



Temecula Swim Club Information Packet

We are very excited to have your swimmer(s) interested in/joining Temecula Swim Club and begin, or continue their swimming journey with us! This information packet is to help you find everything you need to know about our club, including tryout information and how to register. Please refer to the table of contents below for the list of everything in this handbook.

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**waivers to be signed and brought to your swimmers first practice*



COVID-19 Safety Guidelines

Purpose: This is TMEC's plan to work with our swim facilities on being able to use the facility for swim practices while complying with standards for social distancing and safety recommendations. We know, with collaboration between TMEC swimming coaches, public health officials, and facility operators we can create safe plans for using aquatic facilities to promote physical and mental health opportunities that are compliant with public health directives.

To reach the above purpose TMEC will use the following guidelines and procedures when conducting practices at our aquatic facilities:

- Number of swimmers at a facility at one time will depend on the size of the pool, but recommend that no more than 5 swimmers in each lane. Lanes will have 1 swimmer at each wall end, 1 swimmer at each set of flags, and one swimmer at the middle of the lane to ensure they are 6 ft apart in between swim sets.
 - Refer to the pool diagram on last page provided by USA Swimming.
- No locker room use will be allowed
 - Swimmers are to come to deck ready to enter the water.
 - Swimmers will go home once practice has concluded to change and shower
- Bathroom use will be limited to one person at a time.
 - The person who uses the bathroom facility will wipe down area after use with Clorox wipes and gloves provided by TMEC.
 - They will wash hands for at least 20 sec or longer with soap and then when returning to deck will apply hand sanitizer provided by TMEC.
- Swimmers will do the following when entering facility:
 - Swimmers will come to facility with mask on and wear until they are ready to enter the water.
 - Parents/Guardians will drop off swimmers outside the aquatic facility; only the swimmer will be allowed to enter the facility.
 - Swimmers will enter facility one at a time.
 - Upon entry swimmers will undergo a temperature check provided by TMEC Staff/Volunteer with a team provided non-contact thermometer. Swimmers who have a temperature will not be able to remain for practice.
 - Based on CDC recommendations swimmers who have a 100 degrees or more reading will not be allowed to remain for practices.
 - Volunteers who are administering temperature checks will wear gloves.
 - Swimmers will take all their items with them to behind the lanes to a cone that marks their area.
 - When practice begins swimmers will enter the water with one swimmer on the far side of one lane and the other swimmer on other side; this distance will be maintained when swimmers are on the wall between swim sets.

- Swimmers will do the following when leaving facility:
 - When exiting the water swimmers will maintain 6 feet distance and go to their assigned cone behind the lane.
 - Swimmers will gather their items, put any clothes they want over their bathing suit, and put a face mask on.
 - Swimmers will then leave the facility one at a time maintaining 6 feet distance.
 - Parents/Guardians will pick-up swimmers outside of the aquatic facility.
- There shall be no group gatherings outside the pool facility or in parking lots by swimmers, coaches, and parents.
- TMEC staff will stagger group practice times so that there will be no overlap on swimmers who are entering/exiting the facility at the same time.
- TMEC staff and volunteers will wear face masks during all practice sessions. • TMEC staff, swimmers, and volunteers will bring their own water bottles so that use of facility water fountains is not needed.

Swimmers who travel outside of country

- Based on facility policy and CDC/Public Health Department recommendations swimmers who travel outside of the country will not be allowed to return to practices for 14 days from the day they return.

Precautions

If a swimmer has any of the following symptoms they should not attend practice.

COVID-19 Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches (not related to training)
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If a swimmer or a member of the household has taken a COVID-19 test, due to symptoms or contact with a COVID-19 positive person, and are awaiting results, please do not send the swimmer to practice.

To provide for the safety of the team and the community we are asking you to err on the side of caution. If there is a fever please wait to return to practice until fever free without medication for 48 hours. If the fever lasts more than 1 day with other symptoms we ask your child not return to practice until they have a negative COVID test result or 14 days of quarantine. If you are unsure, check with your child's pediatrician or refer to the CDC website for guidance.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

When a swimmer tests positive for COVID-19:

- Communication will be made to the entire team.
- All swimmers at the impacted facility will be out of the water for at least 24 hours after a positive test has been reported to accommodate facility cleaning and disinfection. • Swimmers in the group, in contact with the person who tested positive, should be out of practice for 14 days.
- Coaches who actively coached or were on deck with a person who tested positive, should be out of practice for 14 days.
- Per earlier recommendations, anyone who has been in close contact with someone who has exhibited symptoms or tested positive should self-isolate for 14 days.
- Swimmers/families should follow the recommendations of their family physician or medical professional.
- Any swimmer that does test positive for COVID-19 will be required to provide a negative test result prior to returning to practice.

TMEC members, by bringing your swimmer to practice/TMEC events, agree to terms set out in the attached waiver.

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19 Temecula Swim Club

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Temecula Swim Club has put in place preventative measures to reduce the spread of COVID-19; however, TMEC cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending a practice/event managed by Temecula Swim Club could increase your risk and your child(ren)'s

risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending a practice/event managed by the Temecula Swim Club, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at a facility managed by The Temecula Swim Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, TMEC employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at a practice/event managed by The Temecula Swim Club or participation in any programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless The Temecula Swim Club, its employees, board members, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence On Temecula Swim Club, its employees, board members, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any of Temecula Swim Club practices/events.
Attending Child(rens) Names:

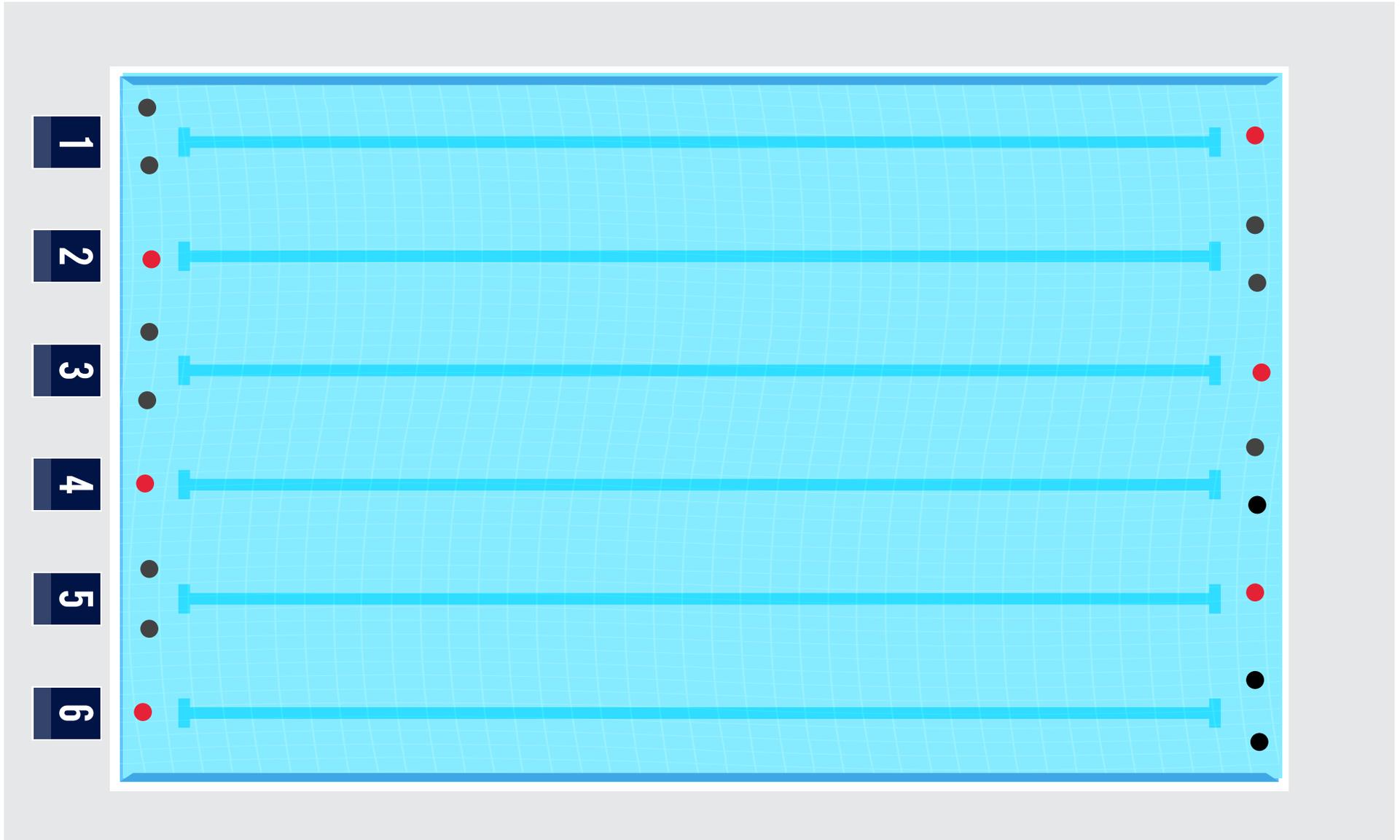
Signature of Parent/Guardian Date :

Print Name of Parent/Guardian Name of Club Participant(s) :



SOCIAL DISTANCING PRACTICE LAYOUT BLANK

25-YARD, 6-LANE POOL





Important Links

- [Registration](https://www.teamunify.com/MemRegStart.jsp?team=wzscstsc): <https://www.teamunify.com/MemRegStart.jsp?team=wzscstsc>
- [Practice Schedule](http://tmecswim.com/schedule/stroke-school-group/): <http://tmecswim.com/schedule/stroke-school-group/>
- [Pool Locations](http://tmecswim.com/team-setup/our-locations/): <http://tmecswim.com/team-setup/our-locations/>
- [Fees/Dues Policy](http://tmecswim.com/policies/fees-payment-policy/): <http://tmecswim.com/policies/fees-payment-policy/>
- [About our Groups](http://tmecswim.com/team-setup/tmec-groups-setup/): <http://tmecswim.com/team-setup/tmec-groups-setup/>
- [About our Coaches](http://tmecswim.com/about/coaches/): <http://tmecswim.com/about/coaches/>
- [Board Members](https://www.teamunify.com/SubTabGeneric.jsp?team=wzscstsc&_stabid_=165352): https://www.teamunify.com/SubTabGeneric.jsp?team=wzscstsc&_stabid_=165352
- [Club Store](http://tmecswim.com/tmec-store/): <http://tmecswim.com/tmec-store/>
- [Contact Us](http://tmecswim.com/contacts/): <http://tmecswim.com/contacts/>
- [Events Page](https://www.teamunify.com/EventsCurrent.jsp?_tabid_=11368&team=wzscstsc): https://www.teamunify.com/EventsCurrent.jsp?_tabid_=11368&team=wzscstsc
- [Swim Group Requirements](https://www.teamunify.com/SubTabGeneric.jsp?team=wzscstsc&_stabid_=202184): https://www.teamunify.com/SubTabGeneric.jsp?team=wzscstsc&_stabid_=202184
- [TMEC News](https://www.teamunify.com/News.jsp?_tabid_=11367&team=wzscstsc): https://www.teamunify.com/News.jsp?_tabid_=11367&team=wzscstsc
- [Amazon Smile](https://smile.amazon.com/gp/chpf/homepage/ref=smi_chpf_redirect?ie=UTF8&ein=33-0677112&ref_=smi_ext_ch_33-0677112_cl): https://smile.amazon.com/gp/chpf/homepage/ref=smi_chpf_redirect?ie=UTF8&ein=33-0677112&ref_=smi_ext_ch_33-0677112_cl



Temecula Swim Club Tryout Information

1. Tryout:

-) Fridays
- O u U U = o at 6:30
- ‡ Appropriate o u '8 #

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assistance (no stroke knowledge is needed)

2. Receive Placement Email: You will be contacted within 1-2 business days with current availability for your swimmers groups, practice schedule and registration information.

What is due upon registration:

***Monthly Dues:** \$80- \$150 depending on group placement (\$10 multi swimmer for each additional swimmer in the family)

***Family Seasonal Fee:** \$50

-Due 2x per calendar year

***USA Swimming Registration:** \$20

To complete every calendar year. Required for every swimmer regardless of whether they plan to compete. (For transfer swimmers there is a \$10 transfer fee)

Please note due to COVID guidelines and pool availability our practice times and locations are subject to change and we cannot accommodate facility location preferences.

TMEC Fee Schedule

	Monthly Dues (Due by the 15th)	Meets (If you attend)	Short Course Fee (\$50)	Long Course Fee (\$50)	Short Course Service Hours Missed	Long Course Service Hours Missed	Fundraising Fee Balance (\$100 Per Family)	SCS/USA Swimming Registration Fee (\$68)
January	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
February	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
March	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
April	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>			
May	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
June	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
July	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
August	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
September	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>		
October	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						
November	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	
December	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>

***Hosted Meet Hours Missed - If we host a meet and your family does not fulfill the hours requested, there will be a \$40 per hour charge to your account!

For our Fees/Dues policy page please visit it here <http://tmecswim.com/policies/fees-payment-policy/>



Swim Group Criteria

	Senior #1	Senior #2	Gold #1	Gold #2	Bronze	High School Competitive	Fitness	Age Group 1	Age Group 2	Pre Comp	Stroke School 2	Stroke School 1
Time Standards	Sectional Bonus Cut (SCS cuts) https://www.socalswim.org/time-standards/	13-14 JO (SCS Cut) https://www.socalswim.org/time-standards/	11-12 Blue times (in 3 different strokes.) 13-14 year olds Blue (in 3 different strokes) or 11-12 JO times (in 2 different strokes)	Minimum of 4 Reds times	No time standard requirements	No time standard requirements	No time standard requirements	Minimum of 3 x 7-10 Red times (2 in different strokes)	No time standard requirements	No time standard requirements	No time standard requirements	No time standard requirements
Age	13 +	13 +	11 to 14	11 to 14	11 to 14	15 - 18 (13-14 Currently in High School will be considered)	11 and older	8 to 10	5 to 10	5 and older	5 and older	5 and older
Attendance	85% per season	85% per season	83% per season	80% per season	65% per season	65% per season	NA	75% per season	NA	NA	NA	NA
Meet Attendance	1 meet per month	1 meet per month	1 meet per month	1 meet per month	1 meet per season	2 meets per season	NA	3 meets per season	NA	NA	NA	NA
Training Sets	see attached	see attached	see attached	see attached	see attached	see attached	see attached	see attached	see attached	NA	NA	NA
Coaches Discretion	Excused absences, technique, effort in practice, maturity, behavior, progress/growth	Excused absences, technique, effort in practice, maturity, behavior, progress/growth	Excused absences, technique, effort in practice, maturity, behavior, progress/growth	Excused absences, technique, effort in practice, maturity, behavior, progress/growth	Excused absences, technique, effort in practice, maturity, behavior, progress/growth	Excused absences, technique, effort in practice, maturity, behavior, progress/growth	Technique, effort in practice, maturity, behavior, progress/growth	Excused absences, technique, effort in practice, maturity, behavior, progress/growth	Technique, effort in practice, maturity, behavior, progress/growth	Technique, effort in practice, maturity, behavior	Technique, effort in practice, maturity, behavior	Technique, effort in practice, maturity, behavior
Assigned Coach	Reynolds	Alex	Lauri	Lauri	JJenn	Alex	BBen/ Elizabeth	Jenn	JJenn	BBen/ Elizabeth	Ben/ Elizabeth	BBen/ Elizabeth
Dues	\$150	\$135	\$130	\$125	\$125	\$120	\$110	\$115	\$110	\$95	\$90	\$80



Service Hours

Purpose: Creating a positive environment where excellence can be achieved is only possible if all TMEC families dedicate time to help the club. Parent support and involvement is vital to the success of our team.

This modified policy will be from the September –March season and all member families of the club will need to complete 20 hours of service by the end of March or it will be \$20 per incomplete hour.

The purpose behind the increase of hours is due to that we are most likely going have to continue with temperature checks and sanitizing at our entrances along with bathroom areas, which means we will have jobs that need to be covered at every single practice for the next 6 months.

Since this will effect all groups in the club there will be **NO exempt groups** with this modified policy. In past seasons since majority of our service hours opportunities were available at monthly swim meets we exempted Stroke School, Precomp and Fitness who do not usually attend the meets. However though since now our hours are geared to the needed help at all practices we will be requiring these groups to complete as well. Any hours completed before September 1st will not be rolled over. All members will start with 0 completed hours.

The board will continue to review the service hours through out the season and decide if any modifications need to be made. If modifications are made then an email will be sent out to membership alerting them.



Swim Apparel

Purchase at Temecula Swim Club's Website: <http://tmecswim.com/tmec-store/>

A sample of some of the items we carry



Step 1. Choose the products you would like to purchase (make sure you are signed into your TeamUnify account)

Step 2. Make sure you choose the shipping option you would like, either pick up on deck or ship to home. Please note if you pick up on deck the apparel will be delivered to your swimmer during practice.

Purchase at CAS's Website: <https://casswimshop.com/team-stores/temecula-swim-club.html>

Code: TMEC



Swimmer Spirit Pack #1

TMEC Shirt
(choice of color and size – extra for XXL),
Sweatshirt
(choice of color and size – extra for XXL),
and a TMEC Swim Cap
(black)

Retail value sold separately is \$67

Spirit Pack Price of \$55



Parent Spirit Pack

TMEC Shirt
(choice of color and size – extra for XXL),
Sweatshirt
(choice of color and size – extra for XXL),
and a TMEC Hat

Retail value sold separately is \$72

Spirit Pack Price of \$60



Swimmer Spirit Pack #2

2 TMEC Shirts
(choice of colors and size – extra for XXL),
Sweatshirt
(choice of color and size – extra for XXL),
a TMEC Swim Cap
(black),
a TMEC Hat,
and a TMEC Car Window Sticker

Retail value sold separately is \$109

Spirit Pack Price of \$85

To purchase visit <http://tmecswim.com/tmec-store/>



Accessing your Account

Upon your registration being approved you will receive an email on how to Login to your Teamunify account.

Step 1: Login

Click on
My Account >

The screenshot shows the TeamUnify website dashboard. At the top is a navigation bar with links: Home, Safe Sport, Practice Schedule, TMEC Apparel, Events, News, and Team Info. Below this is a left-hand navigation menu with options: Sign Out, Help & Training, TU Updates (with a red badge showing '30'), Upgrade Your Site, System, My Account, System Overview, TeamUnify Invoices, Setup Auto Pay, My Account, My Meet Results, \$ My Invoice/Payment, More Information, and My Reports. The 'My Account' option is highlighted. To the right of the menu is an 'Alert Center' with tabs for 'Current Alerts' and 'Archived Alerts'. Under 'Current Alerts', there are three alerts: '07/31/2020 Upcoming Auto-Invoice Generation' (with details about August invoices), '07/31/2020 Site Upgrade!' (with a link to learn more), and '03/19/2020 We're in this together.' The TeamUnify logo is in the bottom right corner.

My Invoices/
Payments >

The screenshot shows the 'My Invoices/Payments' page on the TeamUnify website. The navigation bar is the same as in the previous screenshot. The left-hand menu is also the same. The main content area has tabs for 'Invoices', 'Make Payment', and 'Service Hours'. Below the tabs is an 'Account Recurring Charges Summary' section, followed by an 'Account Charges Summary' section. The 'Account Charges Summary' shows 'Current Total Owed this Month: \$0.00' and 'Account Status: Paid-In-Full'. Below that is a 'Current Invoice Summary' section, followed by a 'PREVIOUS CHARGES / PAYMENTS' section with a table showing 'Previous Invoice Total', 'Previous Period Payments', and 'Previous Account Balance'.

Here you will be able to make payments, check your invoices and billing history

Your account is set up for auto pay upon registration. If you would like to switch to manual pay please email coachnicole@tmecswim.org



Remind 101

Join Remind 101! Remind 101 is a great resource TMEC uses to make last minute notifications for instances such as practice cancellations, time changes or reminders. This is NOT to replace email communication, but a great way to make sure you are in the loop. Visit the link listed below for each swimmer and either sign up and join or join the new group if you already have an account. This is free and can be downloaded as an App as well.

Stroke Schools: <https://www.remind.com/join/tmeccs>

Pre Comp: <https://www.remind.com/join/bdkcgh>

Fitness: <https://www.remind.com/join/tmecfit>

High School: <https://www.remind.com/join/agtrll>

Age Group #1: <https://www.remind.com/join/tmecagel>

Age Group #2: <https://www.remind.com/join/tmecag2>

Bronze: <https://www.remind.com/join/7b44h66>

Gold: <https://www.remind.com/join/lll4go>

Senior #2: <https://www.remind.com/join/ed3gee>

Senior #1: <https://www.remind.com/join/2fff64>



Equipment List

For every group:

An appropriate Swim Suit ,Towel, Water, Goggle,
Swim Cap

**no two piece or tie back swim suits for girls*

Please bring the required equipment to every practice ready to use. In addition, you can purchase equipment at our TMEC online [Store](#)

Different groups require additional equipment. Please look at your swimmer's group to see the additional requirements.

Stroke School

- Additional pair of goggles
- Additional swim cap
- Kick Board

Pre-Competition

- Fins
- Snorkel
- Kick Board

Fitness

- Fins
- Snorkel
- Paddles
- Kick Board
- Pull Buoy

High School Group Competitive

- Fins
- Snorkel
- Paddles
- Kick Board
- Pull Buoy

AG2

- Fins
- Kick Board
- Snorkel
- Paddles
- Pull Buoy

AG1

- Fins
- Snorkel
- Kick Board
- Paddles
- Pull Buoy
- Additional cap + goggles
- 2 tennis balls

Gold #1 and #2

- Kick board
- Additional cap + goggles
- Finis Zoomers Gold Fins
- Pull Buoy
- Pull Strap
- TYR or FINIS Snorkel
- Hand Paddles (Strokemaker Paddles)
- Nose Plug (Recommended)
- Good athletic shoes for dryland
- Yoga mat or towel for dryland
- A notebook and pan for their swim journal

Bronze, Senior #1 and #2
Continued Next Page



Equipment List Continued

Bronze

- o Additional cap + goggles
- o Strokemaker Paddles
- o Fins (short)
- o Pull Buoy
- o Snorkel
- o Kickboard

Senior #1 and #2

- o Kick board
- o Additional cap + goggles
- o Fins (Short)
- o Pull Buoy
- o Drag Suit (Optional)
- o FINIS Tempo Trainer
- o TYR or FINIS Snorkel
- o Hand Paddles (Strokemaker Paddles)
- o Foam Roller
- o Roller Stick
- o Swim Socks



Amazon Smile



Already an AmazonSmile customer? [Sign in](#)

Support Temecula Triton Swim Club

Shop at smile.amazon.com and we'll donate to your favorite charitable organization, at **no cost to you**.

[Start shopping](#)

[Pick a different charity](#)

Amazon donates 0.5% of the price of eligible purchases.



When you join AmazonSmile you can...

Generate donations

Shop at smile.amazon.com and we'll donate 0.5% of eligible purchases to your favorite charitable organization—no fees, no extra cost.

Donate products to charity

Thousands of charities created AmazonSmile Charity Lists of items they need right now. Simply browse, order, and enjoy giving.

Amazon Smile is a great way to order what you need and to support the club. When you use Amazon Smile, they will donate .5% of eligible purchases to the swim club.

To sign up for Amazon Smile please [click here](#)



Cancellation Policy

To cancel memberships, email
tmeccsecretary@tmeccswim.org or
coachnicole@tmeccswim.org

with the swimmer's first and last name at least 7 days before the next billing cycle. If less than 7 days notice is given dues will be invoiced for the following month and your swimmer may continue to swim that next month if they wish.

Upon deactivating accounts we will assess if there are any service hours or fundraising requirements that were not fulfilled and invoice accordingly. You will be given notice if you have any invoices added to your account.

If you wish to reactivate your swimmers account in the future there is a family \$50 reactivation fee.



CONCUSSION INFORMATION SHEET

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Coaches, Officials, Parents or Guardians

- Appears dazed, stunned or confused
- Unsure about event, location of name of meet
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes – irritability, sadness, nervousness, emotional
- Can’t recall events before or after incident

Symptoms Reported by Athlete

- Any headache or “pressure” in head - how badly it hurts does not matter
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”
- Trouble falling asleep
- Sleeping more or less than usual

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss practice or meets than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention on the day of the event is an important first step if you suspect or are told your swimmer has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities:

- No athlete should return to activity on the same day he/she gets a concussion
- No athlete may return to training, regardless of sport, until he/she is cleared by a health care professional with a note specifying clearance. Athletes should NEVER return to the pool if they still have ANY symptoms..... in case an athlete returns with a note and then during the practice complains of a headache or other symptoms
- Parents and coaches should never pressure any athlete to return to play

The Dangers of Returning Too Soon

Returning to the pool too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified health care professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete's injury and their roles in helping the child recover. During the recovery time after a concussion, physical and mental rest is required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children's brains take several weeks to heal following a concussion.

Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to School

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help can be removed gradually.

Returning to the Pool

1. Returning to the pool is specific for each person. As an example, California law requires written permission from a health care provider before an athlete can return to play. Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER be on deck, practice, or participate in competition if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
4. Your athlete should complete a step-by-step exercise-based progression, under the direction of a qualified healthcare professional.

Resources:

Insurance - USA Swimming provides an excess accident medical insurance policy for USA Swimming members while participating or volunteering in a USA Swimming sponsored or sanctioned event. Details of the insurance coverage are on the USA Swimming website under Insurance and Risk Management.

Centers for Disease Control and Prevention - www.cdc.gov/Concussion

Zurich Concussion Conference (2012) - Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012.
<http://bjsm.bmj.com/content/47/5/250.full>

ODH Violence and Injury Prevention Program - www.healthyohioprogram.org/concussion

National Federation of State High School Associations - www.nfhs.org – Index concussions and see “A parent’s guide to concussion in sports”.

Acknowledgment of Receipt of Concussion Information Sheet

Pursuant to California Health and Safety Code §124235, a concussion and head injury information sheet shall be given by each youth sports organization offering an athletic program to each athlete in that program. The information sheet shall be signed and returned by the athlete and, if the athlete is 17 years of age or younger, shall also be signed by the athlete’s parent or guardian before the athlete initiates practice or competition. The USA Swimming Concussion Information Sheet (three pages) is attached to this acknowledgment.

Please note, the information contained in the Swimming Concussion Information Sheet and this Acknowledgment is not medical advice and is no substitute for it.

I hereby acknowledge that I have received the USA Swimming Concussion Information Sheet (three pages) from _____.

(Name of USA Swimming Team).

I have read and understand its contents.

I also acknowledge that if I have any questions regarding the signs or symptoms of a concussion or other head injuries, the need to seek medical attention and the protocol for returning to daily activities, school and the swimming pool, I will consult with a licensed health care provider.

_____ Athlete’s Name	_____ Athlete’s Signature	_____ Date
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_____ Parent’s or Guardian’s Name	_____ Parent’s or Guardian’s Signature	_____ Date
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This signed acknowledgment may be returned through an electronic medium, including but not limited to, fax or electronic mail. Please check with your USA Swimming Team representatives regarding contact information.

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

StandGuard Aquatics has put in place preventative measures to reduce the spread of COVID-19; however, StandGuard cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending a facility managed by StandGuard Aquatics could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending a facility managed by StandGuard Aquatics, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at a facility managed by StandGuard Aquatics may result from the actions, omissions, or negligence of myself and others, including, but not limited to, StandGuard employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at a facility managed by StandGuard Aquatics or participation in any programming ("Claims"). On my behalf, and on

behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless StandGuard Aquatics, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence On StandGuard Aquatics, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any of StandGuard Aquatics Managed Parks program.

Attending Child(rens) Names:_____

Signature of Parent/Guardian Date :_____

Print Name of Parent/Guardian Name of Club Participant(s) :_____