

Down East Family YMCA Dolphins Return to Competition Plan

The Down East Family YMCA (DEFY) Swim Team is planning on returning to USAS competitions in February 2021. The swim team will be competing in two sites, the Down East Family YMCA, in Ellsworth, and the Blue Hill YMCA, in Blue Hill. The team will follow all rules and regulations set forth by the State, Local Government, and Maine Swimming. Below you will find the team's plan to run a safe competition at each facility.

Both Facilities

- During USA meets, the YMCA will only be open for swim team participants, team staff, and team volunteers.
- Spectators will not be allowed. We will offer a live stream of each session to accommodate remote viewing of the meet.
- Everyone who will enter building will be temperature screened at the front door. Anyone with a temperature of 100.4 or higher will not be permitted in the facility. Additionally, each attendee who is a member of Maine Swimming will be required to complete the MESI COVID-19 Photography Waiver before attending the meet.
- All attendees will be required to wear a mask and maintain social distancing, according to State guidelines, to the extent possible. Swimmers may remove their mask while behind their lane before entering the water for warmups and competition. Swimmers must don their mask immediately upon exiting the pool.
- The meet sessions will be limited in number of participants so that the number of swimmers, staff and volunteer does not exceed the maximum number of participants in the facility dictated by State guidelines.
- Spray bottles with sanitizer will be placed in chairs immediately behind the starting blocks to allow for sanitation of mask hooks and starting blocks after each event.
- Session timelines will allow for at least 30 minutes between sessions for cleaning of the deck and bathrooms.
- One bathroom will be designated for volunteers and timers and one for coaches and officials. The locker rooms will be available for swimmers as a bathroom only. There will be no changing allowed in the locker rooms. Only 1 person will be allowed in each bathroom/locker room at a time. These rooms will be disinfected during the sessions periodically, and thoroughly disinfected after each session.
- Seating for swimmers will be marked 6' apart. Heat line-up will occur along lane 1 with swimmers distanced 6' apart. Timers will start the event along lane 6 so that the swimmers don't cross in front of them. Once the event starts, the timers will move to their lane for the finish of the event. Swimmers are instructed to remain in the water until the timers move out of the way. Swimmers will exit the pool and walk along lane 6 to return to the seating area. This is the same flow for both facilities.

COMMUNICATION PLAN FOR ALL STAKEHOLDERS- RETURN TO COMPETITION

- DEFY will communicate to all swimmers, parents, staff, meet personnel, meet officials and timers via the competition invitation and via email.
- DEFY will communicate to stakeholders that swimmers shall not report to the facility more than 15 minutes prior to the start of their warm-ups to submit undergo temperature screening.
- DEFY will communicate and maintain that no more than 50 people (including meet staff) may participate in any one session.
- DEFY will communicate to all stakeholders that timers shall not report to the facility more than 15 minutes prior to the start of their session and that they will be timing the entire session, which is no more than 1.5-2 hours. All timers will be stationed along lane 6 in the deep end, opposite the starter, for the start of the race. The timers will move to behind the blocks for the end of each race. Swimmers are to remain in the water until the timers move to along lane 1 to allow the swimmers to exit the pool and return to their seating area (see chart).
- DEFY will communicate to the stakeholders that at the conclusion of each heat, the swimmers will exit the pool, place a mask over their face and proceed along lane 6 back to their seating area.
- DEFY will communicate to all stakeholders that each swimmer will be required to maintain at least 6 feet distance from the next closest swimmer or person as best as possible, in order to maintain social distancing.
- DEFY will communicate to all stakeholders that each swimmer shall arrive at the facility in their swimsuits and leave in their swimsuit, as locker rooms are closed for changing.

Starting End

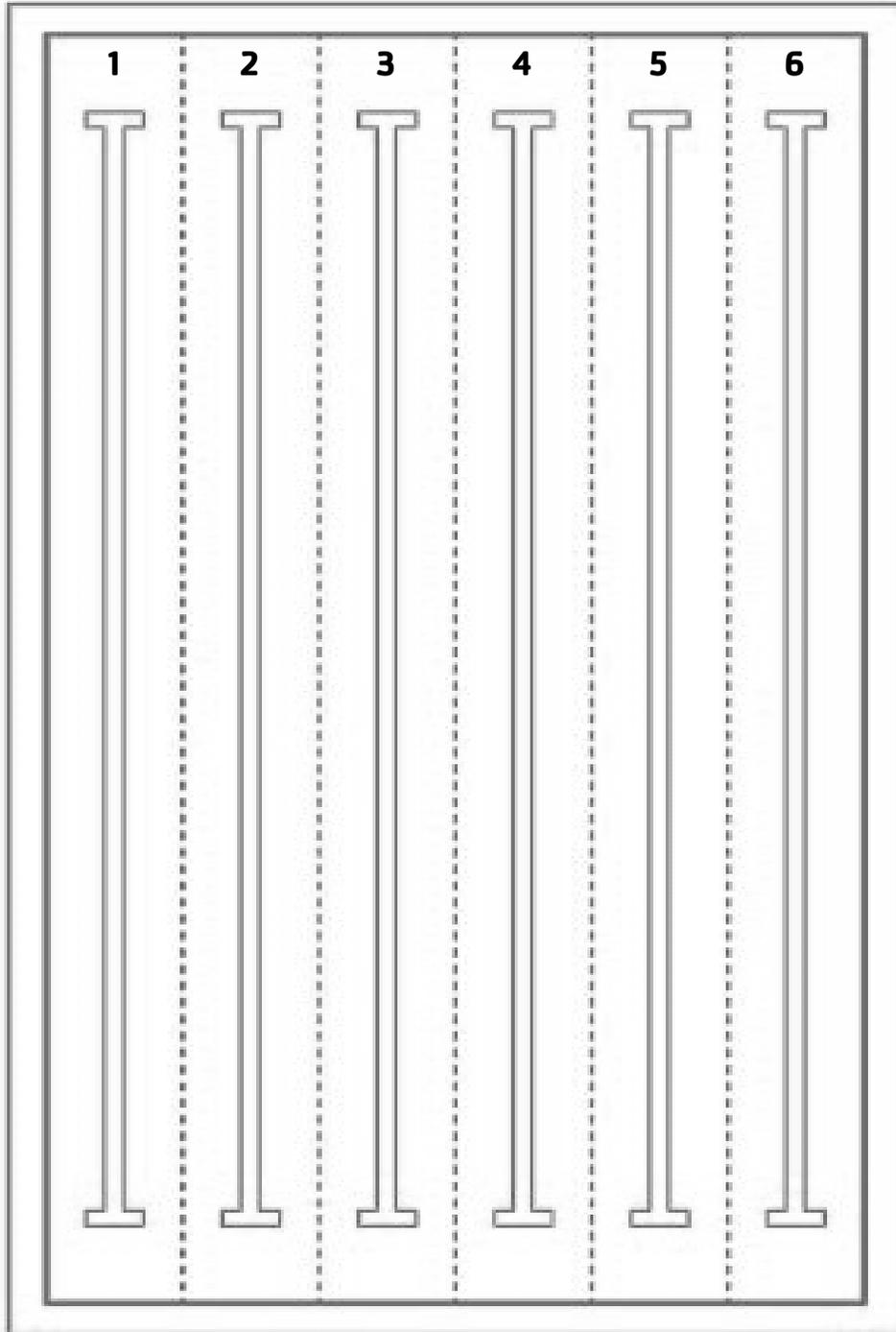
Timers during race

**Timers move here
after race to allow
swimmers to exit**

Swimmers progression to starting blocks

Timers at start

Swimmer return to the pool



KEY



Swimmer Flow



Timer flow

Swimmer seating