

North Palm Beach Winter Invite

November 21-22, 2020

Sailfish Splash Park

Sanctioned by:

Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
Sanction No. **FG132032602070**

In granting this approval it is understood and agreed that USA Swimming and Florida Gold Coast Swimming shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

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 individuals with underlying medical conditions are especially vulnerable.

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 against 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 FLORIDA GOLD COAST SWIMMING 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

We have taken enhanced health and safety measures – for you, our coaches, swimmers, officials, and volunteers. You must follow all posted instructions while attending this meet. 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. By this meet, you voluntarily assume all risks related to exposure to COVID-19.

- Hosted by:** North Palm Beach Swim Club
- Location:** Sailfish Splash Park
931 SE Ruhnke – Stuart, FL 34994
- Date and Time:** **Session 1** – Saturday 13 & Over - - Warm up: 7:30am - - Start of session: 9:00am
Session 2 – Saturday 12 & Under - - Warm up 12:00pm - - Start of session: 1:00pm
Session 3 – Sunday 13 & Over - - - Warm up 7:30am - - Start of session: 9:00am
Session 4 – Sunday 12 & Under - - Warm up 12:00pm - - Start of Session 1:00pm.
*Meet director reserves the right to change meet warm-up, start times, or drop some events in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.
- Pool/Timing:** **Meet will be held in eight (8) – 25-yard lanes.** Pool is 50 meters x 25 yards, heated & cooled, outdoor pool. Colorado timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2C (4). Water depth at the start varies from 5’0 to 8’0 depending on lane assignment accordance with 202.3.7 (C).
- Camera Free Zone:** The Florida Gold Coast Swimming CAMERA FREE ZONE policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.
- Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
- Conflict of Interest:** Unauthorized sale, advertisement, and promotion of products and/or services at the location of the competition as well as its vicinities are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.
- Rules:** Current USA Swimming Rules will govern this meet.
Public Health and Safety mandates and guidelines of the State of Florida and Martin County.
Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.
All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Deck Changes: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes is prohibited.

Eligibility: Open to current 2020 USA swimming athletes registered in Florida Gold Coast Swimming, who are members of the **North Palm Beach Swim Club, Jupiter Dragons, Lake Lytal, East Coast Aquatic Club and Martin County Swim Team.**

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

The host WILL NOT be accepting New or Renewing USA Swimming registrations at the meet. All USA Registrations must be done prior to the start of the competition.

Disability Athletes: Swimmers with a disability are welcome to enter this meet. The coach or entry chairperson must alert the meet director, as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. Please contact the pool office ahead of time to allow for preparations – NPBSwimming@gmail.com

Entries: All entries must be received by November 14, 2020.

PLEASE enter electronically, NO MAILED entries. For electronic entries (CL or SDIF format only)

E-mail to NPBCoach4@aol.com, NO faxed entries. Confirmation for electronic entries will be sent via e-mail. ** Submission of electronic entries signifies that all swimmers are USA Registered. Questions, please contact Coach Cavanah at 561-762-7261.

Note: Swimmers without registration number or birth dates will not be entered.

Entry Limit: Individual events: **Three (3)** individual events per session per swimmer.

Meet Cap: The meet will be capped at **200 swimmers for the 12 & Under session and 200 for the 13 & Over session.**

Deck Entries: Late entries and deck entries WILL NOT be accepted. The FGC deck entry policy WILL NOT be in effect.

Entry Fees: \$6 per individual event.

Facility Surcharge: \$10 per swimmer.

Refunds: Once the team or individual entry has been received and processed, there will be no refunds unless FGC rule 1. 17a.i.v applies.

- Seeding:** Fastest to Slowest - YLS
- Awards:** Individual Events - Top 3 – Medals – 10 & Under, 11 – 12, 13 – 14, and 15 & Over.
- Scoring:** No Team Scores.
- Admission:** **Free/ Heat Sheet Free**
- Meet Information:** Updates to meet information as well as Timelines and Psych Sheets for the meet will be posted on the internet after entries are processed. Results will also be posted at the conclusion of the Meet. Look for this information at: **npbswimming.com**.
- Head Referee:** Scott Boggs
- Meet Director:** Alf Aguirre
- Admin Official:** Dick Cavanah
- Meet Marshall:** Facility Lifeguards.
- Meet Committee:** A meet committee may be created by the meet referee to handle issues pertaining to non-rule situations at the meet such as severe weather and equipment issues.
- Information:** Alf Aguirre – 305-773-6060, Dick Cavanah – 561-762-7261.
- Warm-up Procedures:** NO Equipment Permitted. Swimmers must enter the water feet first. All Lanes – Circle swimming only (counterclockwise only).
General Warm Up will prevail. Swimming and Pulling Only, Push Off; No Racing Starts; No Sprinting or Pace Work
- NOTE: Meet management reserves the right to adjust start time, times of session to ensure an efficient meet.

Session #1 Saturday – Order of Events (7:30 warm-up, 9:00 start)

Event Number	Event	Age Group
1-2	200 Free	13 & Over
3-4	100 Back	13 & Over
5-6	100 Breast	13 & Over
7-8	200 Butterfly	13 & Over
9-10	50 Freestyle	13 & Over
11-12	400 Individual Medley	13 & Over

Session #2 Saturday – Order of Events (12 noon warm-up, 1:00 start)

Event Number	Event	Age Group
13-14	200 Free	12 & Under
15-16	100 Back	12 & Under
17-18	100 Breast	12 & Under
19-20	50 Butterfly	12 & Under
21-22	50 Freestyle	12 & Under
23-24	100 Individual Medley	12 & Under

Session #3 Sunday – Order of Events (7:30 warm-up, 9:00 start)

Event Number	Event	Age Group
25-26	200 Individual Medley	13 & Over
27-28	100 Freestyle	13 & Over
29-30	200 Backstroke	13 & Over
31-32	200 Breaststroke	13 & Over
33-34	100 Butterfly	13 & Over
35-36	500 Freestyle	13 & Over

Session #4 Sunday – Order of Events (12 noon warm-up, 1:00 start)

Event Number	Event	Age Group
37-38	200 Individual Medley	12 & Under
39-40	100 Freestyle	12 & Under
41-42	50 Backstroke	12 & Under
43-44	50 Breaststroke	12 & Under
45-46	100 Butterfly	12 & Under

Supplemental Information

The city of Stuart urges continued hand washing, social distancing, use of facial coverings and other precautionary measures as businesses partially reopen under Governor's Order 20-120.

Additional Information and Procedures related to Covid-19: NPB Swim Meet Covid-19 Information – as of October, 12 2020 – Any changes to this information before the meet

will be communicated directly to the participating team's coaches for dissemination to their teams. The following applies to swim meet participants, parents, coaches, officials, volunteers, and spectators.

To manage the number of spectators on deck, NPB asks that swim families have no more than two spectators present on deck.

1. Everyone must screen themselves and their children at home before coming to the pool.

a. If anyone is feeling ill, has a fever (over 100.4 degrees), a sore throat, diarrhea, vomiting, abdominal pain, a severe headache or has been exposed to someone with COVID-19 in the past 14 days, **THEY MUST STAY HOME.**

b. If during the event, anyone experiences Covid-19 symptoms, they should isolate themselves and have another person notify a NPB coach or marshal of the situation. The coach or marshal will also notify the facility. The person will leave the event/go home and any areas that the sick person has touched or been will be disinfected. (See attachment 1 protocols).

c. Be advised that government health organizations are recommending people 65 years and older, those who live in a nursing homes or long-term care facilities, and people with underlying medical conditions (particularly if not well controlled) should remain home. Underlying medical conditions include chronic lung disease or moderate to severe asthma, serious heart conditions, immunocompromised, severe obesity diabetes, chronic kidney disease undergoing dialysis, and liver disease.

d. CDC, state, and local guidelines are in effect during the meet.

e. All individuals must wear a face cover when entering and exiting the facility. Spectators entrance and exit gate will be separate from the swimmers', coaches' and officials. Social distancing must be practiced when entering and exiting the facility.

2. Face Coverings

a. Everyone is requested to wear face coverings when entering the pool area, walking around inside the pool, and when in any indoor areas.

a. When sitting or standing in place and maintaining social distance, face coverings may be removed. People who live in the same household may sit next to one another.

b. No one is allowed to sit or stand in any high traffic areas.

c. When entering locker rooms/restrooms, everyone will be required to wear face coverings and are encouraged to maintain social.

d. Swimmers may remove their face coverings and leave them with their belongings when getting ready for their race.

e. Upon completion of their race they should return to their place on deck and put their face covering back on if unable to social distance.

3. Swimmers

a. Should bring their own water bottles and snacks as there will be no hospitality or shared water coolers.

b. Should bring a chair unless they intend to sit on the ground on a towel.

- c. Will sit with their teams/groups and sit socially distanced from one another. Swimmers who live in the same household may sit next to one another.
- d. Handshakes, high fives, and team huddles are prohibited.

4. Meet Procedures

- a. Pre-meet warmup will limit swimmers to no more than 4 per lane. Teams will be assigned lanes.
- b. During the swim meet there will be one timer per lane. Masks are mandatory for timers. Timers will stay seated unless they are standing for timing purposes.
- c. Swimmers will line up two heats before their race at the cones set behind the timers.
- d. After each race, swimmers will exit the pool and walk to the warm down area or return immediately back to their designated team area. All swimmers must be cleared of the area for the next heat to step up.
- e. Only 3 swimmers per warm down lane allowed during the meet. Swimmers must enter warm down lanes from the start end of the pool.
- f. Participants, parents, coaches, officials, volunteers will not share equipment.

5. Other

- a. NPB will provide a sanitation station.
- b. Our head coach, Dick Cavanah is the point of contact for any Covid-19 concerns.
- c. We will limit pre-meet and post-meet meetings to the greatest extent possible between coaches, volunteers, participants, officials, and teams.
- d. Bleacher seating areas may be used but are not being sanitized.
- e. NPB will utilize electronic means of communicating heat sheets and results.

6. Inclement Weather In the event of inclement weather, swimmers, coaches, and spectators must return outside the park gates and wait in their vehicles.

7 Attachment 1 Protocols if someone is injured or showing symptoms of COVID-19.

- NPB will notify Manager on Duty or a Senior Lifeguard that an individual requires aid.
- If Brian Green, Senior Aquatics and Park Manager is not acting as Manager on Duty, he will be notified via a phone call at 772-528-5827.
- Lifeguards rendering aid outside of the water will wear gloves, masks, and eye protection.
- If an individual exhibits COVID-19 symptoms or temperature over 100.4 F they and their party will be isolated from the public to a specified location. Staff will complete the following
 - o Call 911
 - o Complete County Incident Report Form.
 - o Disinfect areas of the park where the patron had touched or visited
 - o A tent will be set-up South of the lifeguard office to isolate individuals that exhibit Covid-19 symptoms.
- If a person is in distress or having difficulty breathing the facilities emergency operations plan will be implemented.
- There will be no in water resuscitation.
- Rescue breaths delivered must use a bag valve mask (BVM) and requires 2 guards.