

# Aquatex Swim Team

## Return to Competition Document

Point of Contact: Co-Head Coach – Mark Parshall, Aquatex Swim Team

Below are AQTX-ST plans for running a swim meet beginning September 2020.

### **Meet Information:**

“An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID19 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, Aquatex Swim Team 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.

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

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open to observation by parents. This also applies to meet participation. Parents and spectators may view their swimmer through the fence and a designated area inside the pool area only.

Aquatex Swim Team will comply with USA Swimming, ST Swimming, the State of Texas and local jurisdiction guidelines / recommendations.

There will be no more than 120 swimmers per session.

## **Meet Operations:**

- 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 pool area.
- All swimmers, coaches, officials and volunteers should maintain social distancing per CDC guidelines
- No parent may enter the lockerooms/bathrooms.
- Parents will be allowed to view their swimmers, from designated areas on the pool deck, and outside the fence areas.
- All event participants and parents in the pool area, and the parking lot are encouraged to use social distancing requirements per the CDC guidelines
- Warm-up lanes for each session will be assigned for each swim team, and coaches are expected to not have more than 5 swimmers/lane, spaced at least 5 yards apart.
- All swimmers must arrive in their swimsuit. The locker rooms will restroom use only.
- 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.

## **Parent Volunteers:**

- Marshalls for each shift (one for the exit door, one for the entrance door, one to monitor the warm-up/warm-down pool)
- Timers – one/per lane

## **Other important information:**

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

The Locker rooms will remain closed. The restrooms will be available, and for swimmers, coaches, officials, and volunteers only.