- Train station
- Public bus stop (depart)
- Public bus stop (return)
- Shuttle bus
- Subway station
- Tourist information



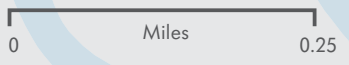
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Arriving at Tollcross International Swimming Centre

Key

- Rail route
- Walking route
- Cycling route
- Security perimeter
- Spectator area
- No spectator access
- Train station
- Public bus stop (arrive)
- Public bus stop (return)
- Shuttle bus
- Pre-booked accessible shuttle bus
- Pre-booked accessible parking
- Cycle parking
- Taxi drop-off & pick-up
- Entrance/exit
- Ticket office



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Sport at Tollcross International Swimming Centre Near Tollcross International Swimming Centre



Can you tell a flutter from a fly?
Find out more about Aquatics (Swimming) at:

glasgow2014.com/sports

Want to see more world-class swimming?
The IPC Swimming World Championships are coming to Tollcross International Swimming Centre in 2015. For more information go to:

swimming.org/ipcworlds2015

If you're inspired to have a go, there are hundreds of ways to unleash your sporty side after the Games. You can play, coach or volunteer – and a comprehensive list of opportunities across Scotland can be discovered here:

sportscotland.org.uk/unleash

For physical activity opportunities in Glasgow, including at Tollcross International

Alternative formats of this document are available on request.
Email contactus@glasgow2014.com or call 030 3333 2014.

If you wish to use a text relay service, see www.textrelay.org for assistance.

- **Tollcross Park**
Tollcross Park may be best known for its world class rose garden, site of the International Rose Trials each year, and its B-listed 19th century winter garden, which has been recently refurbished. Its hothouses have many colourful and exotic plant species and the garden includes a children's play area and café.
- **Glasgow Cathedral and Necropolis**
Learn about the city's beginnings in the ancient Glasgow Cathedral, which houses the crypt of Glasgow's patron saint, Mungo. Absorb the panoramic views from the adjoining Victorian Necropolis, one of the most unique and significant cemeteries in Europe.
- **St. Mungo Museum of Religious Life and Art**
The exhibits held in the museum explore the importance of religion in peoples' lives across the world and across time. Find out more about some of the world's major religions, and the story of religion in the west of Scotland.
- **People's Palace and Winter Gardens**
The People's Palace on Glasgow Green is home to a collection of historical artefacts, photographs, prints and film. A visit here will give you an intriguing insight into the lives of ordinary Glaswegians from the 18th century to the present day. Access via the Glasgow Green Live Zone.
- **'The River' (Barrowland Ballet), Empire Café, Briggait, 20–21 July and 24 July–1 August 2014**
This is a story told through dance, live music and song as the 150-strong cast take you on an emotional journey. Just as a river replenishes itself, so does the culture of the city built alongside it. The River celebrates the creation of this transient and vibrant environment.
- **Glasgow Green Live Zone**
Celebrate with fellow Games supporters at Glasgow Green and enjoy Commonwealth culture and music, food fairs, live performances and more. There is also the opportunity to join the Glasgow Green Opening Ceremony Party (ticket required).