



Fright Fest Invite October 31st, 2020

Sanction #: NT 073-20
Held under the sanction of USA Swimming by North Texas Swimming, Inc.

All participating athletes and clubs are registered with North Texas Swimming and the North Texas Nadores. Please email meet hosts for invite. The meet will be capped at 180 athletes per session.

MAAPP: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. All 18 and older athletes registered with the club must have completed the Athlete Protection Training prior to the start of the meet. Failing to complete the APT test will impact the athlete's ability to compete at meets.

Venue: Carroll ISD Natatorium, 1501 W. Southlake Blvd, Southlake, TX 76092.

Facility: One or two 8 lane, 25 yard pools with multiple 25yd continuous warm up lanes. Meet course may be a 10 lane course going from east to west. One or two pools utilized depending on timeline of meet. Colorado timing system and Hy-Tek Meet Manager will be utilized. Only coaches, athletes, officials and volunteers will be allowed on the pool deck. No chairs allowed. The maximum number of swimmers per session is 180.

Water Depth: The minimum water depth, measured in accordance with Article 103.2.3, is: First pool - 13 feet, 0 inches at the start end and the turn end is 8 feet, 0 inches measured for a distance of 1.0 meter to 5.0 meters from both end walls. Second pool – 8 feet, 0 inches at the start end and turn end is 4 feet, 0 inches measured from 1 meter to 5 meters from both end walls.

Course

Certification: The competition course has not been certified in accordance with 104.2.2C(4).

COVID-19: 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 NORTH TEXAS SWIMMING 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.

**CISD Aquatic Center Meet Procedures
North Texas Nadadores**

ALL SWIMMERS MUST COMPLETE THE COVID-19 HEALTH QUESTIONNAIRE PRIOR TO BEING ALLOWED TO ENTER THE BUILDING

PRE-MEET AT HOME

1. Parental Responsibility (Daily)
 - A. Check swimmers health prior to leaving for the meet. If the swimmer has a temperature of 99.6 or higher, the swimmer should not attend meet.
 - B. Make sure you use the bathroom immediately prior to leaving your house.
 - C. Coaches will follow the same protocols each day. Each coach will have to complete the Covid-19 Health Questionnaire each day and if they answer yes to any of the questions he/she will not be allowed to attend the meet.
 - D. Coaches will wear a face mask prior to the swimmers entering the water. Once the swimmers are in the water the coach has the option to remove the mask, but must put it back on if they are within 6 feet of another person and at the end of the meet.

AT THE MEET

2. Swimmer Drop Off (Pool will open 10 min prior to the start of warm-up or after all swimmers have exited)
 - A. The west side entrance of the building will be the designated drop off point for swimmers. The driver should use using the entrance from W. Southlake Blvd and follow the road into the parking lot. They will then take the second left and proceed to drive through the parking lot into the drop off lane in front of the main entrance. They will then take a right and head back towards W. Southlake Blvd until they reach the west side entrance.
 - B. The swimmer will then exit the vehicle and head to the check-in table to verify they completed their Covid-19 Health Questionnaire. If there is a line they will wait on one of the social distancing stickers, being sure to maintain 6 feet from anyone around them.
 - C. The parent will not be allowed to enter the pool area, so they may leave or drive to the west parking lot of the Senior High School and wait there for their swimmer to finish the meet.
 - D. The parents may walk the child to the entrance area. They will need to park in parking lot south of the pool and then walk with swimmer to the west side entrance area.
3. Pool Entrance Area
 - A. The swimmers should be wearing a protective face mask at all times unless they are swimming.
 - B. The swimmers will sanitize their hands at the sanitizing station when they enter the pool from the side entrance.
 - C. The swimmers will be allowed to bring one swim bag into the pool Area. The swimmer should have their swim suit on prior to arriving at the pool and their goggle, cap, towel, inhaler (if needed,) and water bottle (already filled) in their bag. The swimmers should have their name on all their equipment and there will be NO SHARING of equipment.
 - D. No chairs allowed. (Host team will set up chairs in each team's sitting area.)
 - E. The swimmers will be asked to social distance by staying 6 feet apart while waiting.
4. Warm-up Procedures
 - A. The swimmers will need to always be aware of their lane position. The entire warm-up will be geared around that lane position being their starting point for each swim.
 - B. The coach will begin warm-up with a mask on and as warm-up starts when the coach is more than 6 feet away from any other person, the coach may lower the mask if that aids in communication with the group.
 - C. The pool's maximum capacity for warm up will be 50 swimmers (5 swimmers per lane)
5. Conclusion of Meet
 - A. Swimmers should quickly dry off and exit the pool. Locker rooms and showers will not be used during this time. Swimmers will be required to use the sanitization station before exiting the facility.
 - B. Only after previous group has vacated the pool will the next session be admitted.
6. Swimmer Pick Up
 - A. Swimmers will exit the building through the main lobby entrance at the south end of the building.
 - B. Parents may park in the parking lot immediately across from the lobby entrance and wait for their swimmer to exit the building and walk to the car. Another option is for parents to use the pick-up lane in front of the lobby doors and when their swimmer gets in the car immediately exit using the W. Southlake Blvd exit. **DO NOT STAY PARKED IN THE PICK-UP LANE.**
 - C. Parents should plan on being on time to pick the swimmer up as they will have to wait outside the pool area while still maintaining social distancing of 6 feet. No swimmers should be congregating outside of the facility.
 - D. Parents should diligently work at being punctual as the entire system hinges on everyone functioning in a timely manner.
7. If your child becomes ill (any nature of illness) after the meet, please notify the NTN office. Should the child have contracted COVID-19 the NTN and Aquatics Center staff will examine who was within 6 feet of the child and make the proper notifications.

SAFE SPORT: There will be limited seating in the stands for parents who wish to watch the meet. Seating will be limited to the first 100 spectators. Tickets will be available online on a first come-first serve basis. For parents who wish to watch NTN will be livestreaming the meet on YouTube.

Sanction: This meet has been sanctioned by North Texas Swimming and current USA Swimming rules and any relevant sections of the North Texas Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2020 with USA Swimming by the meet start date. North Texas Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.

Liability: IN GRANTING THIS SANCTION AND BY ANY PERSON'S PARTICIPATION IN THE MEET IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING, INC., NORTH TEXAS SWIMMING, INC., ALL MEET OFFICIALS, CISD, AND CISD AQUATICS CENTER SHALL BE FREE FROM ANY AND ALL LIABILITIES OR ANY CLAIMS FOR ANY DAMAGES, EVEN IF SUCH LIABILITIES OR CLAIMS ARE DUE

TO THE NEGLIGENCE OF SUCH ORGANIZATIONS, ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.

Damage to a facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's team, if attached, to be held accountable for repairs.

COVID-19: We have taken enhanced health and safety measures – for you, our employees, swimmers, and members of North Texas Swimming. You must follow all posted instructions while participating in the meet at CISD Aquatics Center. 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 guests with underlying medical conditions are especially vulnerable. By participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

Guidelines: For the latest guidelines regarding COVID-19 at the federal, state, and local level please refer to the CISD Operation #SAFEdragon webpage: <https://www.southlakecarroll.edu/Page/179>

USA Swimming

Registration: All swimmers, coaches, and officials participating in this competition must be currently (2020) registered with USA Swimming. **ALL Coaches are required to complete the USADA Coaching Advantage and all officials and coaches are to have completed Concussion Protocol Training.** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All should also be prepared to present their USA Swimming ID Card or Deck Pass as proof of their registration to the Meet Director or designee at any time. Swimmers who **1)** late enter when possible; **2)** need to be late-entered because of clerical errors by the entering team or the meet host; or **3)** are not entered in this meet and choose to enter time trials, if offered, will be required to present their USA Swimming ID card or Deck Pass (or a coach may present the club's official, watermarked roster from the USA Swimming club portal). Current national and LSC regulations do not allow for exceptions to these policies.

Meet Format: Meet will be pre-seeded.

Qualifying

Times: This is an open meet. Please contact meet host for invite. Meet hosts reserve the right to change the afternoon session warm up time.

Age up Date: The age of the swimmer will be his/her age on October 31st, 2020.

Entry

Restrictions: Athletes will be allowed to compete in 2 events total. 1 event in each the morning and afternoon sessions. All seed times should be submitted to the 100th of a second, and be provable in USA Swimming's SWIMS database.

Entry

Deadline: All entries must be received by 6:00pm on Tuesday, October 20th, 2020.

Entry

Procedures: All entries must be submitted using Hy-Tek Team Manager or its equivalent to the Entries Chair. Email is the preferred method of delivery; if you need to submit entries in another format, please contact the Entries Chair to make other arrangements. Include a Meet Entry Report of your entries, listing the swimmer, USA Swimming ID, and entries by swimmer. Maximum of 180 athletes per session.

Entries Chair: Walter Rumans walter.rumans@southlakecarroll.edu 817-276-5200
CISD Aquatics Center
1501 W. Southlake Blvd
Southlake, TX 76092

Entry Fees: \$3.00 per individual event. A \$3.00 surcharge per swimmer will apply and will go to North Texas Swimming. Please include a Meet Entry Fee report with your payment. Entry fees must be received by October 31st, 2020. Refunds will not be given for any reason.

Deck Entries: No deck entries allowed.

Meet Staff: **Meet Referee:** Traci Johnson (traci@tdjohnsoncpa.com)
Starter: Al Kurth
Stroke & Turn Officials: Jody Drap & Bret Heintz
Admin Official: Jason Johnson (jason@phaze productions.tv)
Meet Director: Audrey Cormack 817-949-8224
Head Safety Marshall: Danna Suresh
Club Safe Sport Chair: Kirk Stackle

Cell Phone

Restrictions: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Drone

Restrictions: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Unaccompanied

Swimmers: Any swimmer entered in the meet 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 without the use of the backstroke ledge. A racing start includes all forward starts from the block or deck, and any backstroke start, including the use of ledges. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Swimmer
Photographs
and Videos:**

NO PHOTOGRAPHY WILL BE ALLOWED ON DECK

Deck

Changing: Deck changes are prohibited.

Swimmers with

Disabilities: Coaches and or swimmers are responsible for notifying the meet referee of any disability prior to the completion and for providing their own assistant or equipment. However, coaches/swimmers may contact the meet director at least 2 weeks in advance of the meet to reserve proper equipment. In any meet sanctioned or approved by North Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105. Coaches and/or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged under Article 105.

Officials:

All currently (2020) certified and in-training USA Swimming officials are cordially invited to participate. All deck officials must be registered with USA Swimming for 2020 and have a current Background Check and 3 Athlete Protection Course acknowledged by USA Swimming. Please contact the meet referee at least 7 days before the meet if you are interested in participating. All officials will be pre-assigned and must register prior to the meet.

Please report to the Meet Referee at least one hour prior to the scheduled start time of any session to receive your assignments. Official uniform will be white polo over blue shorts/skirts/pants and white shoes.

Timers:

NTN will provide timers for the meet.

Awards:

No awards will be given for this meet.

Daily

Schedule:

Warm-ups will be conducted in accordance with the current NTSI Safety Guidelines and Warm-up Procedures. Each session will have 45 minutes of warm up with no more 5 swimmers per lane.

Locker Rooms: There will be no access to locker rooms for changing. Swimmers are asked to arrive with swimsuits on.

Order of Events

Distances are in SC yards

Saturday October 31st, 2020

Session 1: Warm up: 8:00- 8:45 AM
Maximum of 180

Meet Starts: 9:00 AM

<u>Girls #'s</u>	<u>Events</u>	<u>Boys #'s</u>
1	Open 500 Free	2
3	11&O 400 IM	4

Session 2: Warm up: 12:00- 12:45 PM Meet Starts: 1:00 PM
Maximum of 180

<u>Girls #'s</u>	<u>Events</u>	<u>Boys #'s</u>
5	11&O 1000 Free	6
7	11&O 1650 Free	8

NORTH TEXAS SWIMMING, Inc.

Safety Guidelines and Warm-up Procedures

A. WARM-UP PROCEDURES

- I. Assigned Warm-up Procedures
 - a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
 - b. All warm-up activities will be coordinated by the coach(es) supervising that lane.
 - c. Dive sprints may be done only under the direct supervision of the coach.
- II. Open Warm-up Procedures

LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
10 Lanes	1 and 10	2 and 9	3 through 8
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first half of the assigned warm-up time shall be general warm-up for all lanes.
 - b. Push/Pace lanes will push off one or two lengths from starting end.
 - c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times—one way only.
 - d. Dive sprints may only be done under the direct supervision of the coach.
 - e. There will be no diving in the general warm-up lanes—circle swimming only.
- III. Safety Guidelines
- a. Coaches are responsible for the following:
 1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
 2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
 3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
 - b. The host team will be responsible for the following:
 1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
 2. Marshals will have the authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these procedures.
 3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
 4. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "North Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
 5. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
 6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.