



SNAKE RIVER SWIMMING

Suggested Meet Procedures for all Sanctioned/Virtual Meets (These are suggested, not required, procedures.)

General Meet Procedure

- 1) Swimmers **MUST** bring a towel/chair to sit on in the waiting /resting area and are **NOT** allowed to sit directly on the waiting area floor.
- 2) Swimmers are **NOT** allowed to share their belongings, including towel/chair, with other swimmers. Swimmers may want to bring extra swim caps, goggles, towels, face masks and plastic baggies (for their face mask) to the meet.
- 3) **ONLY** swimmers, coaches, volunteers and officials from the current session warm up will be allowed in the facility. Volunteers will have attendance sheet for each warm-up session and will be taking attendance as swimmers enter to ensure only the correct swimmers are in the facility at that time.
- 4) Swimmers must **ENTER** the facility 30 minutes BEFORE the meet session has started. To limit the number of people in the facility, Snake River Swimming suggests all sanctioned/observed swim meets should plan sessions to accommodate the need for each age group. For example:-
Session 1 – Meet Start: 9:00 a.m. (15 & Over Swimmers); Warm-up: 8:30 a.m.
Session 2 – Meet Start: 12:45 p.m. (12-14 swimmers); Warm-up: 12:15 p.m.
Session 3 – Meet Start: 3:15 p.m. (11 & Under swimmers); Warm up: 2:45 p.m.

After their general warm-up, swimmers may leave the facility as long as they return 3 heats prior to their competition event according to the competition timeline. However, swimmers will need to re-enter through the entrance door and will get asked the health questions, have their temperature taken and be given hand sanitizer again. If a swimmer is unable to attend their assigned general warm-up time, they will only be allowed to warm up in their assigned meet warm-up/cool down lane during the meet.

- 5) Masks **MUST** be worn at all times, except when swimmers are IN the water.
- 6) Swimmers must **arrive and leave** in their swimsuits. If a swimmer decides to wear their fast skin swimsuit during competition, the swimmer should consider putting on the tech suit prior to entering the building.

- 7) No locker room use will be permitted for changing into tech suits during the meet. Bathrooms will be emergency use only. Only one or two swimmer will be allowed in the bathroom locker room at a time. This depends on the size of the facilities. After each use, the bathroom will need to be sanitized by a volunteer before another swimmer can enter.
- 8) **NO** drinking fountains will be available.
- 9) **No** food will be provided in the facility. Swimmers may bring their own food and beverage to the meet. Swimmers are **NOT** allowed to share their food and beverage with other swimmers.
- 10) There should be **ONLY** 55 swimmers (max), 5 officials, 5 coaches and 15 volunteers on the pool deck at one time. If any session has exceeds this number of swimmers, swimmers can only enter the pool deck for their session by checking in with a volunteer at the pool entrance door. It is very **IMPORTANT** for the swimmers to leave the pool deck area when they are done cooling down or are done racing and wait in the resting area for their next race. *(The capacity for the number of swimmers/officials/coaches and volunteers are based on the hosting facilities and safety requirement. The goal for each hosting team should be to consider opening up to 25% of the actual facilities crowd capacity for the safety protocol requirement).*
- 11) If possible, the host team should have the scoreboard and video feed of the pool equipment available to be displayed for swimmers that are waiting for their race in the waiting area. The information and meet duration is recommended to be **LIVE-STREAMED**, if possible.
- 12) All doors can be temporarily propped open to the facility and pool area. However, in order to keep the air quality at the correct levels in the facility and pool area, all doors will need to be closed as soon as possible.
- 13) If there are pool doors behind the starting blocks, they are not to be used during the entire meet.

Meet Entry/Pool Area Procedures

- 1) Each swimmer is assigned to a group color and will remain with this group for the entire meet, including the rest/waiting area and all lane assignments. The pre-seeded assigned group should make it available for the Host Team website.
- 2) Swimmers, coaches, volunteers and officials will **enter through the BACK Door** and will be asked the health questions, have their temperatures taken, and give hand sanitizer before they are allowed into the facility. All volunteers and meet officials will have to complete a waiver before entering the facility. *(Please see attached example of Waiver Form Appendix A)*
- 3) The swimmers then enter the pool and put their bag in the marked destination area by following **the meet general warm-up lane assignment**.

- 4) The coaches and officials will proceed through the pool deck, will be asked the health questions, have their temperatures taken and give hand sanitizer before proceeding to the official meeting room area.
- 5) a) *To minimize the number of personnel on deck, a suggestion is to have **six max. deck officials (DR, SR, 2-4 ST) and one admin official per site.** Each of the four deck officials have wall to wall jurisdiction in each four lanes. **(The capacity for the number of officials and volunteers are based on the hosting facilities and safety protocol requirement.)***

b) *Both deck referee and starter also have jurisdiction.*

c) *To minimize paper on deck (such as DQ slips), DQs could be recorded on a DQ log sheet by Chief Judge. The log could be periodically checked and the information given to the administrative officials. Deck Referees will be responsible to check the DQ log for any calls they have questions about but didn't physically sign off.*
- 6) Volunteers will check in at the front entrance, will be asked the health questions, have their temperatures taken, and given hand sanitizer before proceeding to their designated volunteer area.
- **Timers**, one timer per lane with a button and a stopwatch as well as a touchpad.
- 7) Volunteers will sanitize door handles, and the entrance hallway after all swimmers, coaches, volunteers and officials have entered the facility for that session of the meet.
- 8) When their general warm-up time is over, swimmers **MUST** proceed immediately to their designated meet group area in the waiting/resting areas with their belongings. **Swimmers will stay in the waiting area until they need to enter the pool area for warm-up before their race or need to get in line to wait for their heat.**
- 9) During warm-ups, each lane **CANNOT** exceed 4 swimmers at any time. In order for a swimmer to enter their lane, they must make sure there are only 3 swimmers in it. If there are 4 swimmers and it appears a swimmer may be done using the lane for warm-up/cool down, a swimmer may ask that swimmer to exit the pool so they can enter the lane.
- 10) Swimmers need to bring a **plastic baggie** (marked with their name) behind the blocks to put their mask in while they are racing. Swimmers will also need to bring their mask plastic baggie to the warm-up/cool-down area to put behind their lane.

NOTE: **As soon as a swimmer is done with their race, they need to put their mask on.** If a swimmer has other belongings such as jacket, pants, shoes or towels at the blocks, the HOST Team should provide a basket to put them in. However, it is **strongly** encouraged to leave these items in the resting area and only bring your plastic bag for the mask that is on your face.

- 11) The lane timers will sanitize the starting blocks and baskets with swimmer's belongings, if needed, after each heat.

Flow of Traffic in the pool

- 1) Traffic in the pool area will **be counterclockwise** by following the taped arrow direction proceeds to the cool down pool area. Swimmers must apply the "**Swim Cycle**" where swimmers will proceed directly to the cool down pool, swim as directed by their coach (in a socially distant manner), and that particular swim cycle would end once their cool down is complete. The swimmer will then return immediately to waiting area, re-apply their mask/face covering, and receive splits/feedback/coaching from their coach in a socially distant manner.
- 2) Swimmers will be lined up two heats in the designated area. **There will be two lines up prior to the assigned heat competition.** The **first line up** of L1 through L8 will be the next heat in the water and will be lined up at the starting block of the L8. After the swimmers have exited from heat finished, swimmers in this line can proceed to the starting blocks. The **second line up** of L8 through L1 will be the second heat in the water and will be lined up by the turn end area. Intervals between heats will be at a slower pace to allow time for swimmers.

Meet Exit/Wafting Area Procedures

- 1) A rope into an Exit side and an Enter side will separate the double doors used to exit the pool. To ENTER the waiting area (if applied), the entrance door will be double doors by following the sign that marks with ENTER and EXIT one way entry.
- 2) Volunteers will be used to monitor the flow of traffic in the hallways
- 3) **Hand sanitizer** will be provided before entering the Waiting Area.
- 4) As soon as a swimmer is done with all of their races and has finished cooling down, they should **LEAVE** the facility **AS SOON AS POSSIBLE.**
- 5) Toward the end of the session the volunteers will sanitize the pool deck and WAITING AREA before the next session.
- 6) Volunteers will sanitize the meet equipment and Admin table before the next session.
- 7) Volunteers will sanitize the EXIT hallways and EXIT% doors after the completion of the session.

ALL OF THE ABOVE ARE SUGGESTED AND ADVISED BY USA SWIMMING AND SNAKE RIVER SWIMMING FOR HOST CLUBS AND ANY ENTITY HOSTING A MEET. FINAL MEET FORMAT SHOULD COMPLY WITH LOCAL FACILITIES SAFETY AND GEOGRAPHIC SITUATION IN ORDER TO MAKE NECESSARY MODIFICATIONS BEFORE SUBMITTING TO THE SANCTION CHAIR FOR APPROVAL.

APPENDIX A – SAMPLE OF Waiver Form

We have taken enhanced health and safety measures – for your team and guests. You must follow all posted instructions of this facility under guidelines from the State of Idaho south of Idaho County, the counties of Elko, White Pine, and Eureka in the State of Nevada and Malheur County in the State of Oregon of Health requirement while attending this event. 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 guests with underlying medical conditions are especially vulnerable. By participating and attending this event, you voluntarily assume all risks related in exposure to COVID-19.

MANDATORY WORDING:

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 individual 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 THE COMPETITION, YOU VOLUNTARY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SNAKE RIVER SWIMMING AND EACH OF THEIR OFFICERS, DIRECTOS, 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.

I HAVE READ THE ABOVE WAIVER AND ASSUMPTION OF RISK AND BY SIGNING IT AGREE IT IS MY INTENTION TO EXEMPT AND RELIEVE (HOST TEAM), SNAKE RIVER SWIMMING AND USA SWIMMING FROM LIABILITY OR PERSONAL INJURY, PROPERTY DAMAGE, OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE WITH REGARD TO COVID-19.

Swimmer(s) Name & Age

Guardian printed name

Signature of Parent/Guardian

Date

Parent/G