

PROCEDURES FOR PDST Intersquad Swim Meet

PDST Parents volunteering signup, please go to:

<https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Dpnpdst&id=1308017&team=pnpdst>

COVID vaccine status or test status requirement:

To speed up the entry into the pool for our swimmers (12+) and volunteers, we may request COVID vaccine status (vaccine card) or test results the day before the meet in order to comply with King County indoor event COVID policy.

Please read this whole email to become familiar with how the meet will flow and the requirements necessary to keep all swimmers and volunteers safe. As with anything we may need to make changes as we see how the day progresses. We will communicate all changes as needed. Thank you all in advance for your support and flexibility to allow us to have our swimmers get a chance to race!!!

MASKS ARE REQUIRED INSIDE THE BUILDING AT ALL TIMES. SWIMMERS MUST PROVIDE THEIR OWN GALLON SIZE PLASTIC BAG WITH THEIR NAME WRITTEN ON IT TO PUT THEIR MASK IN PRIOR TO ENTERING THE POOL. NO ONE WILL BE ALLOWED IN THE POOL WITHOUT THIS BAG OR A MASK.

ARRIVING AT POOL:

- Park in the Northwood lot (parking lot will be closed in front of pool. Only available for coaches and officials).
- Find a place to sit in the designated (age group area) following the guide by PDST parent volunteers. Each age group will have a designated area in the balcony. Masks must be always worn. PDST Parent volunteers will be present to guide and ensure safe manners of swimmers.
- Swimmer will enter the pool from the front doors and use the stairs to access the bleacher area.

WARM UP:

- The coaches have divided up the warm-up to manage the flow of swimmers. There will be no stopping and talking, goofing off, or keeping others from swimming. If this occurs the swimmer will be asked to leave the warm-up pool immediately.
- **We will be dividing the warmup by groups.**
- WARM UP:
 - The coaches have divided up the warm-up to manage the flow of swimmers. There will be no stopping and talking, goofing off, or keeping others from swimming. If this occurs the swimmer will be asked to leave the warm-up pool immediately.
 - We will be dividing the warmup by groups.
 - Warmup for each group as 12:00-12:40pm
 - Meet starts at 12:45 PM each day and the following session will start to warm up immediately the prior session completes. The shallow pool will be open for a warm-up for 10 and over ONLY; 9&U may not use the warmup pool. Exceptions up to coaches' discretion.
 - Swimmers must have their plastic bags with their names and place their masks in the bags prior to enter the pool for a warm-up.

DURING THE MEET:

- The events will be tracked inside using our event flipper.
- **We will call up to 3 heats at a time to be inside the pool staging for their heats.**
- The floor and metal benches on deck are marked for staging and keeping swimmers apart.
- **Swimmers must always keep their masks on until they are ready to start their race.**
- Swimmers starting from the bulkhead will place their masks in their bags and be collected by a volunteer runner who will return them to the swimmers after their race at the dive end of the pool.
- Swimmers starting from the blocks will place their masks in their bags and put the bags in the marked **plastic container** at the start end. Swimmers will retrieve their own masks after their race.
- The flow pattern of the meet will be in a clockwise direction from the entry point on the east side of the pool.

AFTER THE RACES:

- Swimmers will exit the pool **and immediately proceed to the North side of the pool where they will put on their masks.** Swimmers will then proceed in a clockwise pattern to the coaches.
- The coaches will be staged on the north end of the pool.
- After speaking with the coaches 10 and under swimmers will proceed upstairs to their sitting area. **The warm down pool will not be available for any of the 9 and under swimmers.** 10 and over swimmers will be allowed to warm down after their races.
- During warm down if a swimmer stops to talk with other swimmers or does not appear to be swimming, they will be asked to leave the warm down pool.

REMINDERS:

- All volunteers must bring and wear their own mask. Volunteers check in will be in the lobby.
- Spectators are not allowed in the building. Live stream is available the link is on the website.
- There will be 2 restrooms for use during the meet in the front lobby area. **NO CHANGING OF CLOTHES/SUITS WILL BE ALLOWED.** Per USA swimming rules there is also no deck changing.
- We will not be selling heats sheets or concessions. Heat sheets can be printed from the website. Plan to bring your own food and drink.

Live Stream will be available for both days of the meet. No spectators will be allowed in the building.

LIVE STREAM

Day 1 <https://youtu.be/reOEv6CbgfY>

Day 2 https://youtu.be/yzl_2Lsmc2Q