



TYDE FALL KICK OFF

Hosted by TYDE

FRIDAY & SATURDAY, SEPTEMBER 25-26, 2020

Held at Kernersville Family YMCA, 1113 W. Mountain St., Kernersville, NC 27284

CONDITION OF SANCTION

As a condition of this sanction, TYDE agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the TYDE Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

ASSUMPTION OF RISK DISCLAIMER

TYDE has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. 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. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

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 THEREWITH.

TYDE FALL KICK OFF COVID 19 MEET PLAN

FACE COVERINGS *All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules. Any issues with face covering mandate must be addressed with the Meet Referee prior to the start of the meet.*

LOCAL PROTOCOLS *Individuals, Families and Communities*

- *NCDHHS recommends everyone continue taking precautions to protect themselves and others from the spread of respiratory illnesses, which includes COVID-19.*
 - *Wash hands frequently with soap and water, and for at least 20 seconds each time.*
 - *Avoid touching your eyes, nose and mouth with unwashed hands.*
 - *Avoid close contact with people who are ill.*
 - *Cover your mouth and nose with a tissue when you cough or sneeze.*
 - *Do not reuse tissue after coughing, sneezing, or blowing your nose.*
 - *Clean and disinfect surfaces that are frequently touched.*
 - *Use a cloth face covering when you may not be able to keep 6 feet between yourself and other people.*
- *It is also good practice to start being more aware of the number of times a day your hands touch an object or hard surface and then touch your face without being washed. Limiting the exposure of your nose, mouth and eyes to unwashed hands can help to protect from the spread of all germs and illnesses.*

For more information on COVID-19, please visit the CDC's website at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus). North Carolina resources can be found on the Division of Public Health website at [ncdhhs.gov/coronavirus](https://www.ncdhhs.gov/coronavirus).

If you have questions or concerns, call the COVID-19 Helpline toll free at 1-866-462-3821

ENTRY & EXIT PROCEDURES

Safety Marshall will be responsible for monitoring these procedures:

*About 10 minutes prior to each event, swimmers will be lined up at assigned heat and lane spots along the sidewalk outside the doors at the front side of the pool (facing the Mountain Street parking lot). Swimmers should have masks, caps and goggles on - **coaches will not be able to help younger swimmers put on caps at the blocks.***

In heat/lane order, swimmers will enter the building from the Northwest doors (the far right doors on the front side of the Kernersville Y). They will be lined up outside so, when they enter, Lane 6 is leading the way. Lane 5 will follow and

**SWIMMER
LIMITATIONS**

then Lane 4, and so on. Swimmers will still be masked and may bring in a towel.

Safety Marshall will have primary responsibility with coaches assisting.

WARM UPS:

Warm up assignments are transmitted electronically in advance (#, lane and lane position). Warm ups will take place in the competition pool. There will be split warm ups for any session that exceeds 32 swimmers. A maximum of four swimmers are assigned per lane for warm ups (using 8 lanes). Swimmers are assigned positions either at the wall or at the flag/15 meter mark. Two swimmers are positioned at either end of each lane and the swimmer assigned the flag/meter mark enters first and moves into position and then the swimmer assigned to the wall enters the water. All entries are feet first with no splashing. Coaches are positioned at both ends of the pool monitoring two to three lanes for warm ups.

DURING RACES:

Swimmers will put items in a basket behind the lane with your lane number and then be staged on the back wall of the pool. When the heat before you dives in and the previous heat has moved to the warm down lane or exit the pool, you will be called to move to the block at your assigned lane and be ready to begin to begin your heat. When you finish your race, you will stay in the water.

We will do fly-over (dive-over) starts. After the next heat begins, swimmers in session may move to the cool down lane to swim a 50. then exit the pool and proceed to collect their towel and mask, dry face, put mask on, and proceed to exit the pool area - maintaining physical distance - around the scoreboard side of the pool to the north doors.

If you have to use the restrooms, please let us know and it's the same procedure as regular training – emergency only and spray Virex on all touched surfaces upon leaving the locker room.

Locker rooms are not available for changing before or after the meet.

This meet is open to all TYDE Competitive team. State and local mandates limit the number of people at the Kernersville YMCA to 50 persons on the deck of the Community Pool. Between events, swimmers and all non-volunteer parents will stage outside. Only three heats of swimmers will be permitted in the pool area at any one time. Sessions will be limited to a maximum of 64 swimmers.

**SPECTATOR
LIMITATIONS**

Safety Marshall will have primary responsibility for maintaining guidelines.

There are no restroom facilities available for spectators.

Swimmers and parents will be staged outside the pool entrance (see map below) with family groups spread out at least 6 feet apart and masked (parents are more than welcome to join, and sit with their own swimmers outside as well while following the same guidelines). **THIS WILL BE ADHERED TO OR YOU WILL BE DISQUALIFIED FROM THE COMPETITION.**

We have limited staff and MAY need parents to help monitor the above requirements and ask all athletes to comply. Please do not retreat to shared vehicles where safe distancing cannot be maintained.

There will be no spectators permitted on deck. Remaining eligible space on deck will be allocated to "staff" (16 max coaches, officials, meet AO/scoring) and volunteers (14 max timers, runner, sanitizer).

**PARENTAL ACCESS
FOR SAFE SPORT**

The Meet Safety Marshall as well as the TYDE Safe Sport Coordinator will be responsible for maintaining.

Should a parent need to access a child who is on deck, the child will be brought to the parent at the pool door or in case of emergency, may be escorted to the child.

Parents can watch the meet from the back sun deck, but will have to walk around the outside of the building. Parents will not be permitted to have chairs or "hang out".



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Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.

Sanction #NC20109

MEET DIRECTOR	MEET ENTRY COORDINATOR
BOB JENNINGS 336-413-5822 COACHBOB@SWIMTYDE.ORG	FELIXA BOUTWELL 336-817-1113 COACHFELIXA@SWIMTYDE.ORG
MEET REFEREE	MEET MARSHAL
JEAN TROWBRIDGE 336.354.8441 TROWBRIDGEJEAN67@GMAIL.COM	BRILEY PENNER PHONE COACHBRILEY@SWIMTYDE.ORG

FACILITY An 8 Lane, 25 yard pool with a depth ranging from 5-7 feet at both the starting end and the turn end, and a lane width of 6 feet. Pool has non-turbulent lane lines, a Colorado Timing System with an 8 lane scoreboard display and custom starting blocks. The meet will be run in 6 lanes with one lane separated available for warm up/down. The competition course has not been certified in accordance with 104.2.2C(4).

MEET FORMAT This is a timed final Age Group/Senior, pre-seeded meet unless otherwise indicated. This is a closed YMCA Intra-squad meet.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	5:30 PM	6:00 PM	15& UP
2	Saturday	7:00 AM	7:30 AM	13-14
3	Saturday	9:30 AM	10:00 AM	11-12
4	Saturday	12:30 PM	1:00 PM	10 & UNDER

*Meet sessions may be adjusted according to actual numbers of swimmers signed up

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Friday, Sept 18	11:59 PM	Entry deadline
Friday, Sept 25	The meeting will be held the day before in virtual format.	Coaches/General Meeting
Friday, Sept 25	The briefing will be held the day before in virtual format.	Officials

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rules, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet who is unaccompanied by a USA Swimming member coach must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

ELIGIBILITY	This is a closed YMCA intra-squad meet. All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet. All swimmers must be members of the Northwest North Carolina Riptyde (TYDE) swim team.
MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS	TYDE welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit TYDE's ability to accommodate all requests.
ENTRIES	Entries will be submitted to the Meet Coordinator through the TYDE Team Unify Website. Entries submitted in Hy-tek or SDIF format require no hard copy entry forms. Email is preferred for electronic entries however, disks are also acceptable. A swimmer's age on the first day of the meet will determine their age for the entire meet.
ENTRY LIMITATIONS	Swimmers may swim a maximum of 3 individual events per day.
ENTRY VERIFICATION	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.
ENTRY DEADLINES	The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.
ENTRY FEES	Each swimmer will be charged \$25 which will be charged to your account on file.
SEEDING	The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.
CHECK-IN	All events are pre-seeded in this meet. There are no relays for this meet.
SCRATCHES	There will be no penalty for scratching pre-seeded events at the block.
SCORING	No team or individual scoring will be kept.
AWARDS	NO AWARDS

RESULTS	Results will be posted on TYDE TEAM’s website within 24 hours of the meets conclusion.
COACHES	All coaches on deck must be registered and certified with USAS and YMCA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee’s discretion. Meet Management requests that at least one coach representative from each team attend all coaches meetings.
OFFICIALS/TIMERS/ VOLUNTEERS	There will be a need for officials. TYDE welcomes and encourages anyone willing to volunteer. Volunteering Officials MUST contact the Meet Referee by email prior to the meet. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet / session. There will be no officials meeting at the meet, and assignments will be communicated electronically prior to each session. A virtual meeting may be held prior to the meet / session at the referee’s discretion, and all assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before session start, and bring a mask, your personal water bottle, a writing utensil, and a headset (if applicable).
HOSPITALITY/ CONCESSIONS	There will be no hospitality or concessions offered.
WARM-UP	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshall will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). There is to be no diving or horseplay in this area. <i>WARM UPS:</i> <i>Warm up assignments are transmitted electronically in advance (#, lane and lane position). Warm ups will take place in the competition pool. There will be split warm ups for any session that exceeds 32 swimmers. A maximum of four swimmers are assigned per lane for warm ups (using 8 lanes). Swimmers are assigned positions either at the wall or at the flag/15 meter mark. Two swimmers are positioned at either end of each lane and the swimmer assigned the flag/meter mark enters first and moves into position and then the swimmer assigned to the wall enters the water. All entries are feet first with no splashing. Coaches are positioned at both ends of the pool monitoring two to three lanes for warm ups.</i>
WAIVER/RELEASE	As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA

Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. TYDE, Kernersville Family YMCA, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.