



# Waterloo Swimming

## Return to Competition Document

Point of Contact: Head Coach Waterloo Swimming

Below are Waterloo's plans for running a swim meet beginning August 2020.

### **Meet Information:**

"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, SOUTH TEXAS SWIMMING, WATERLOO SWIMMING LP AND SUBSIDIARIES AND EACH OF THEIR OFFICERS, PARTNERS, 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."

The Meet will be pre-seeded and no deck entries permitted or time trials.

All Waterloo facility COVID-19 procedures, rules etc must be followed. These are located at [www.waterlooswimming.com](http://www.waterlooswimming.com)



Local Protocols/requirements will be followed such as; maintain 6 feet social distancing, face shield or face mask worn during all times (excluding when eating drinking, swimming, exercising).

The USA Swimming Code of Conduct and the SafeSport Code for the U.S. Olympic and Paralympic Movements continue to apply in full.

The Minor Athlete Abuse Prevention Policy (MAAPP) continues to apply in full.

USA Swimming Safe Sport Best Practice Guidelines state that parents should be encouraged to appropriately support their child(ren)'s swimming experience and that all swimming practices should be open to observation by parents. This also applies to meet participation. Parents and spectators may view their swimmers events through the garage style windows.

Waterloo Swimming will comply with USA Swimming, ST Swimming, the STATE of Texas and local jurisdiction guidelines/recommendations.

There will be no more than 90 swimmers per session.

#### Meet Operations:

- All racing must be in either even or odd lanes – meaning racing with an empty lane between each swimmer
- All swimmers must wear a mask or face shield when not racing, warming up/down, or walking from the race to the warm up/down pool area.
- All coaches, officials and volunteers must wear a face mask or face shield when in the building
- To the extent that weather permits, the windows at Waterloo Swim Center must remain open during the event
- All swimmers, coaches, officials and volunteers should maintain social distancing (6 feet) per CDC guidelines
- All swimmers, coaches, officials and volunteers entering the Swim Center must be COVID screened for symptoms and temperature prior to entering the building
- No parent may enter the building to view a race
- Parents/Spectators may view the pool from the garage style windows.
- All event participants and parents in the parking lot must use social distancing requirements per the CDC guidelines
- Volunteers assisting in timing, must use social distancing unless an immediate family member
- Once a swimmer has completed their warm-up, race and warm-down must exit the swim center using door by pullup bars after discussing their race with their coach (social distancing applies)
- Swimmers coming back into the Swim Center after being screened the first time, may enter the Swim Center on the door near the shed
- All swimmers must arrive in their swimsuit. The locker rooms will remain closed throughout the swim meet. Family bathrooms will be available as needed.