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**Dewing Park Swim Team**

Helloooooooooo parents! The following couple of pages will provide some basic information on how our meets will be run. Of course, this is subject to change based pretty on much anything, but hopefully you find this helpful as we begin the 2021 swim season.

**Dewing Park Swim Team will adhere to all Contra Costa County Health Department regulations and policies related to pool use during Covid-19.** Please carefully review the following details pertaining to our meets.

**Facility Use**

1. There are two restrooms on the pool deck, which will be open for use and will be disinfected on a regular basis.
2. The restrooms may not be used for changing. Changing stalls will be off-limits. No more than 2 people at a time are allowed in the bathrooms.
3. Swimmers are expected to arrive and depart in their swimsuits.
4. The diving well and toddler pool are closed during swim meets.
5. The snack shack will be closed for the 2021 season. In the future, DPST may have limited “grab and go” items available for purchase, such as drinks and pre-packaged snacks and may add hot meals if allowed by County guidelines.
6. Showers are not available for use.
7. Water fountains may not be used.

**Spectator Policy**

Meets are not open to the public and closed to general membership during the swim meet. We will not be setting up the bleachers, so please bring your own chairs if you’d like to sit. However, keep in mind that we expect some separation between members of different households. Please pack light; as a reminder we ask that you arrive just in time for your swimmer’s warm-up, and depart immediately after your swimmer’s last race.

1. Teams will set up in the same locations as in years past, DPST along Olympic and the visiting team near the diving well. Overflow will be allowed in the back of the pool area (the grass area). Signage denoting Home and Visiting Team Areas will be provided.
2. One parent may attend per family.
   1. If a parent is also volunteering during the meet, a second parent may attend to help supervise your child(ren).
3. Tents will be allowed but please be responsible regarding social distancing between families.
4. Siblings who are not participating in the current portion of the meet may not be on the pool deck.
5. Wear face coverings at all times.
6. Observers are not allowed in the areas behind the blocks where swimmers are staged prior to their races.

Please keep our headcount to a minimum. Swimmers should arrive shortly before their Group’s warm-up time, and depart immediately after completing their races for the day.

**Obligations**

It is our intent to first staff volunteers for Time Trials, and depending on staffing needs of other pools, we will begin filling volunteer roles for future meets. Our first few meets are away, so we will follow the request of those teams when filling obligations. Please be aware that obligations may differ from years past to adjust for Covid-related needs (e.g., addition of clerk of the course volunteers).

And now the meaty stuff:

**Race Logistics**

1. Only 1 swimmer may stand immediately behind each block at all times.
2. No more than 4 heats at a time will report to the staging area (clerk of the course). Swimmers will then be taken to the starting blocks by shepherds.
3. Masks will not be required at the clerk of the course. Disposable masks will be made available.
4. We may or may not conduct relays depending on timing.

**Start Times**

The meet will be split into two “groups”, featuring three age groups per Group.

The ***TENTATIVE Saturday AM*** schedule for Group warm-ups and race starts is below. These timelines may be adjusted once we know the numbers and ages of swimmers who have declared for the meet or changes to County guidelines.

**Group 1: 11 & Up**

1. Home Warm-Ups: 7:45 am
2. Visitor Warm-Ups: 8:15am
3. Group 1 races begin: 8:45am
4. Group 1 concludes: 11:00 am

**Group 2: 10 & U**

1. Home Warm-Ups: 11:15 am
2. Visitor Warm-Ups: 11:45 am
3. Group 2 races begin: 12:15 pm

The T***ENTATIVE Wednesday PM*** schedule for Wave warm-ups and race starts is below. These timelines will be adjusted once we know the numbers and ages of swimmers who have declared for the meet.

**Group 1: 10 & unders**

1. Home Warm-Ups: 4:00 pm
2. Visitor Warm-Ups: 4:20 pm
3. Group 1 races begin: 4:45 pm
4. Group 1 concludes: 6:15 pm

**Group 2: 11 & ups**

1. Home Warm-Ups: 6:20 pm
2. Visitor Warm-Ups: 6:40 pm
3. Group 2 races begin: 7:00 pm
4. Group 2 races conclude: 8:30 pm

**The combination of age groups in each Wave is subject to change based on the number of registered swimmers in each age group.**

The order of events follows; note that we will begin the season without relays.

* Medley Relay
* 15-18 50 Free
* Individual Medley (7/8s & up)
* Freestyle
* Breastroke
* Backstroke
* Butterfly
* Free Relay

**General Rules**

By attending this swim meet, your participating swimmers and families attest that:

1. Swimmers and Spectators have not experienced any symptoms such as fever (100 degrees or higher), chills, cough, shortness of breath, fatigue, body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, vomiting, diarrhea in the last 10 days.
2. Swimmers and Spectators have not been in contact with anyone who has tested positive for Covid-19 within the past 14 days.
3. Swimmers and Spectators have not been in contact with anyone who is experiencing symptoms of Covid-19, but whose diagnosis is not confirmed.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS DEWING PARK REC CLUB AND DEWING PARK SWIM TEAM 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.