**RETURN TO COMPETITION CHECKLIST**

**UTAH LSC**

All host teams should use this document as a USA Swimming compliance guide prior to seeking meet sanctioning.

* Team RTC plan has been submitted and approved by the LSC Safe Sport and Sanctions Chairpersons

Return to Competition Plans include:

* All clubs must have a designated point person responsible for being up to date on the current Covid-19 area status and protocols put in place by the health department.
* A supplemental Covid-19 document must be submitted with sanction seeking approval to the Sanction Chair. This document should include:
  + A statement of the local up to date protocols and requirements.
  + The facility specific plan for spectator ingress and egress.
  + The planned number of individuals gathering on the deck areas, pool, spectator seating, hallways.
  + Verification that all MAAPP policies must be in place.
* All suggested language (copied below) is present on Meet Sanction and Heat Sheets including:
  + Statement verifying that the meet will adhere to all local covid-19 guidelines.
  + Assumption of Risk Disclaimer
  + Mandatory Language provided by USA Swimming

Sanction and Heat Sheet Language

The meet information, meet announcement and heat sheets must contain the following language:

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 [THE LSC] 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.