# 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

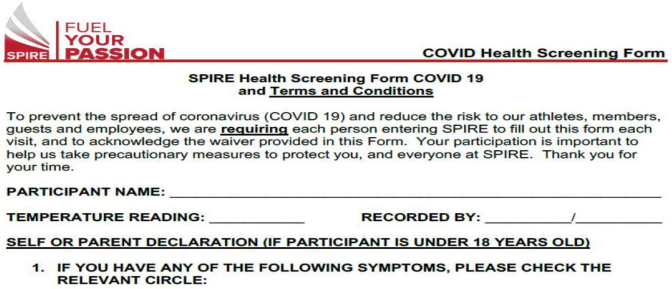
- Attendance check
  - Please make sure that your camera is ON (We want to see you!)
  - Profile name on Zoom is identifiable as you

# 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.



SPIRE FUEL YOUR PASSION — COVID Health Screening Form

**SPIRE Health Screening Form COVID 19 and Terms and Conditions**

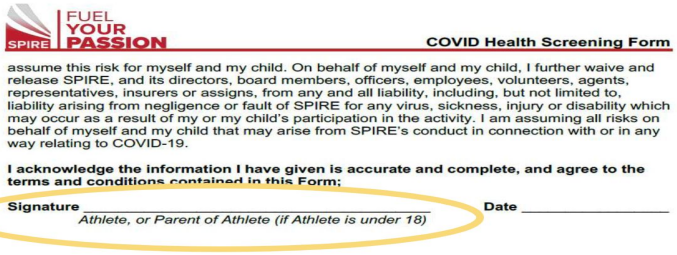
To prevent the spread of coronavirus (COVID 19) and reduce the risk to our athletes, members, guests and employees, we are **requiring** each person entering SPIRE to fill out this form each visit, and to acknowledge the waiver provided in this Form. Your participation is important to help us take precautionary measures to protect you, and everyone at SPIRE. Thank you for your time.

**PARTICIPANT NAME:** _____

**TEMPERATURE READING:** _____ **RECORDED BY:** _____/_____

**SELF OR PARENT DECLARATION (IF PARTICIPANT IS UNDER 18 YEARS OLD)**

1. **IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS, PLEASE CHECK THE RELEVANT CIRCLE:**



SPIRE FUEL YOUR PASSION — COVID Health Screening Form

assume this risk for myself and my child. On behalf of myself and my child, I further waive and release SPIRE, and its directors, board members, officers, employees, volunteers, agents, representatives, insurers or assigns, from any and all liability, including, but not limited to, liability arising from negligence or fault of SPIRE for any virus, sickness, injury or disability which may occur as a result of my or my child's participation in the activity. I am assuming all risks on behalf of myself and my child that may arise from SPIRE's conduct in connection with or in any way relating to COVID-19.

**I acknowledge the information I have given is accurate and complete, and agree to the terms and conditions contained in this Form;**

**Signature** _____ **Date** _____

*Athlete, or Parent of Athlete (if Athlete is under 18)*

- 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.

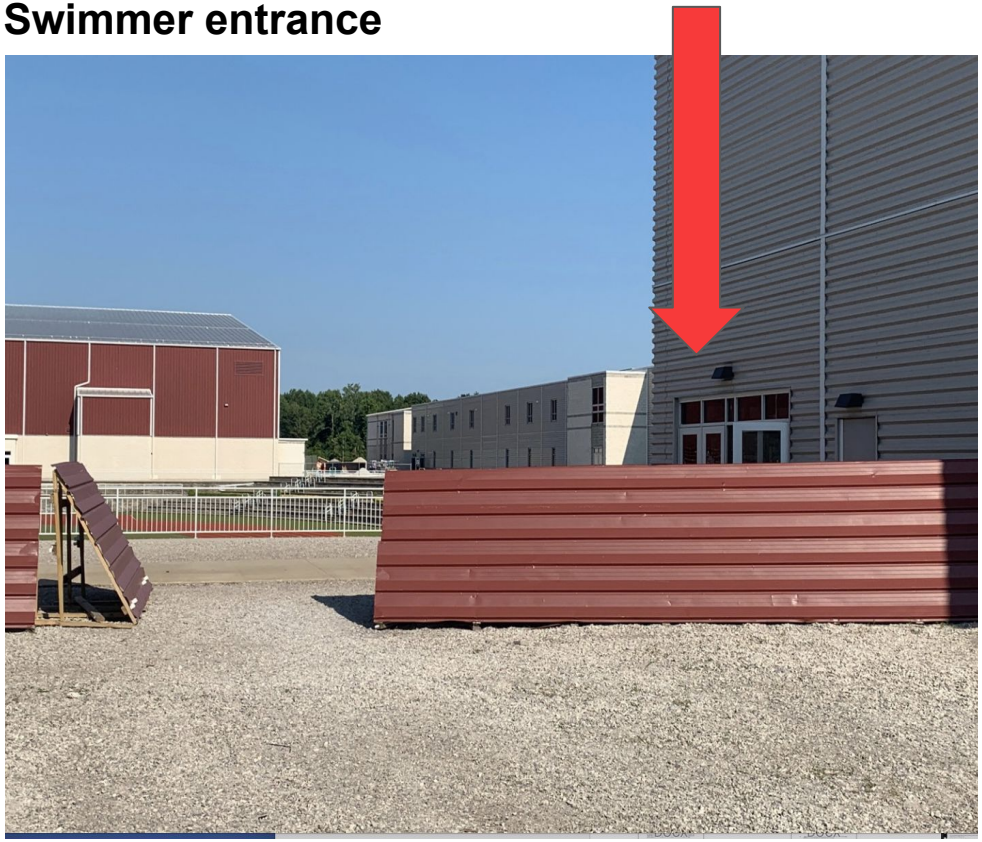
# Spire Information

# Entrance & Parking

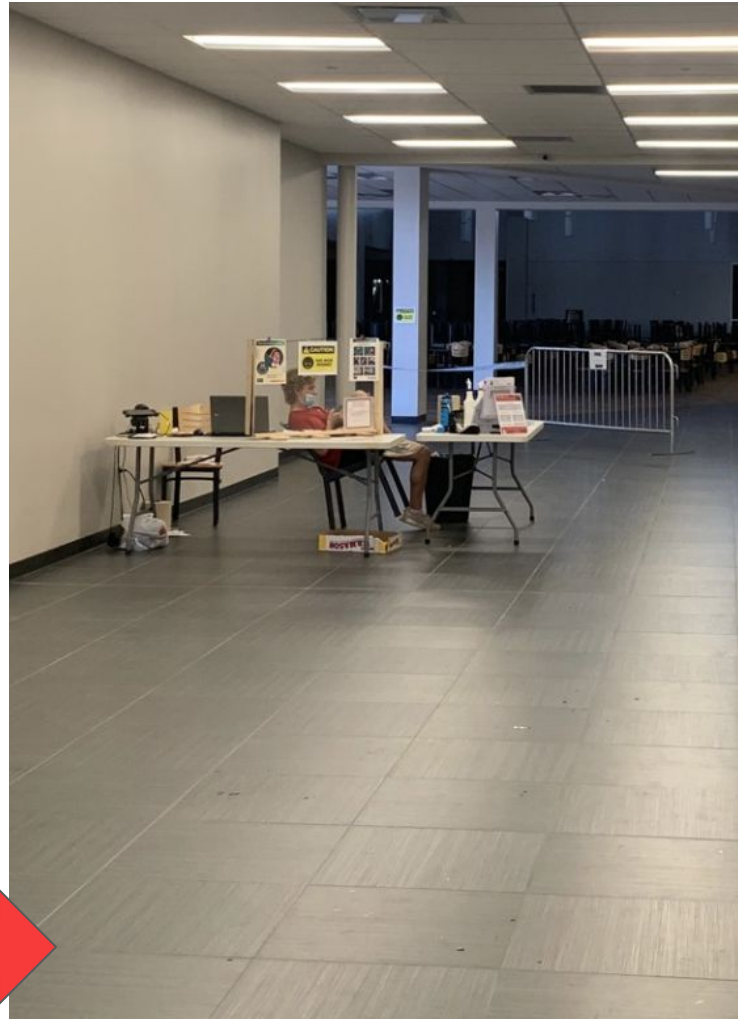
**Everyone who enters the Spire Facility is required to wear a mask and social distance**

Swimmer Drop off

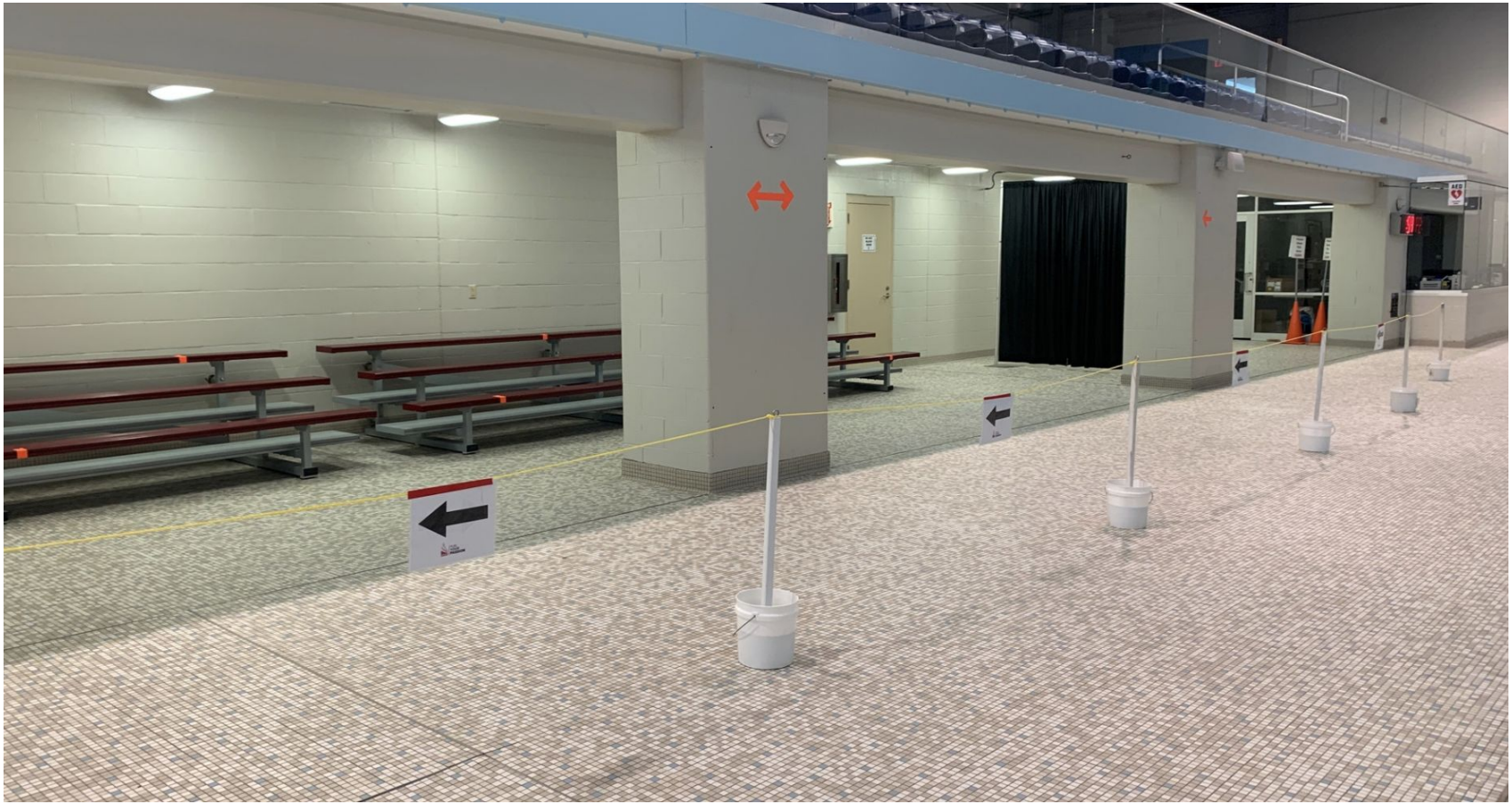
**Swimmer entrance**



**Covid Check and Spire form turn in**



# 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

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- 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

# 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