**SSC SwimFest Closed Invite 2020**

**COVID POLICY ADDENDUM**

**All policies and procedures will govern meet operations below and are expected to be followed by all that enter the facility. Swimmers, staff, and volunteers must read this before departing for the facility.**

**Arrival & Departure**

* Parking for the Event will be in the main athletic (football field) parking lot east of the HSE Natatorium. Do not park in the small auxiliary parking lot north of the pool.
* ALL Athletes/Coaches/Officials/Meet Workers will enter door 10.
* Entrance for Athletes, Coaches and Officials will arrive 15 minutes prior to meet warm-up time.
* Most meet workers will also enter the facility 15 minutes before posted warm up time, however some positions will be clearly marked for 30 minutes before warm up time. These positions will be detailed on the team website.
* Any person arriving early MUST wait in vehicle until posted Entry Time.
* Any person experiencing any symptoms of a fever (100.4°F or higher), recent cough, shortness of breath, unusual fatigue, headache or has had any exposure to someone who has any symptoms, (which includes family and friends) should remain at home and seek medical treatment.
* Masks are required upon entry and at all times except for Athletes preparing to Race.
* Social Distancing of 6 feet or more will be expected. Swimmers will be assigned designated areas for staging before and after races.
* Hand Sanitizer will be available and encouraged for use.
* Swimmers and staff will report to designated bleacher or deck staging areas. Staff and signage will assist in specific placement for swimmers. Volunteers will be directed to Lane Line Café area or Computer Head Table area; these staging assignments will also be noted in the online sign up process.
* Individuals, upon concluding the session, will also exit via Door 9 through the Lane Line Cafe. Pick up will be in same parking lot as drop-off. Masks required at all times during the exit process.
* Any individual exiting facility but attending another session MUST process through the check-in procedure again.

**Deck, Restroom, and Competition**

* Upon entering the pool area, Athletes will then proceed to Spectator Area or metal Deck Bleachers to locate assigned seating for the meet except for when preparing to race. These will be assigned by team.
* Coaches and Officials will remain on deck and social distance.
* Meet Volunteers will stage in the Lane Line Café or at the Head Timing Table area and will be given instructions and specific placement for races. Six feet distances will be maintained during all staging times.
* Athletes must come ready to swim. This means with Racing Suit ON and Team T-Shirt. NO deck changing will be permitted. Exceptions for putting on tech suit will be granted on a case by case basis.
* Each individual must manage their own equipment and gear. Names should be on ALL equipment. NO personal items will be shared. Each person MUST have a water bottle to use with name on bottle.
* Restrooms & Locker rooms will be available for toilet use only, strictly one-at-a-time use. Coaches, Officials, & Volunteers will use the coach office bathrooms, and the Swimmers will be assigned locker rooms by team.
* Warm up will use all available lanes; after entry period closes teams will be assigned warm up lanes. With 20 lanes, maximum swimmers per lane will equal 5, however it expected that we will average 3 to 4 at most times. Teams must split their warm up time if headcounts require to maintain 5 or less per lane.
* Coaches will summon athletes from spectator/bleacher areas in warm-up groups to maintain distancing.
* Following warm-ups, athletes will move back to bleacher area for the competition. MASKS ON!
* The announcer will assist in calling athletes to block, clerk/staging, and/or warm-up area.
* Flow Chart for swimmer movement during warm up/race/cool down; please note the circular overall pattern and consult the diagram for full details. Masks will be taken off upon departure (left at bag) from the bleacher area and will be put back on when return to bleacher area.
  + Swimmers will exit the bleacher area for pre-race warm up and will proceed to the South Pool South bulkhead (adjacent instructional pool) for entry in Lanes 5 to 8 ONLY. After pre-race warm up, swimmers are not allowed to return to their team bleacher area; they must proceed to the staging/clerk area after WU.
  + 10 & unders will be allowed a maximum 75 warm up, 11-14 year olds will be allowed a 125 warm up, and 15 & overs will be allowed a 175 warm up.
  + Swimmers will exit warm up from the Starting Block bulkhead ONLY.
  + Swimmers will then proceed to the north pool, walking along the spectator side of the pool, proceed to the Clerk/Staging Area for a brief check-in, standing on the “X’s” on the floor while waiting for the preceding heat to finish.
  + When the heat in front has exited the water and cleared the starting block area, swimmers should quickly report directly behind blocks.
  + Upon completion of the race, swimmers will exit toward the scoreboard side of the pool, passing coaches for possible brief commentary. Cool down will start IMMEDIATELY after passing the coaches. No standing, stopping, or conversational time with teammates will be permitted during the post-race and cool down process:
    - 10 & unders will be offered a cool down of 75 maximum in South Pool Lanes 1-4.
    - 11-12 swimmers will be offered a cool down of 125 maximum in South Pool Lanes 1-4.
    - 13 & over swimmers will be offered a cool down of 225 maximum by the following means:
      * Swimmers that raced in odds heats a 225 maximum in South Pool lanes 1-4.
      * Swimmers that raced in even heats a 225 maximum in the Instructional pool lanes.
  + Swimmers will proceed to their bleacher area immediately after cool down. Swimmers MUST REMAIN SEATED & MASKED on their X for the duration of their stay outside of the warm-up/race/cool down process.
* Finally, any meet equipment used by Officials and Meet Workers will be sanitized at the conclusion of the session. Again, NO sharing of equipment.

**Release and Waiver--ASSUMPTION OF RISK-COVID-19**

**NOTICE:** *This is a legally binding document. Please read it in its entirety before completing and signing. Members may not participate in any SSC-sponsored activities where there is contact with other non-family members without first completing and submitting this form.*

**COVID-19 WARNING**

The Novel Corona Virus 2019 (COVID-19) is an extremely contagious virus that spreads easily person to person. COVID-19 infections have been confirmed throughout the United States, including Indiana. Federal and state authorities recommend social distancing as well as wearing face coverings as a means to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in Southeastern Swim Club, Inc. (SSC) sponsored programs and activities (e.g., swimming practice/lessons, dryland activities, meets, other SSC functions) could increase the risk of contracting COVID-19.

In anticipation of local pools re-opening, SSC is implementing as many precautions as possible to prevent the spread of Covid-19 during SSC sponsored activities. Despite these precautions, SSC in no way warrants or guarantees that SSC members and their families will not be exposed to or contract COVID-19 through participation in SSC programs and activities. Thus, SSC strongly discourages swimmers who are at high risk or who have parents/guardians who are at high risk for severe illness from attending practice and participating in SSC sponsored activities.

For more information about who is at high risk for severe illnesses and how to prevent contracting and/or spreading COVID-19, please go to: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>.

**AGREEMENT**

By completing and signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I, my children and/or my family may be exposed to and infected with COVID-19 while participating in SSC sponsored activities and that such exposure or infection may result in illness, personal injury, permanent disability, and/or death. I also understand that the risk of becoming exposed to or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, SSC’s employees, volunteers, and program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury resulting from exposure to COVID-19 (including, but not limited to, personal injury, disability, and/or death) to myself, my children and my family. I understand that any time a swimmer or parent feels like the risk is too great to the swimmer or swimmer’s family, the swimmer and/or parent may decide to leave or not attend the SSC-sponsored activity.

**Assumption of Risk for Minor Children-COVID-19**

I hereby release, covenant not to sue, discharge, and hold harmless SSC and its employees, agents, and representatives, of and from any claims arising out of the, my children and/or my family’s exposure to COVID-19, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any claims based on the actions, omissions, or negligence of SSC and its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in SSC sponsored activities.

**USA Swimming/Indiana Swimming Waiver**

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 INDIANA 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.

**Safe Sport 360:** The Minor Athlete Abuse Prevention Policy prohibits Applicable Adults (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Applicable Adults are required to abide by this policy in full during this meet.

§ Pursuant to USA Swimming Rules and Regulations and federal law, it is every member’s responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

§ All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after October 11, 2020, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after October 11, 2020, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

**By signing this agreement, I also agree to ensure that I and my family understand and will follow all precautions put in place by SSC, USA Swimming, Indiana Swimming, and its host facility.**

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Signature of Non-Minor Swimmer Date

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Signature of Minor Swimmer Date

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Signature of Parent or Legal Guardian Date