



RVY Riptide Swim Team

Spring Fling 2021



Spring Fling is a 8-week long practice session, for swimmers to maintain their conditioning and work on technique throughout the spring. While meet options may be included in Spring Fling, the main intention of the program this year is to maintain conditioning and technique for swimmers who do not want to take a break, bridging the gap between the winter and summer, putting swimmers in the best competitive position for the summer season!

Spring Fling will open for registration immediately. Due to limited capacity, Spring Fling will be open ONLY to swimmers who have participated in a Riptide program at some point between January 2020 and March 2021. (Swimmers who finished the 2019-2020 regular season with Riptide ARE ELIGIBLE, even if they have not swum in any programs since our original shut-down in March 2020.) If space is still available as of April 1st, 2021, new swimmers may contact Coach Brian for a tryout.

The program will be subject to social distancing restrictions, listed on the next page. All participants must also turn in a waiver before beginning the program, which can be found on pages 3 and 4. Page 3 for minors, page 4 for participants age 18 and over. Swimmers who have participated in any programs beginning June 2020 or after, and have already turned in a waiver, do not have to turn in the waiver again.

Program Dates: Starts: Wednesday, April 7th. Ends Thursday, May 27th.

Guidelines for practice group (Coach Brian may ask you to move up a group. If you have not participated in the 2020-21 fall/winter season so far, please contact Coach Brian about your practice group assignment):

- **Tiny Tide:** Swimmers who participated as Tiny Tides in the 2020-21 winter season.
- **Tidal Wave:** Swimmers who participated as Tidal Waves in the 2020-21 winter season.
- **Juniors:** Swimmers who participated as Junior 1 OR Junior 2 in the 2020-21 winter season.
- **Senior 1:** Swimmers who participated as Junior 3 OR Senior 1 in the 2020-21 winter season.
- **Senior 2:** Swimmers who participated as Senior 2 OR Senior 3 in the 2020-21 winter season.

Group:	Payment 1 (due at registration)	Payment 2 (due April 26th)	Total
Tiny Tide/Tidal Wave	\$100	\$145	\$245
Junior	\$100	\$155	\$255
Senior 1	\$100	\$275	\$375
Senior 2	\$100	\$295	\$395

*Former Tsunami swimmers and Perth Amboy residents can contact Brian Rose or Samantha Hague regarding alternate RBAY-only swim schedule.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No practice	Piscataway 6:00-7:15 JR 7:30-9:00 SR1 RBAY 7:30-9:00 SR2	Piscataway 6:00-7:10 TT/TW 7:25-9:00 SR2 7:30-9:00 SR1	RBAY 6:00-7:10 TT/TW 7:25-8:40 JR	Piscataway 6:00-7:15 JR 7:30-9:00 SR2 7:30 to 9:00 SR1	No practice	RBAY 10:00 to 11:45 SR2 12:00 to 1:30 SR1 1:45 to 3:00 TT/TW

To register:

- All participants must have current membership with the YMCA.
- Please attempt first to use the online registration at this link: <https://raritanvalleyymca.org/member-connection#/programs/86734/riptide-spring-fling-april-to-may-2021/>. You may need to renew your membership under the Program Member – Youth category. The screen will read "registration closed" if (1) your membership is expired or (2) you accidentally try to register a parent instead of a child for the program. **Registration is available until 7pm on April 1st.**
- If there are any issues with online registration, you may call the YMCA (732-257-4114) to register. Hours are 7am to 7pm weekdays, 9am to 1pm Saturdays. Contact Brian (732-440-7946, CoachBrian@rvyriptide.org) if you have any other issues or need credit applied from a previously canceled program.
- 2019-20 Tsunami swimmers should disregard the information above and register through Raritan Bay YMCA.
- All payments are non-refundable.

Safety Procedures

For the safety of our team and families, all coaches, swimmers, and parents must abide by the procedures below. These policies are based off guidelines from the CDC and New Jersey governor. We appreciate your cooperation.

- **Parents will not be allowed inside the YMCA during the program.** Parents with a pre-designated volunteer role may be allowed inside as necessary, but must be screened as a staff member and follow all staff procedures. When dropping off a swimmer, parents must watch them enter the pool area before leaving in order to ensure they have passed their screening. If they fail the screening, swimmers will be sent back to their parents.
- Before being admitted to the building, all coaches, swimmers, and volunteers must pass the following screening every day:
 - You must have your face covered upon arrival, including mouth and nostrils. Swimmers may remove this covering only when necessary to enter the water. During arrival, departure, bathroom breaks, and any other activities outside the pool, swimmers must keep their faces covered. Coaches and volunteers must keep their face covered throughout the duration of the program. Persons arriving without an appropriate face covering (one which attaches to the face without needing to be held by the hands) will be refused entry.
 - Have your temperature scanned. You will be sent home if it is 100.4 or higher.
 - You will be asked the following "yes" or "no" questions. (If the answer to any of the questions would be yes, please do not come to swim practice. You will be sent home for one "yes."):
 1. Has any medication been used to lower your temperature?
 2. Within the past 14 days, have you been in close contact (within 6 feet for 10 minutes or more) with anyone diagnosed with COVID-19?
 3. Does anyone in your household have symptoms of respiratory illness (e.g. fever, cough, shortness of breath)?
 4. In the past 14 days, have you visited any areas out-of-state which are on the New Jersey COVID-19 travel advisory list?
- Immediately upon or after screening, hands must be washed or sanitized. Hand sanitizer will be provided. Coaches/volunteers must wash or sanitize their hands at least every 30 minutes while working at practice.
- Any person who exhibits fever or respiratory illness symptoms during practice must leave immediately if transportation is available, or must be isolated from the group and parents called to pick them up as soon as possible.
- Any person excluded due to the daily screening process, or due to showing signs of illness during practice, must provide a note from their healthcare provider before returning, stating that their presence at practice is not a risk to others.
- High-touch items and areas will be disinfected before and after each practice.
- Marked spaces will be available for swimmers to place their belongings during practice; each space must be at least 6 feet apart. Swimmers cannot share the same space unless they are siblings living in the same household.
- During swimming, swimmers will be spaced so that their starting/ending position after each repeat is at least 6 feet apart. The following are examples of some, but not all, techniques that may be used to ensure social distancing inside the pool:
 - Circle swimming with different starting positions for swimmers. For example, four swimmers in a lane with one on each end, and two swimmers starting/finishing all repeats in a "midpool" position at different 15-meter markers. No more than four swimmers will be assigned to a single lane simultaneously.
 - One-way 25s from a start, followed by exiting the pool and walking around.
 - "Snake" swimming, so that all lanes are one-way traffic (i.e., swim down in lane 1, back in lane 2, down in lane 3, back in lane 4...).
- Locker rooms will not be available. Bathrooms are available for emergency bathroom breaks, but swimmers are recommended to use the bathroom before leaving home. Swimmers must wear shoes and a face covering in the bathroom. Swimmers must arrive and leave with their suit on; changing must take place at home. Please bring warm clothes to wear over your suit to the car, as you will need to have your suit on under your clothes when exiting the building.
- Distancing requirements will not apply between siblings who live in the same household.
- No equipment will be provided, and no equipment will be shared. Swimmers should plan to buy their own pull buoy, kickboard and flippers, and have them ready for practice by the end of the first week. Swimmers should bring and label their own water bottles. Absolutely no sharing of water bottles.

Minor Participant Waiver, Release, Indemnification of All Claims & Covenant Not to Sue

PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT, YOU ARE RELEASING RARITAN VALLEY YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFOR

Assumption of Risk

I, in my legal capacity as parent/guardian of the minor named below (“Minor”), acknowledge and agree that any use of Raritan Valley YMCA facilities, services, equipment and premises (“Facilities”) and any participation in Raritan Valley YMCA programs and activities (“Programs”) comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of Minor’s use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that Raritan Valley YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives (“Releasees”) will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

Minor Name (Print Clearly)

Date

Parent/Guardian Signature

Parent/Guardian Name (Print Clearly)

Adult Participant Release & Waiver of Liability and Indemnity Agreement

PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT YOU ARE RELEASING RARITAN VALLEY YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFOR

Assumption of Risk

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Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of the use of Facilities and participation in Programs I, the undersigned, agree that Raritan Valley YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives (“Releasees”) will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by myself, my family members, dependents, or guests, including minors, however occurring including, but not limited to the negligence of Releasees. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, on behalf of myself and any and all legal successors and proxies, to release and **HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE** Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, diseases or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I agree to **INDEMNIFY AND HOLD HARMLESS** Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs by myself, my family members, dependents or guests, including any minors.

Participant Signature

Participant Name (Print Clearly)

Date