



Return to Competition Plan

This document is specific to our Intrasquad Meet scheduled for Aug 22, 2020 @ SPIRE Institute

Prior to the Meet

- Parents and swimmers must attend the mandatory Zoom call which will review meet protocols and procedures.
- Parents/swimmers/volunteer must review this document in its entirety. Attendance at the meet will indicate that you (a) read this document (b) attended the zoom meeting and (c) agree to all the rules, regulations, policy and procedures. Anyone failing to abide by the above conditions will be removed from the meet/facility.

Parent Standard Operating Procedure for Meets

- Parents must evaluate their child's health before taking them to the meet. Anyone with a fever, cough, shortness of breath, or other signs of illness should not come to the meet.
- Lane and pool assignments will be assigned before the meet and will be communicated to families via email. All swimmers will need to know their heat/lane assignments BEFORE arriving to the pool. Parents should assist younger swimmers by writing their heat/lane assignments on their hand/arm BEFORE coming to the pool. (Figure 1)
- Parents will drop off swimmers at the loading dock and swimmers will enter at the designated doors. Signs are posted to direct swimmers to the appropriate entrance. Parent volunteers will follow the same procedure. (Figure 2)
- Swimmers must arrive during their assigned arrival time. Please do not arrive more than 5 minutes early.
- Parents or additional family members will not be permitted on the pool deck unless the assigned as a meet volunteer.
- We have taken enhanced health and safety measures – for our swimmers, our coaches, our workers. You must follow all posted instructions while attending a sanctioned USA swimming 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 attending our swim meet, you voluntarily assume all risks related to exposure to COVID-19.

Swimmer Standard Operating Procedure for Meets

- Swimmers must evaluate their health before coming to the meet. Anyone with a fever, cough, shortness of breath, or other signs of illness should not come to the meet and seek medical attention.
- Signs will be posted throughout the facility reminding patrons of physical distancing practices.
- Swimmers should arrive with their assigned warm up lane, event, heat and lane on their hand/arm.
- Swimmers must arrive during their assigned arrival time. They must not arrive more than 5 minutes early.
- Swimmers will follow the arrows around the pool which will indicate the flow of traffic.
- Swimmers will always maintain appropriate social distancing. High fives or physical contact of any kind is not permitted.
- Swimmers must arrive in their suits and ready for warmups.
- The locker room will only be available for swimmers who need to use the rest rooms only. The locker room entrance will be monitored by a volunteer to ensure a maximum of 2 swimmers at a time. No items will be stored in the locker rooms. Deck changing is prohibited.
- Swimmers will only bring a camp chair (optional) and their meet bag to the facility. Medical bags are permitted. In their meet bag, swimmers should pack extra goggles, extra cap, water bottle, snacks, labeled baggies for their mask, an extra mask and towel(s).
- Swim bags and chairs will be placed on an assigned spot on the deck.
- Swimmers are not permitted to share food, water, or equipment (ie/ caps, goggles, nose plugs.) Please plan accordingly.
- Swimmers must bring enough water for the entire meet. Water fountains are NOT available.
- Swimmers will be allowed access to the bathrooms inside the locker rooms. The entrance to the bathroom will be monitored by a volunteer who will ensure that only 2 swimmers are in the locker room at a time. Loitering in the locker room or bathroom is prohibited.
- Swimmers will always wear their mask except when in the water. Masks should be worn to the blocks, removed before the race, stored in a name-plastic container with a lid during the race, and worn again after exiting the pool.
- Swimmers must follow directional arrows post-race to speak to the coach assigned to their lane for follow-up.
- Swimmers are not permitted to congregate, cheer, or yell. Swimmers must remain in their designated deck space when they are not swimming.

- Swimmers must enter and exit through the designated side door that enters directly into the natatorium. They must leave promptly at the conclusion of their events. Loitering on the pool deck is prohibited.

Coaches Standard Operating Procedure

- Coaches must evaluate their health before coming to the meet. Any coach with a fever, cough, shortness of breath, or other signs of illness should not come to the meet and seek medical attention.
- Coaches must follow the physical distancing and guidelines set forth by the current phase and mandated guidelines from the CDC and State of Ohio.

Plan for Illness

- Anyone with direct exposure to a confirmed case of COVID-19 must not come to the meet and may not return to practice or meets until cleared by the current isolation recommendation from both the local and state guidelines.
- Anyone with any type of illness must not come to the meet.

PLEASE ALSO REVIEW THE IMPORTANT INFORMATION AND RESOURCES BELOW REGARDING COVID-19 VIRUS: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

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- All swimmers, coaches, officials and volunteers will proceed through the COVID check point upon entry to the facility. This will include a temperature check. Upon successful completion of the COVID check point, each person will be issued a wrist band. Leaving the facility at any time prior to the conclusion of the meet will render the wrist band obsolete and require re-testing before entry will be re-granted.
- All swimmers, coaches, officials and volunteers will wear a face mask for the duration of the meet. Officials on the pool deck will also wear a face shield during the competition. Swimmer will remove their mask and store it in a name-labeled Ziploc baggie when they are in the water.
- Swimmers may be assigned a designated area/spot on the pool deck to place their gear and water bottles. (Figure 3). This will be determined after the entries are received.
- Swimmers should come to the meet prepared with their events, heat and lane assignments on their arms as shown below. The warmup lane will be included in this (Figure 1)

- In accordance with USA swimming and LE guidelines, the meet will be pre-seeded. No deck entries will be permitted.
- Swimmers will warm up with a maximum of 3 swimmers/lane as outlined by USA Swimming. (Figure 4)
- Swimmers will stay in their designated area when they are not in the pool.
- Per USA Swimming guidelines, swimmers will always maintain 6-foot social distancing requirements, including behind the blocks. In accordance with local Lake Erie swimming guidance, no more than 2 swimmers will be permitted behind the block at any given time.
- Per Lake Erie guidance, fly over starts will be whenever possible.
- Following the completion of their race, swimmers will be instructed to stay in the water. (See backstroke exception listed below). The next heat of swimmers will remove their mask and approach the block at the referee whistle cue. Swimmers should not approach the timers for their watch time.
 - For backstroke: Upon completion of the race, the official will dismiss the swimmers from the water. The next heat of swimmers will stand 6 ft away from the block to allow the previous heat to exit safely. Upon the whistle cue from the referee, the next heat will remove their mask, store their mask, and enter the water for the beginning of backstroke.
- Three officials will be present and maintain their distance from the athletes. A minimum number is three (3); 1 Referee, 1 Starter, 1 AO or a stroke and turn judge.
- Officials will not rotate. Officials will not work more than 2 sessions/day.
- Disqualifications will be called over the radio, verified by the referee, and entered by the AO. Paper disqualification slips will not be used. If time permits, the AO may enter the specific DQ code into Hytek, but such details are not required.
- Timers will be assigned 1 per lane and will maintain distance from the athletes. Timers will always go to left side of block to maintain social distancing. If needed, they will verbally check the swimmer's name as suggested by USA Swimming.
- Swimmers will be allowed access to the bathrooms inside the locker rooms. The entrance to the bathroom will be monitored by a volunteer who will ensure that only one swimmer is in the bathroom at a time.
- Officials and volunteers will have access to bathrooms in the recreational pool area.
- Spectators will not be permitted in the stands per Ashtabula County Health Department. Spectators will need to remain in SPIRE Fuel. This coincides with Safe Sport considerations to ensure parents have access to observe their child.

- All meets will be comprised only of athletes in LESD and registered within the LSC. This includes swimmers, officials and meet workers.

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.

Likewise, LESD and Spire Institute, cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in a program or swim competition being ran by HEAT and/or Spire. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a LESD program or sponsored competition, 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, LAKE ERIE SWIMMING, LAKE ERIE SILVER DOLPHINS, AND SPIRE INSTITUTE 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.

Figure 1: Heat/Lane assignments example

E	H	L	
6	4	4	50 Fr
12	3	5	50 BK
16	4	8	100 Fly

Figure 2: Drop off/Pick up location at SPIRE



Figure 3: Pool deck layout – swimmers may be placed into pods around the pool depending on the number of swimmers registered for each session. This will be determined after entries close.

Sample (if needed) Each pod will have a designated space on the pool deck. This picture is for example only.

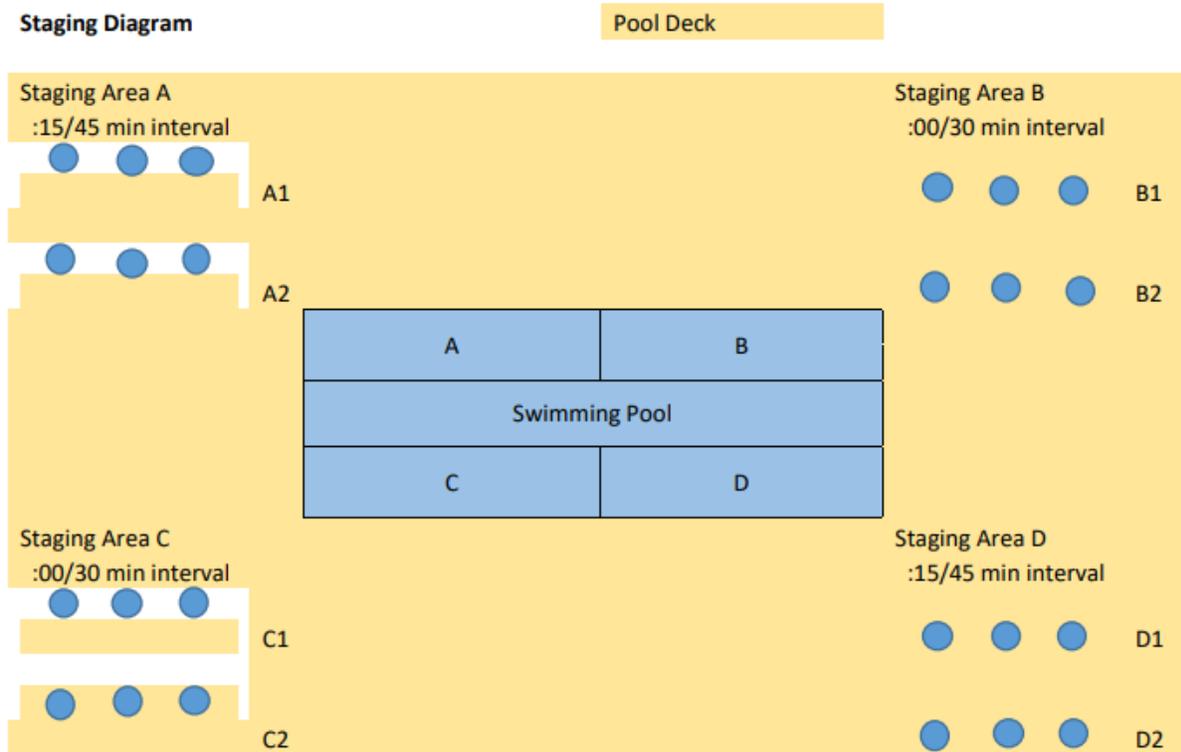


Figure 4: USA swimming layout for 3 swimmers/lane

Warmups will utilize the same mapping plan, adjusted to 25-yard, 10-lane pool. Swimmers will be assigned to a lane in either the diving well pool or the scoreboard area pool.

