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**Appendix A**

**McMinnville Swim Club**

**Return to Competition Plan**

**Local/State Protocols & Requirements**

On November 25, 2020, Oregon Governor Kate Brown announced a new health and safety framework, with four different risk levels for counties based on their level of COVID-19 spread. This framework took effect on December 2, 2020. At each risk level — Extreme Risk, High Risk, Moderate Risk, and Lower Risk — health and safety measures and guidance for businesses and individuals apply.

Yamhill County is currently in the Moderate Risk level, which allows indoor athletic facilities to be open with a capacity of 100 people, including staff, or 50% of capacity, whichever is smaller.[[1]](#footnote-1)

For all of Oregon, regardless of risk level, the following rule continues to be in place:

● Face coverings are required for ages 5 and up in indoor public spaces and outdoors anywhere physical distancing isn’t possible, including while exercising.

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3461.pdf>

**Additional Guidelines for Swimming Pools:**

● All persons with any of the symptoms associated with the COVID-19 virus (fever, cough, shortness of breath, etc.) are prohibited from entering the premises.

● Face coverings may be removed only when a person is in the water.

● Physical distancing of at least six (6) feet between people must be maintained at all times. Exceptions are made for those persons from the same household.

● Frequent cleaning and disinfecting of all commonly touched surfaces including but not limited to chairs, door handles, tables, equipment, starting blocks, handrails, and restroom surfaces.

● Availability of hand sanitizer in the facility for the use of all persons.

**McMinnville Aquatic Center (MAC) Additional Guidelines and Restrictions:**

● Physical distancing guidelines extend to a person’s time in the water while actively

swimming.

● Locker rooms will be closed to use for changing.

● Restrooms will be accessible.

● All swimmers must report to and leave the meet wearing their swimsuit under their

clothing.

**McMinnville Swim Club (MSC)– COVID-19 Meet Procedures:**

● **All swimmers, coaches, officials, and volunteers must:**

▪ Not enter the facility prior to the reported time for their session (assigned

warm-up/competition time within a session,) and exit the facility promptly at the

completion of their session’s competition.

▪ Entrance to the facility will be through the front entrance, and exit from the side door.

▪ All persons will be asked to line up and physically distance outside the gate until

instructed to enter the facility by meet personnel.

▪ Complete a verbal health questionnaire before entering the facility, attesting to the

absence of COVID-19 symptoms and no exposure to those with the disease

▪ Be on the attendance roster for the session via meet entry, volunteer or official

signup, or submission of name to the meet director

▪ Agree to comply with the state of Oregon and MAC guidelines regarding face coverings, physical distancing, etc.

▪ Follow all verbal and posted instructions from meet personnel and MAC employees

regarding ingress and egress from the facility, competition staging, physical distancing,

face coverings, etc.

***Any person who refuses to comply with any of the above will be asked to leave the facility immediately.***

● **MSC and MAC staff/volunteers will:**

▪ Provide instructions to, and complete health questionnaires of, all people before they enter the facility.

▪ Provide instructions to timers as to entering/exiting the facility, operation of timing

equipment, etc.

▪ Provide physical distancing monitors to ensure that all persons are remaining 6 feet

apart. Monitors may be MSC coaches or administrative staff, officials, or MSC volunteers.

▪ Stage and direct swimmers between warm-up, competition, and cooldown pools prior to and following their races

▪ Provide chairs or boxes for swimmers to carry to the starting blocks to place their towels, clothing, face masks, etc. during their races.

▪ Provide seating for swimmers for use between events. The seating will be placed no more than 6 feet apart.

▪ Disinfect all equipment, tables, chairs, and other surfaces in between each session.

● **Additional Information:**

o Food and Drink:

▪ No concessions will be available during the meet

▪ Hospitality for coaches and officials will be limited to bottled water, coffee, and

prepackaged snack items.

o Volunteers must all be USA Swimming non-athlete members and/or have agreed to

comply with the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP), and

will be limited to:

▪ USA Swimming certified officials (see below)

▪ Timers (see below) (6)

● Meet director

● Deck marshals

● Announcer/Videographer

o Parents and guardians will be given equal opportunity to sign up, first come first serve, to fill timing and other limited volunteer positions for the meet. All parents and guardians who are certified USA Swimming officials are highly encouraged to officiate so that other families have the opportunity to volunteer in other positions.

o Live streaming of the meet will be available on social media (Facebook and/or Instagram) for viewing outside of the facility.

o Lane timing will be limited to one timer per lane.

▪ Timers may be asked to serve as deck marshals during warm-ups of their

assigned session.

▪ Timers will each operate a stopwatch at the start and finish of each race, and a

timing system button at the finish of each race.

▪ All timing equipment and chairs will be disinfected in between sessions.

o Officials must sign up prior to the meet with the meet referee. Officials meetings will be held using Zoom. All other instructions or guidelines for officials not covered in this document will be provided by the meet referee.

o For sessions which include only events 400 and longer, swimmers will be expected to arrive at the facility no more than 30 minutes before their competition time and leave no more than 30 minutes following the completion of their race.

o Warm-up Procedures:

▪ Each session/flight will have its own designated warm-up time prior to the session/flight competition. The length of warm-ups will be dependent on multiple factors including number of entries in the meet and time and age of swimmers in the flight.

▪ Changes to the warm-up schedule, times, and lane assignments may be made at the discretion of the meet referee.

▪ Swimmers will be assigned to warm-up pools and lanes and should follow all directions by MSC staff and volunteers regarding entering and exiting the pool and lane use while swimming.

▪ Time permitting, racing starts will be permitted during warm-ups.

● The meet referee will advise the announcer when to open lanes for starts.

● Racing starts will be restricted to lanes 1 and 8. All swimmers must swim the length of the pool and exit the pool at the bulkhead following their start.

● Swimmers must remain at least 6 feet apart from others while returning to the blocks and while in line for starts.

1. Capacity for McMinnville Aquatic Center is 560 people. [↑](#footnote-ref-1)