Age Group Division Chair Report

October 3rd, 2020

- **Age Group Committee-** Created a meeting schedule.
- **Tech Planning Committee-** Created a meeting schedule and we are working on a virtual meet series for New Jersey. Hoping to have more the next board meeting on October 13th.
- **Adaptive/Disability Committee-** Nothing to Report
- **Operational Risk-** Report below

AG Meeting Minutes – September 28, 2020

Zoom Conference at 1pm
Attendees: Nicole Cicalo-DeCaro, Owen Weller, Flora Jeng
Absent: Sophia Toomey, Jack Young, Emily Thompson

Consent Agenda

- **Dates and times for future meetings decided.**

October 7, 2020
November 4, 2020
December 9, 2020
January 6, 2021
February 3, 2021
March 3, 2021
April 7, 2021
May 8, 2021
June 9, 2021
July 7, 2021
****No August meeting unless there is a reason*****
Every meeting will take place at 3:00pm on the date listed

TP Meeting Minutes – September 28, 2020

Zoom Conference at 8:30pm
Attendees: Nicole Cicalo-DeCaro, Al Ledgin, Mike Randazzo, Gavin Formon

Consent Agenda

- **Dates/times for future meetings decided:**

  October 6, 2020

  November 3, 2020

  December 8, 2020

  January 5, 2021

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February 2, 2021

March 2, 2021

April 6, 2021

May 7, 2021

June 8, 2021

July 6, 2021

****No August meeting unless there is a reason*****

Every meeting will take place at 12:30pm on the date listed

- **Discussion over creating a resource for all NJ clubs wherein they can review the plans of different teams who have transitioned to indoor pools.**
- **Discussion over the possibility of creating a meet series similar to that of USA Swimming's, but make it NJ only.**
- **Adjourned at 9:30pm.**

Operation Risk Report – October 2020

Proposal for NJ Swimming Legislation

Dryland Safety and Program Design
With the likelihood of a second lockdown looming, and many teams looking at Dryland and Zoom Workouts as a viable option to maintain athlete conditioning. I would like to propose legislation that dryland programs be designed and overseen by a Certified Strength and Conditioning Professional or a Certified Personal Trainer with advanced certifications in Strength and Conditioning. This individual should maintain a certification through one of the nationally recognized certifying bodies and be able to demonstrate a basic understanding of human movement and safe strength and conditioning programming design. Poor dryland design can lead to serious injury and a loss of time in the water for swimmers of all ages. This is often a requirement for insurance coverage and should be a requirement at the LSC level.

Nationally Recognized Certifications Include:
ACSM, NSCA, NASM, CSCS, CFSC, CPPS, ACE, ISSA, NESTA, AFPA
Advanced Certifications: Courses offered through USAW, NASM, ACE, etc.

Water Temperature Safety
As we head into the cooler months, many of our teams are facing decisions based on pool available ability and access to water. If your team is swimming outside, it is important to keep the pool temperature at the forefront as cooler temperatures can pose a serious health risk for swimmers when the temperature begins to drop below 77°F. The guidelines that currently exist are the following:

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Per USA Swimming Handbook 2020:

103.7 WATER AND AIR TEMPERATURE
1 /LSC/ Water temperature between 25 to 28 degrees Celsius (77 to 82.4 degrees Fahrenheit) shall be maintained for competition.

Per FINA Facility Rules 2017 - 2021

F.R 2.12 Water temperature shall be 25° to 28°. (77 - 82.4° F)

Per the World Health Organization - Guidelines for Safe Recreational Water Environment: Volume 2: Swimming Pools and Similar Environments (2006)

2.6 Water ranging in temperature from 26 to 30 °C is comfortable for most swimmers throughout prolonged periods of moderate physical exertion.

Per the National Center for Cold Water Safety

“Below 77°F (25°C) Breathing begins to be affected.” - Below 77° is NOT recommended
“Treat any water temperature below 70°F (21°C) with caution” it can be dangerous and life threatening.