LESD Summer Intrasquad Meet
Zoom Call
August 20, 2020
Welcome & Attendance Check

● Special welcome and thanks to our guests
  ○ Josh Ptak: Aquatic Facility Director @ Spire
  ○ Branden Burns: Referee & LE Operational Risk Chair
  ○ Bob Martens: Official

● Attendance check
  ○ Please make sure that your camera is ON (We want to see you!)
  ○ Profile name on Zoom is identifiable as you
AGENDA

- Return to Competition Basics
  - Tim Hable
- Spire: Parking, Entrance & Facility Layout
  - Josh Ptak
- Athlete Information
  - Sarah Tobin
- Referee Perspective
  - Branden Burns and Bob Martens
- Volunteer Information
  - Kristin MacPhail
- Questions and Closing
Return to Competition Basics

- Evaluate health BEFORE leaving for the meet and fill out TeamBuildr Form.

- Everyone must Complete and SIGN (parents signature required) the SPIRE COVID health screen document and turn in when you arrive.

- No Spectators are allowed.

- Everyone entering the building must wear a mask. Masks are required at all time except for when in the water.
Return to Competition Basics

● Maintain 6 Feet social distance at all times
● Locker rooms will be available for bathroom use ONLY. Monitors will be stationed outside to ensure only 2 athletes at a time.
● Follow the maps for parking and Spire entrance.
● Follow the arrows /flow of traffic around the pool deck.
● There are no Deck Entries and the meet will be pre-seeded.
● No more than 3 swimmers per lane during warm up or warm down.
● High fives, physical contact, yelling, congregating, and cheering are not permitted.
Everyone who enters the Spire Facility is required to wear a mask and social distance.
Please follow all posted signs at the Spire facility
Athlete Information
• Arrive on time and in your suit
• Place personal belongings in designated area and maintaining social distance at all times
• Make sure to pack: Hand sanitizer, adequate water, extra goggles, caps, masks, towels and a labeled tupperware container for mask storage. Sharing of items is NOT allowed
• Know your heat and lane assignments—there will NOT be heat sheets posted on walls.
• When not swimming swimmers are to be in their designated area.

MEET
• You will have plenty of time so do not worry.
• ONLY 1 Heat of swimmers will be allowed on bulkhead and 1 heat behind the bulkhead. Please do not congregate behind blocks stay in your spot or at the side of the pool until called.
• Once your heat is allowed on the bulkhead you may remove your mask.
• Mask Protocol
  ■ Your mask must be over your nose and mouth and secured under your chin
  ■ Once on bulkhead swimmers should use ear loops to remove mask
  ■ Place the mask in a labeled tupperware container
  ■ After your swim, take the mask out of the container, only hold it by the loops, and place it back on your face before leaving the bulkhead.
  ■ If you need to adjust your mask do so from the inside.
  ■ You should never touch the outside of your mask. If you do please sanitize your hands.
  ■ You may want to have several masks in case they get wet etc.

• After your swim exit the pool, put on mask, leave the bulkhead and go to see a coach
  ○ Maintain social distancing while waiting and talking with coach

• After talking with coach you can warm down (follow mask protocol) and then return to designated area.
Referee Perspective
Referee Perspective

- Review of the whistle protocol
  - The timeline is forgiving and will allow enough time to safely move from Heat 1 to Heat 2, etc.
- Remove your mask, store your mask, step up on the block
- Fly over starts will be used
- At the finish, please stay in the water (exception: backstroke)
- When dismissed, exit the pool. Put on your mask and proceed off the bulkhead to your coach.
- For Backstroke: Next heat should stand back until the current heat is safely off the bulkhead
Volunteer Information
Volunteers will need to complete a Spire Health form, wear a mask and social distance at all times. We also ask that you assist in reminding swimmers to follow all COVID protocols.

**Lane Marshall:**
- Wear Orange Safety Vest and monitor warm up

**Timers:**
- 1 Timer per lane
- You will be stationed on the T behind the bulkhead.
- Step up to the bulkhead, to the left of the block, only for the finish
- After finish immediately return to the T to write time and reset watch

**Head Timer:**
- Organize timers and be a backup timer

**COVID Marshall:**
- Make sure everyone is social distancing and wearing their mask.

**Safety Director:**
- Monitor warm up and be prepared for any emergency

**Locker Room Attendant:**
- Monitor locker rooms and make sure only two athletes allowed in at a time

**THANK YOU!**
Closing and Questions
You will receive emails that include:

- Warm up Information - Arrival times for swimmers and volunteers
- Google form link - Required
- Link to Spire Health Form - Must be filled out & signed by a parent
- Heat Sheets