



### **Return to Competition Document**

Point of Contact: Head Coach – Adam Depmore, Lone Star Aquatics INC

Below are LSAC-ST plans for running a swim meet beginning October 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, LONE STAR AQUATICS INC 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 CHASCO YMCA Center facility COVID-19 procedures, rules etc. must be followed.

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 swimmers while either timing or at the east side of the swim facility.

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

**There will be no more than 40 swimmers per session.**

#### **Meet Operations:**

- All racing will take place in 6 lanes with 2 lanes reserved for warm down
- Timers in each lane will have enough room to social distance while wearing a face covering. 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 YMCA 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.
- All event participants and parents in the parking lot must use social distancing requirements per the CDC guidelines
- 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 northside of the YMCA near the splash area.
- 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 (2 heats in building at time) outside lined up next to the eastside of the pool.

**Other important information:**

We are excited to host our first swim meet at the YMCA. All races will be recorded and swimmers/parents will be able to view their races.

LSAC will have a closed hospitality room for Officials and Coaches.

All athletes, officials, coaches and parents will be screened as they enter the pool area. The main facility will be closed and everyone will have to enter/exit the back gate by the splash pad.

The parking lot will be open to all swimmers and their families as usual. All athletes will be asked to remain in their cars until it is time for them to line up. A runner will make the announcement for athletes to line up before each race.

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. **Only volunteers are allowed on deck.** Masks are required, and we strongly encourage social distancing...we will be reminding those that do not.