



Return to Competition Document

Point of Contact: Head Coach – Mike Varozza, Waterloo Swimming LP

Below are WLOO-ST 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. No Relays will be allowed.

All Waterloo Swim Center facility COVID-19 procedures, rules etc must be followed. These are located at www.waterlooswimming.com



Local protocols / requirements will be followed such as: maintain 6 feet distancing, face shield or face mask worn always on the property during the swim meet (except 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 swimmer through the garage style windows at Waterloo Swim Center

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
- Timers in each lane will have enough room to social distance while wearing a face covering (unless immediate family members with each other). Timer chairs will be set up 6'+ apart
- 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 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, talk with a coach, official or volunteer. Parents may ask for help at the front door.
- All event participants and parents in the parking lot must use social distancing requirements per the CDC guidelines
- All cars will be parked in the Shenandoah Baptist Church field. Please follow all these procedures on their property
- Warm-up for each session will be assigned by swim group
- 2 x 30 minute warm up sessions; no more than 4 swimmers per lane
- The Meet Director and Meet Referee reserve the right to add breaks into the order of events

Swimmer Ingress/Egress:

- Once a swimmer has completed their warm-up, race and warm-down must exit the swim center 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.
- Ready Bench (3 heats in building at time)
 - One in the water, one behind the blocks, one at back wall.
 - Up to 3 heats staged outside the dryland door
 - After heat in the water finishes, Next heat starts, heat at the wall moves to blocks, heat outside lined up comes in to line up at back wall.
 - Heat in the water then goes to talk to coach BEFORE cooling down to ensure room in cool down pool is clear. Coach then sends swimmer over to cool down.
- 50 Events
 - Lanes 9 & 10 will be closed for warm-up down during the 50s
 - 50's swimmers will swim back in lanes 9 and 10 and then exit to grab their towel and face covering.
 - Their will be a break after the 50s for cool down
- Starting blocks will be sprayed down after each heat

Parent Volunteers:

- Parking lot attendants
 - 4 for the AM shift (arrival time will depend on what time the swimmers will need to here at Waterloo)
 - 4 for the PM shift
- Marshalls
 - 4 for the AM shift (one for the exit door, one for the entrance door, two to help monitor the parking lot to help swimmers keep with the social distancing)
 - 4 for the PM shift (one for the exit door, one for the entrance door, two to help monitor the parking lot to help swimmers keep with the social distancing)
- Meet/Heat Announcer
 - 1 or 2 for the morning meet
 - 1 Or 2 for the afternoon meet
- Timers
 - we will need 8 timers plus 1 for the AM meet
 - we will need 8 timers plus 1 for the PM meet



Other important information:

We know our swimmers are excited to race. And we know families members are equally excited to see them race. However, we ask non-meet families members be kept to a minimum.

We will not have the lobby open at all, and the Locker rooms will remain closed. Waterloo will not have a hospitality room, so volunteers need to bring in their own water bottles to refill in the lobby, or extra water or what have you for themselves. We will have the family restrooms open

Waterloo will be having the tent set up for COVID screening but will be operated by the Waterloo staff at the front door of the building.

The parking lot will be closed to all swimmers and their families as usual and be directed to park at the church. The first row of the parking lot area will be closed off. This will allow for our tent rental (August 2nd meet only) and families to set up their own tents as well. The parking lot is only going to be open for staff and volunteers. Face shield or face masks as well as Social Distancing must be maintained during the event in the parking lot too during the swim meet.

Families will be allowed to view either side of the pool windows, mask are required, and we strongly encourage social distancing...we will be reminding those that do not.