**Sanctioned Meet Request**

Aquastorm -- Bismarck Aquatic and Fitness

**Statement of local protocols and requirements** (per ND Dept. of Health and Bismarck Park District)

*As of December 7, 2020, North Dakota is in the Orange - High Risk Level — This is the level of high risk for exposure and when transmission is controlled in the jurisdiction AND health criteria is met.*

The following recommendations for industry protocols should be followed along with meeting public health criteria to ensure there is no increased risk of exposure or uncontrolled transmission in the community.

* Capacity should be limited to a percentage of normal operating capacity for controlled and managed facilities or capped at a total number. If there is no way to control access of entry (egress), spread out activities to double the normal footprint; the state of North Dakota has established 50 people in the pool area as their cap.
* Mark six-foot increments where lines form.
* Post signage (state provided) at all entrances of the facility informing all employees and customers that they should:
  + Avoid entering the facility if they have a cough or fever.
  + Maintain a minimum six-foot distance from one another.
  + Wash their hands often with soap and water for at least 20 seconds.
  + Limit unnecessary contact such as hugging and shaking hands.
* Masks are required in any/all indoor facilities.
* Provide hand sanitizer, soap and water or effective disinfectant at or near the entrance of the facility and in other appropriate areas for use by the public and employees, and in locations where there is high frequency employee interaction with members of the public (e.g. cashiers). Keep chemicals out of reach of small children. Restrooms normally open to the public shall remain open to the public with heightened hygiene and cleaning standards.
* Regularly disinfect other high-touch surfaces according to industry standard operating procedures in conjunction with Personal Protective Equipment (PPE) use for staff.

**Special Measures**

* Develop policies and procedures for prompt identification and isolation of sick staff and customers.

**Indoor youth sports should operate following CDC guidelines**

* Limit occupancy to maintain social distancing.
* 24-hour facility use can resume
* Pools may open following Smart Restart protocols including social distancing, CDC recommendations, aquatic health codes, and pool operator protocols.

**History of our return to the pool**

As of June 1, our facility (operated by the Bismarck Park District) gave the go-ahead to return our swimmers to practice in a limited capacity, starting with our senior/nationals groups. After two weeks of practice with our older swimmers, we phased in our next age group; two weeks after, starting in July, all swimmers were welcome back to the pool with the following rules and guidelines. In late November, we again were asked to stop all youth sports for a period of two weeks, practiced resumed in early December with competitions allowed again December 14.:

* If your swimmer is not feeling well or if anyone in your house is sick, please DO NOT send your swimmer to practice.
* Swimmers will arrive 15 min early for practice.
* After leaving their respective cars, athletes walk in separately, 10 feet apart.
* Parents should not not enter the Aquatic Center; parents are not allowed in the stands. Athletes only.
* Athletes arrive at the pool prepared to swim. No locker rooms, showering or deck changing. Athletes will wear their suits to the pool.
* Athletes will enter the Aquatic Center and follow the building requirements when coming in the facility. Once on deck, they will put their belongings in designated areas by the bleachers.
* Once in the water, we will organize them to fit the Bismarck Park District (BPD) guidelines.
* Locker rooms will not be used by Aquastorm swimmers except to go to the bathroom. (At this time, the senior/national group is allowed to use the locker rooms).
* After practice, swimmers will depart practice immediately.
* Athletes cannot loiter in the parking lot of the Aquatic Center.
* Parents must be ready to pick up athletes as soon as practice finishes.
* Swimmers who do not follow these rules will not be allowed back to practice.

**Safety protocols in place for the BSC Aquatics Center per Bismarck Park District:**

* If you or your child are not feeling well, please do not enter the facility.
* Class enrollment is limited; swim club is allowed to have four swimmers per lane, with two swimmers at each end maintaining a safe 6-foot distance.
* Participants on deck have separate entry/exit points. Participants will enter the pool deck through the double doors and exit through the community rooms.
* Participants are to arrive no earlier than 10 minutes before class is scheduled to start.
* One parent/guardian per participant and up to three participants in the family
* Participants are to be suited when they arrive
* Practice social distancing, always staying at least 6 feet apart from anyone outside of your group.
* Wash your hands often with soap and water for at least 20 seconds.
* Limit unnecessary contact. Refrain from touching others, including hugging and shaking hands.

**Specific Protocols for Sanctioned Swim Meet**

* **Plan for spectators**: no spectators will be allowed at the facility, but live streaming is planned for friends and families; Meet Mobile will be used to keep everyone updated on the progress of the meet.
* **Number of individuals** gathering in spaces: Per North Dakota guidelines, the pool deck will be limited to 50 people (including swimmers, coaches, and volunteers); the upper area is considered another gathering space and will be limited to 50 people as well -- this space will be used to house swimmers as no spectators are allowed. The Bismarck Aquatics Center  has also requested no more than 4 swimmers per lane, two at each end maintaining 6 feet of distance.
* **Volunteers** will be limited to
  + Timers (1 per lane)
  + Safety Marshal
  + Live feed operator/commentary
  + “Ready bench” organizer
  + Meet operations
  + Officials

\*\*All volunteers must wear masks throughout the entire meet.\*\*

* Only athletes, coaches, and volunteers allowed on deck.
* Locker rooms WILL NOT be available.
* Athletes are expected to arrive and leave in their suit.
* Swimmers are to keep 6-foot distance between themselves at all times. This requirement does not apply to family or household members.
* Athletes shall enter the pool area through the center double doors and exit through the community room doors.
* Additional time between heats will be used to allow athletes to exit the pool prior to the next heat entering the start area.
* Athletes are to stage on the south side of the pool deck while waiting for their heat. Athletes should arrive one to two heats prior to their swim and maintain adequate spacing while waiting for their swim.  Athletes are to exit the pool and move to the north side of the pool deck after their event.
* All athletes must wear a mask when not in the water.
* The pool deck will be divided into two or three areas and teams (dependent upon the number of swimmers); within those areas, social distancing is expected.
* Once swimmers have completed their events, they will clean up their area and exit the building.
* After the session has been completed, BPD staff will do a deep clean of pool area and disinfect all frequently touched surfaces.

**Continuing to Monitor Situation**

As we continue to plan this meet, we will faithfully monitor the COVID situation in ND, adhering to the “Smart Restart” roadmap plan outlined on the [**North Dakota Department of Health website**](https://www.health.nd.gov/diseases-conditions/coronavirus)as well as to the current guidance given by the CDC. We will be clear in our communications if conditions should change.

**Communication plan for all stakeholders**

We will send out a weekly email before the meet to outline the warm up times and present updates to expectations and guidelines and anything specific people should know before the meet.

   In these emails, we will announce the following:

1. No spectators
2. Precautions for safety, including the mandate  of masks for all athletes
3. A live feed will be on our team Facebook
4. In this email, parents can also decline the meet or sign up for volunteer jobs through Teamunify

All expectations for the aforementioned protocols will be communicated ahead of time at practice, in the meet announcements, event communication, and posted throughout the venue to ensure that all participants and observers are clearly aware of the requirements.

**Team COVID liason for LSC**: Coach Jeff Steele

**Return to competition representatives**: Jeff Steele, Thomas Wheeling, Mary Palmer

*In applying for this sanction(ed event), the Host, Aquastorm Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, ND LSC, and the State of North Dakota  and Burleigh County.*

**Assumption of risk disclaimer:** We have taken enhanced health and safety measures for our athletes and volunteers so we can host this back-to-the-pool meet after a prolonged break. Despite precautions, an inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable; that is precisely why we are hosting this meet without spectators and with as few volunteers as possible. But do recognize that when you allow your children to participate in this meet, you are voluntarily assuming all risks related to exposure to COVID-19.

USA Swimming, Inc., cannot prevent you (or your child(ren) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming

sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.