

2021 Return to Competition

Dolphins February Races IntraSquad Meet

February 18, 19, 20, 2021

Nick Cavataro Pool, 259 East Putnam Avenue, Greenwich, CT 06830

<https://goo.gl/maps/vG2WfdTtdFy1cwZw7>

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit ctswim.org or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #RTC21-3. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

COVID-19 Statement

In applying for this sanction, the Host, Greenwich YWCA Dolphins Swim Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and the Town of Greenwich at <https://www.greenwichct.gov/1621/Coronavirus-COVID-19>.

COVID-19 Assumption of Risk Disclaimer

We, Greenwich YWCA Dolphins Swim Team, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at Dolphins February Races or on site at Nick Cavataro Pool. 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 in/spectating at Dolphins February Races and being on site at YWCA of Greenwich, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Release

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 AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, 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.

WAIVER: As a closed meet for members of the Greenwich YWCA Dolphins Swim Team, swimmers and their parents have signed electronic waivers of liability and hold harmless regarding the athletic risks of participating and COVID-19 risks by enrolling for this event on the on-line team sign-up.

EVENTS

	Name	Email	Phone
Meet Director:	Nick Cavataro	ncavataro@iona.edu	914-438-9115
Meet Referee:	David Heller	hellerd@nationwide.com	203-509-7320
Lead Admin Official:	Yolanda Jahan	Yoli.jahn1@gmail.com	203-278-6712
Entry Chair:	Nick Cavataro	ncavataro@iona.edu	914-438-9115
Safety Chair:	David Fine	dave@greenwichdolphins.com	203-246-8420
Officials Contact:	David Heller	hellerd@nationwide.co	203-509-7320

MEET HOST: GYWD

WEBSITE: www.greenwichdolphins.com

POOL EMERGENCY NUMBER: 203-869-6501

RETURN TO COMPETITION SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Closed

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming.

MEET FORMAT: The meet will be swum as Timed-Final with all events mixed gender.

SCRATCH PROCEDURES: No scratches will be taken. The meet will be pre-seeded.

NO DECK ENTRIES WILL BE ALLOWED

FACILITY RULES: Individuals on deck will be managed to well under 25% of the facility capacity. Spectators will not be allowed on site; however, will be able to watch the event through closed ZOOM feed with link e-mailed direct to participants following see Safe Sport guidelines noted below.

Sessions I, II, III, IV, V, VI, VII, VIII

Coaches, 3

Officials, 4

Swimmers, 40 (estimated)

Timers, 10 (6 timers, 2 back up, 2 Computer table)

Lifeguards, 2

Cleaning staff, 1

Total: 60, maximum

BEFORE ENTERING FACILITY or WHAT TO BRING: All swimmers will be required to be dropped off, remain on deck in designated spaces. Swimmers are encouraged to bring their own deck chairs. Swimmers will approach the blocks from lane 1, and they will leave the start end from the lane 6 side of the pool.

Swimmers will wear facemasks at all times around the pool area unless actually in the water. Swimmers will bring their masks to blocks, lining up on the “North” side wall staying 6’ apart, otherwise will be seated. Swimmers will transition to the starting blocks when called to the blocks by the referee, Swimmers will swim “down” after each race and then exit the pool from the shallow end and return to their seats.

There will be a maximum of 60 individuals on the deck.

There will be no spectators in the balcony, with exception of the live stream operator.

FACILITY: The Nick Cavataro Pool is a 6 -lane, 25-yard pool. Water depth at start end is: 10. Water depth at turn end is: 4.5. The competition course has not been certified in accordance with 104.2.2C(4).

TIMING SYSTEM: Colorado Timing System 6000 with LED Video Board Display, in compliance with USA Swimming rules for competition, section 102.24.2.A.

LOCKER ROOMS: Showers and locker rooms are limited to use of the restrooms only. Changing into or out of swimsuits is prohibited. Swimmers are to arrive in suits. Deck showers are not available.

SAFE SPORT POLICIES: The meet will be livestreamed via Zoom, and a secure, password protected link will be sent to families the week of the meet. Parents that are members of the YWCA will be able to wait for their child in Parking Lot where socially distant standing and meet viewing will be designated.

DISABLED ACCESS: Limited handicap parking is available. Main entrance on Mason Street has a handicap accessible entrance and an elevator for transport to the pool level. Locker rooms and spectator areas are accessible once inside. Anyone needing access should contact the meet director for assistance before the meet.

COURSE: SCY

SESSION TIMES: Subject to Change

Session I – Friday, February 19th – Warm-up 3:30pm; Start 4:00pm
Session II – Friday, February 19th – Warm-up 5:00pm; Start 5:30pm
Session III – Saturday, February 20th – Warm-up 7:00am; Start 7:30am
Session IV – Saturday, February 20th – Warm-up 3:30pm; Start 4:00pm
Session V – Saturday, February 20th – Warm-up 5:00pm; Start 5:30pm
Session VI – Sunday, February 21st – Warm-up 7:00am; Start 7:30am
Session VII – Sunday, February 21st Warm-up 8:30am; Start 9:00am
Session VIII – Sunday, February 21st Warm-up 3:30pm; Start 4:00pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. Swimmers must enter the pool feet first. Swimmers will be limited to 6 per lane. **Swimmers will warm-up only in their practice cohorts, as required by the State of Connecticut.** Warm-up procedures will be published and distributed before meet.

ELIGIBILITY: Intrasquad meet with active 2021 USA Swimming Registration.

All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer’s age and age group for the meet. Swimmers must compete in age group noted. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](#). Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any

sanctioned swim meet, and must have this card with them while on deck. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in [CT Swimming policy for clubs](#) and [policy for meet hosts](#).

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water **without the use of the backstroke ledge**. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to the [Connecticut Swimming office](#).

EVENT INFORMATION: **There will be a five- minute break after each men's event at discretion of meet director and/or meet referee after reviewing final timeline.**

ENTRY LIMITATIONS: Swimmers are limited to 2 events per sessions.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is February 11, 2021 at 5:00pm to Nick Cavataro at ncavataro@iona.edu. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Swimmers will receive a psyche sheet on February 13, 2021 at 5pm to confirm entry.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at ncavataro@iona.edu. Please check that your team name, address, and contact information are listed correctly in this file. There are no entry fees for this meet.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

ENTRY FEES: There are no entry fees for this closed intra squad team meet.

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to

the participating club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

PAYMENT INSTRUCTIONS: No payments are required.

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. Events 200-yards and over will be limited to 4 heats. Any swimmer not seeded within the top 24 MAY be cut in advance by the meet director and allowed to substitute another event

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: No.

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. Flash photography is prohibited during the start

of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: Yes! Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is 30 minutes prior to the end of the published session on the distributed timeline.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Key officials have been secured in advance. Timers will be arranged in advance by the meet director from team volunteers and assigned with review by the meet administrator the Thursday prior to the meet.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

Volunteer Timers and Desk workers will attest to the MAAPP via the team electronic registration link located at www.greenwichdolphins.com

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The meet will not be scored.

AWARDS: Yes. Ribbons will be presented to Top 6 finishers in the 9-10 and 11-12 age groups.

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: No.

PARKING: Park in designated adjacent lot

DIRECTIONS: The Greenwich YWCA is located at 259 East Putnam Avenue, Greenwich, Connecticut. 06830. From I-95 North, exit 4, turn right to Indian Field Rd. From I-95 South, exit 4, turn left to Indian Field Rd; Continue approximately 1 mile to traffic light at East Putnam Avenue. Turn left at East Putnam Avenue. Go thru 2 traffic lights. Greenwich YWCA building is on the right.

February RTC Races - 2/19/2021 to 2/21/2021**Session Report**

Session: 1 Friday Night - Session 1

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 9-12 200 IM	0	0	04:00 PM	_____
Finals	2 Mixed 13 & Over 500 Freestyle	0	0	04:00 PM	_____
	Finish Time			04:00 PM	_____

Session: 2 Friday Night - Session 2

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Mixed 9-12 200 Freestyle	0	0	05:30 PM	_____
Finals	4 Mixed 13 & Over 400 IM	0	0	05:30 PM	_____
	Finish Time			05:30 PM	_____

Session: 3 Saturday Morning - Session 3

Day of Meet: 2 Starts at 07:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Mixed 11-12 100 Butterfly	0	0	07:30 AM	_____
	Break: 5 Minutes:				
Finals	6 Mixed 11-12 50 Breaststroke	0	0	07:35 AM	_____
	Break: 5 Minutes:				
Finals	7 Mixed 11-12 100 Backstroke	0	0	07:40 AM	_____
	Break: 5 Minutes:				
Finals	8 Mixed 11-12 50 Freestyle	0	0	07:45 AM	_____
	Finish Time			07:45 AM	_____

Session: 4 Saturday Afternoon - Session 4

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Mixed 9-10 100 Butterfly	0	0	04:00 PM	_____
	Break: 5 Minutes:				
Finals	10 Mixed 9-10 50 Breaststroke	0	0	04:05 PM	_____
	Break: 5 Minutes:				
Finals	11 Mixed 9-10 100 Backstroke	0	0	04:10 PM	_____
	Break: 5 Minutes:				
Finals	12 Mixed 9-10 50 Freestyle	0	0	04:15 PM	_____
	Finish Time			04:15 PM	_____

February RTC Races - 2/19/2021 to 2/21/2021**Session Report**

Session: 5 Saturday Afternoon - Session 5

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Mixed 13 & Over 200 Freestyle Break: 10 Minutes:	0	0	05:30 PM	_____
Finals	14 Mixed 13 & Over 100 Backstroke Break: 10 Minutes:	0	0	05:40 PM	_____
Finals	15 Mixed 13 & Over 200 Butterfly Break: 10 Minutes:	0	0	05:50 PM	_____
Finals	16 Mixed 13 & Over 50 Freestyle Break: 10 Minutes:	0	0	06:00 PM	_____
Finals	17 Mixed 13 & Over 100 Breaststroke Finish Time	0	0	06:10 PM 06:10 PM	_____ _____

Session: 6 Sunday Morning Session 6

Day of Meet: 3 Starts at 07:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	18 Mixed 11-12 100 Freestyle Break: 5 Minutes:	0	0	07:30 AM	_____
Finals	19 Mixed 11-12 50 Backstroke Break: 5 Minutes:	0	0	07:35 AM	_____
Finals	20 Mixed 11-12 100 Breaststroke Break: 5 Minutes:	0	0	07:40 AM	_____
Finals	21 Mixed 11-12 50 Butterfly Break: 5 Minutes:	0	0	07:45 AM	_____
Finals	22 Mixed 11-12 100 IM Finish Time	0	0	07:50 AM 07:50 AM	_____ _____

Session: 7 Sunday Morning Session 7

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Mixed 9-10 100 Freestyle Break: 5 Minutes:	0	0	09:00 AM	_____
Finals	24 Mixed 9-10 50 Backstroke Break: 5 Minutes:	0	0	09:05 AM	_____
Finals	25 Mixed 9-10 100 Breaststroke Break: 5 Minutes:	0	0	09:10 AM	_____
Finals	26 Mixed 9-10 50 Butterfly	0	0	09:15 AM	_____
Finals	27 Mixed 9-10 100 IM Finish Time	0	0	09:15 AM 09:15 AM	_____ _____

February RTC Races - 2/19/2021 to 2/21/2021
Session Report

Session: 8 Sunday Afternoon Session 8

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	28 Mixed 13 & Over 200 Breaststroke Break: 10 Minutes:	0	0	04:00 PM	_____
Finals	29 Mixed 13 & Over 100 Butterfly Break: 10 Minutes:	0	0	04:10 PM	_____
Finals	30 Mixed 13 & Over 200 Backstroke Break: 10 Minutes:	0	0	04:20 PM	_____
Finals	31 Mixed 13 & Over 100 Freestyle Break: 10 Minutes:	0	0	04:30 PM	_____
Finals	32 Mixed 13 & Over 200 IM Finish Time	0	0	04:40 PM 04:40 PM	_____ _____



Guidelines for the YWCA of Greenwich Dolphins Swim Team Practices effective June 17, 2020

Entering & Exiting the Grounds of the YWCA

- Athletes should remain in their cars until 5 minutes prior to their practice time in the second tier of parking spaces and not block the spots closest to the building (as people will be exiting for pickup). Wait for an entry signal from a coach.
- Athletes – wearing face masks, in their swimsuits, and with training gear bagged - will enter the pool through single glass door (by the splash pad). Remaining 6' distance on the walkway until called forward for a temperature and verbal health screening. There will be markings on the walkway for spacing. Athletes will use hand sanitizer as they enter the building.
- Athletes will be given a lane assignment (1-12) and take their gear/mesh bag and water bottle to their lane. Staff will help athletes navigate this new procedure. Swimmers will begin their specified warmup and remain in place throughout the practice session, unless directed otherwise.
- At the end of practice, athletes will gather their pool equipment and walk to their dry bag. They should pick up all of their belongings and exit through the same door. Athletes will be instructed to stand 6 feet apart near the first tier of parking spaces for pickup. Masks should be worn outside while waiting for pick up. We ask that parents arrive promptly to pick up their athlete. Locker rooms will be closed during the initial opening phase, except for bathroom use, as detailed below.
- No one is allowed to gather in the parking lot of the pool before/after practice.
- The water fountain, snack machines and other parts of the building are off limits. Spectators are not permitted in the balcony.
- Parents/Pickup Drivers must remain in their vehicles at all times.

Locker Room Policies

- Locker rooms will be closed with the exception of “emergency” bathroom usage. There will be a maximum of 1 person in each locker room at a time. Please wear masks when leaving the pool area, using restroom in the locker room, and walking back out to the pool.
- All athletes should come to the pool with their suits on. All athletes should leave the pool with their suits on.
- Athletes are asked to enter locker rooms via the pool deck door and exit via the pool deck door. These areas are marked with red arrows on the ground and the doors will be propped open.

Pool Operational Standards

- Properly disinfected water will inactivate the corona virus according to the CDC. We will be raising our sanitation levels a bit as well just to be on the safe side.
- The YWCA will require athletes to spread out and maintain a 6 feet space between athletes both in and out of the water. The Dolphins will be following USA Swimming recommendations on spacing athletes. For our facility, this means that we can have some athletes start/stop on the deep end side of the pool and some athletes start/stop on the shallow side of the pool. This will give us space for 12 athletes in the pool at the same time. This will eliminate a situation where two athletes would be resting on the same wall in the same lane at the same time.
- There will be a one-way entrance and one-way exit.
- There will be a 15-minute window between practices.
- All athletes from previous practice must exit the facility before the athletes for following practice may enter.
- All common areas, including restrooms, will be disinfected between practices. The facility will be cleaned daily following all practices.

Athlete Equipment Policy

- Sharing of equipment will not be allowed at the pool. The community bins of kickboards, pull buoys, and fins are not available at this time. All swimmers must bring their own equipment that they wish to use to the pool.
- Please bring and take your mesh bags with you each day.

Athlete Hygiene and Related Requirements

- Athletes should wash with soap and water for 20 seconds or use a hand sanitizer before coming to the pool. They should do this again after returning home.
- Bring a water bottle since the water fountains will be closed.
- If you are at the pool and you need to sneeze or cough do so in a tissue or in your elbow.
- Avoid touching the doors, railings, etc.
- Avoid touching your face or each other.
- Have fun!

[CDC Coronavirus Website Link](#)

PPE requirements

- All coaches will wear masks during practices at all times.
- All athletes will wear masks entering and exiting the facility, on deck and during dryland activities.
- Exceptions will be made for athletes with conditions that prohibit them from wearing a mask pending medical documentation.

Screening of Athletes and Staying Home

- Coaches will take athlete's attendance and temperature prior to entering the facility.
- Athletes with a temperature of 100 degrees or more will be sent home. Temperatures will be recorded.
- Athletes will also be asked screening questions about COVID 19 symptoms and close contact with anyone who has symptoms or tested positive. Answers will be recorded. Screening tool is attached. Athletes answering positive to any questions will be sent home.
- In the event that any athlete is sent home due to the temperature reading or the screening questions ("Screened In Athlete"), the Screened In Athlete will stay home, monitor symptoms, get COVID 19 testing and inform YWCA Greenwich of the test outcome. The related cohort of swimmers and staff will be notified that there is a Screened In Athlete present in the cohort and asked to engage in enhanced surveillance of symptoms. Swim practices for the cohort may or may not continue, at the discretion of YWCA Greenwich and in consultation with medical experts, and athletes will be notified of the practice schedule. Once the Screened In Athlete is tested, the related cohort and staff will be notified of the test results. If the test is negative, cohort swimming will resume if previously suspended.
- An athlete who develops symptoms while at the YWCA will be immediately isolated and taken to the Health Station in the main lobby of the building. Family will be called to take the athlete home and the cohort of swimmers will be dismissed. Enhanced cleaning of the pool will take place. Such athlete will be a Screened In Athlete and we will follow the foregoing steps.
- In the event that any athlete tests positive for COVID 19 ("Positive Athlete"), the Positive Athlete will inform YWCA Greenwich, which is required to notify public health authorities. The Positive Athlete will remain home until the Positive Athlete's medical doctor, Greenwich Health Department, State Health Department, YWCA Greenwich management and the outside experts that YWCA Greenwich has recruited for this purpose decide that the Positive Athlete may return. Evidence of a medical doctor's guidance may be required. The cohort of swimmers and staff related to the Positive Athlete will similarly stay home until Greenwich Health Department, State Health Department and YWCA management, with the advice of experts decide that the related cohort of swimmers and staff may return. Enhanced cleaning of the pool will take place.
- Dolphins staff will undergo the same temperature check and health screening before entering the building, consistent with all YWCA Greenwich employees. Dolphins staff will follow the PPE, social distancing, hygiene and other health and safety requirements of all staff at YWCA Greenwich.

Athlete/Family Protocols

- Athletes must arrive and depart in their swimsuit.
- Hand sanitizer be provided at the pool area entrance for the athletes to use.
- Athletes will not be able to change or shower at the facility.
- Athletes will only be permitted to line up to enter 5 minutes before their scheduled practice time.
- If they arrive early, they should wait in their car until the appropriate time to enter the facility.
- Athletes must leave the facility immediately at the completion of any practice.

- Parents/spectators will not be allowed in the facility at any time and are expected to practice social distancing while waiting for their athlete.
- We will ensure that the appropriate number of coaches are present during each practice to comply with MAAPP (Minor Athlete Abuse Prevention Policy).
- For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are away from the pool as well. The health of athletes and their families may impact everyone in such athlete's cohort. To mitigate risk to the greatest degree possible, we also ask our athletes to please practice social distancing in the pool and when moving throughout the facility.
- Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in activities may be suspended. The YWCA reserves the right to suspend participation for anyone not consistently adhering to the safety protocols and guidelines.

YWCA Greenwich COVID-19 Health Screening Questions

Name:

Date:

Time:

Temperature:

Have you recently started experiencing any of these symptoms? Select all that apply.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

In the last 14 days, what is your exposure to others who are known to have COVID-19? Select all that apply.

- I live with someone who has COVID-19
- I've had close contact with someone who has COVID-19
- I've been near someone who has COVID-19
- I've had no exposure
- I don't know

Completed By:

BEFORE ENTERING FACILITY or WHAT TO BRING: List anything participants must do before entering facility. Will heat sheets be digital so families can print and bring their own? Temperature checks, sign waivers, shower at home, suit-up at home, etc. Parent or athlete staging, bullpens, etc.

FACILITY RULES: Individuals on deck will be managed to well under 25% of the facility capacity. Spectators will not be allowed on site; however, will be able to watch the event through closed ZOOM feed with link e-mailed direct to participants following see Safe Sport guidelines noted below.

Sessions I, II, III, IV, V, VI, VII, VIII

Coaches, 3

Officials, 4

Swimmers, 40 (estimated)

Timers, 10 (6 timers, 2 back up, 2 Computer table)

Lifeguards, 2

Cleaning staff, 1

Total: 60, maximum per session

BEFORE ENTERING FACILITY or WHAT TO BRING: All swimmers will be required to be dropped off, remain on deck in designated spaces. Swimmers are encouraged to bring their own deck chairs. Swimmers will approach the blocks from lane 1, and they will leave the started end from the lane 6 side of the pool.

Swimmers will wear facemasks at all times around the pool area unless actually in the water. Swimmers will bring their masks to blocks, lining up on the “North” side wall staying 6’ apart, otherwise will be seated. Swimmers will transition to the starting blocks when called to the blocks by the referee, Swimmers will swim “down” after each race and then exit the pool from the shallow end and return to their seats.

There will be a maximum of 60 individuals on the deck.

There will be no spectators in the balcony, with exception of the live stream operator.

FACILITY: The Nick Cavataro Pool is a 6 -lane, 25-yard pool. Water depth at start end is: 10. Water depth at turn end is: 4.5. The competition course has not been certified in accordance with 104.2.2C(4).

YWCA of Greenwich Dolphins Participation and Liability Waivers

Welcome to Dolphins and Evaluation for Fall 20-21 program! Below is our new COVID-19 waiver form for Fall 2020. Please read and hit the save button to send this to the YWCA Greenwich Staff. All forms must be submitted prior to arrival. Thank you.

This Agreement must be signed by anyone who wants to use or have access to the facilities of YWCA Greenwich, Connecticut, Inc. (YWCA Greenwich) or participate in its programs or activities (Participant). If the Participant is a minor, the Agreement must be signed by a parent or legal guardian of the minor (Parent/Guardian).

Read this Agreement carefully; by signing it you are giving up legal rights to recover for injuries or damage you may incur in using YWCA Greenwich facilities or participating in its programs or activities.

The word(s) I, me as used in this Agreement mean the Participant signing the Agreement and, if the Participant is a minor, both the minor and the Parent/Guardian who signs the Agreement for the minor.

I agree to follow all Policies and Procedures of YWCA Greenwich, including its new Policies and Procedures on COVID-19, which is an **extremely contagious** virus that spreads easily through person-to-person contact and proximity as well as through contact with physical surfaces. COVID-19 can lead to severe illness, personal injury, permanent disability, and death for me and others with whom I may come into contact. Policies and Procedures will be available at ywcagreenwich.org and in program-specific materials. I understand that that my failure to comply with the Policies and Procedures of YWCA Greenwich may result in suspension or termination of my membership and/or my ability to use the Greenwich YWCA facilities and participate in its programs and activities.

I understand and acknowledge that, even with the new COVID-19 Policies and Procedures in place, YWCA Greenwich cannot eliminate the risk of my becoming infected or my infecting others with a coronavirus, COVID-19 or other virus as a result of my participation in YWCA Greenwich programs or activities or my access to or use of its facilities. I understand these risks and acknowledge and voluntarily agree to accept them.

Release, Indemnification, and Hold Harmless Agreement.

In consideration of being allowed to participate in YWCA Greenwich programs or activities and/or given access to and use of its facilities, I hereby release, indemnify and forever discharge YWCA Greenwich, its directors, officers, coaches, employees, agents and assigns (Releasees) from any and all loss and liability for any personal injury, death, accident, property damage, claims, costs, expenses or other loss incurred by me, including exposure to or infection with a coronavirus, COVID-19, or another virus related to my use of or access to YWCA Greenwich facilities or my participation in its programs or activities or related travel (collectively ?Losses?),

including Losses arising from the **NEGLIGENCE OF RELEASEES**. I further agree to indemnify and hold harmless the Releasees from any actions brought against any of them in connection with my use of or access to YWCA Greenwich facilities or participation in its programs or activities or related travel.

Additional Provisions

I have carefully read and understand the above statements before submitting my electronic signature. I acknowledge that I am competent and of the specified legal age in my state of residence to bind myself and my family, heirs and assigns to this Agreement, including its acknowledgment of risk, release, indemnification and hold harmless provisions. If I am signing in behalf of a minor, I also acknowledge that I am the parent or legal guardian of the minor and authorized to sign on the minor's behalf.

Participant Signature (if over 18)

Participant Name (Print Clearly)

Parent/Guardian Signature

Parent/Guardian Name (Print Clearly)

(If Participant is under 18)

Medical Release Waiver (required)

I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the **Greenwich YWCA Dolphins Swim Team** to seek and give appropriate medical attention for my child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge **Greenwich YWCA Dolphins Swim Team, YWCA Greenwich, Connecticut, Inc.**, and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **Greenwich YWCA Dolphins Swim Team** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my children is (are) physically fit and capable of participation in all swim team activities.

Liability Waiver (required)

By registering my child(ren) with the **Greenwich YWCA Dolphins Swim Team**, I agree to participate (or allow my child(ren) and family members to participate) in the **Greenwich YWCA Dolphins Swim Team**, and hereby release **Greenwich YWCA Dolphins Swim Team, YWCA Greenwich, Connecticut, Inc.**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Greenwich YWCA Dolphins Swim Team** program, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **Greenwich YWCA Dolphins Swim Team** program.

MAAPP Policy (required)

[ACKNOWLEDGEMENT OF MINOR ATHLETE ABUSE PREVENTION POLICY \(MAAPP POLICY\)](#)

[Please click here to review and print the policy](#)

I acknowledge that I have received, read and understood the (MAAPP) and/or that the Policy has been explained to me or my family. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with Greenwich YWCA Dolphins Swim Team, a member swimming member club of United States Swimming, Inc.

By submitting I agree to comply with the relevant contents of this Policy.

NOTE: GYWD Team Members 18-and-over must complete this form and will also be forwarded separate Athlete Protection Links to complete.

Guidelines for the YWCA of Greenwich Dolphins Swim Team Practices effective June 17, 2020

Entering & Exiting the Grounds of the YWCA

- Watch this **[VIDEO LINK](#)** prior to coming to the Evaluations. Athletes should remain in their cars until 5 minutes prior to their practice time in the second tier of parking spaces and not block the spots closest to the building (as people will be exiting for pickup). Wait for an entry signal from a coach.
- Athletes wearing face masks, in their swimsuits, and with training gear bagged - will enter the pool through single glass door (by the splash pad). Remaining 6-feet distance on the walkway until called forward for a temperature and verbal health screening. There will be markings on the walkway for spacing. Athletes will use hand sanitizer as they enter the building.
- Athletes will be given a lane assignment (1-12) and take their gear/mesh bag and water bottle to their lane. Staff will help athletes navigate this new procedure. Swimmers will begin their specified warmup and remain in place throughout the practice session, unless directed otherwise.
- At the end of practice, athletes will gather their pool equipment and walk to their dry bag. They should pick up all of their belongings and exit through the same door. Athletes will be instructed to stand 6 feet apart near the first tier of parking spaces for pickup. Masks should be worn outside while waiting for pick up. We ask that parents arrive promptly to pick up their athlete. Locker rooms will be closed during the initial opening phase, except for bathroom use, as detailed below.
- No one is allowed to gather in the parking lot of the pool before/after practice.

- The water fountain, snack machines and other parts of the building are off limits. Spectators are not permitted in the balcony.
- Parents/Pickup Drivers must remain in their vehicles at all times.

Locker Room Policies

- Locker rooms will be closed with the exception of "emergency" bathroom usage. There will be a maximum of 1 person in each locker room at a time. Please wear masks when leaving the pool area, using restroom in the locker room, and walking back out to the pool.
- All athletes should come to the pool with their suits on. All athletes should leave the pool with their suits on.
- Athletes are asked to enter locker rooms via the pool deck door and exit via the pool deck door. These areas are marked with red arrows on the ground and the doors will be propped open.

Pool Operational Standards

- Properly disinfected water will inactivate the corona virus according to the CDC. We will be raising our sanitation levels a bit as well just to be on the safe side.
- The YWCA will require athletes to spread out and maintain a 6 feet space between athletes both in and out of the water. The Dolphins will be following USA Swimming recommendations on spacing athletes. For our facility, this means that we can have some athletes start/stop on the deep end side of the pool and some athletes start/stop on the shallow side of the pool. This will give us space for 12 athletes in the pool at the same time. This will eliminate a situation where two athletes would be resting on the same wall in the same lane at the same time.
- There will be a one-way entrance and one-way exit.
- There will be a 15-minute window between practices.
- All athletes from previous practice must exit the facility before the athletes for following practice may enter.
- All common areas, including restrooms, will be disinfected between practices. The facility will be cleaned daily following all practices.

Athlete Equipment Policy

- Sharing of equipment will not be allowed at the pool. The community bins of kickboards, pull buoys, and fins are not available at this time. All swimmers must bring their own equipment that they wish to use to the pool.
- Please bring and take your mesh bags with you each day.

Athlete Hygiene and Related Requirements

- Athletes should wash with soap and water for 20 seconds or use a hand sanitizer before coming to the pool. They should do this again after returning home.
- Bring a water bottle since the water fountains will be closed.
- If you are at the pool and you need to sneeze or cough do so in a tissue or in your elbow.
- Avoid touching the doors, railings, etc.
- Avoid touching your face or each other.
- Have fun!

[CDC Coronavirus Website Link](#)

PPE requirements

- All coaches will wear masks during practices at all times.
- All athletes will wear masks entering and exiting the facility, on deck and during dryland activities.
- Exceptions will be made for athletes with conditions that prohibit them from wearing a mask pending medical documentation.

Screening of Athletes and Staying Home

- Coaches will take athletes attendance and temperature prior to entering the facility.
- Athletes with a temperature of 100 degrees or more will be sent home. Temperatures will be recorded.
- Athletes will also be asked screening questions about COVID 19 symptoms and close contact with anyone who has symptoms or tested positive. Answers will be recorded. Screening tool is attached. Athletes answering positive to any questions will be sent home.
- In the event that any athlete is sent home due to the temperature reading or the screening questions ("Screened In Athlete"), the Screened In Athlete will stay home, monitor symptoms, get COVID 19 testing and inform YWCA Greenwich of the test outcome. The related cohort of swimmers and staff will be notified that there is a Screened In Athlete present in the cohort and asked to engage in enhanced surveillance of symptoms. Swim practices for the cohort may or may not continue, at the discretion of YWCA Greenwich and in consultation with medical experts, and athletes will be notified of the practice schedule. Once the Screened In Athlete is tested, the related cohort and staff will be notified of the test results. If the test is negative, cohort swimming will resume if previously suspended.
- An athlete who develops symptoms while at the YWCA will be immediately isolated and taken to the Health Station in the main lobby of the building. Family will be called to take the athlete home and the cohort of swimmers will be dismissed. Enhanced cleaning of the pool will take place. Such athlete will be a Screened In Athlete and we will follow the foregoing steps.
- In the event that any athlete tests positive for COVID 19 ("Positive Athlete"), the Positive Athlete will inform YWCA Greenwich, which is required to notify public health authorities. The Positive Athlete will remain home until the Positive Athlete's medical doctor, Greenwich Health Department, State Health Department, YWCA Greenwich management and the outside experts that YWCA Greenwich has recruited for this purpose decide that the Positive Athlete may return. Evidence of a medical doctor guidance may be required. The cohort of swimmers and staff related to the Positive Athlete will similarly stay home until Greenwich Health Department, State Health Department and YWCA management, with the advice of experts decide that the related cohort of swimmers and staff may return. Enhanced cleaning of the pool will take place.
- Dolphins staff will undergo the same temperature check and health screening before entering the building, consistent with all YWCA Greenwich employees. Dolphins staff will follow the PPE, social distancing, hygiene and other health and safety requirements of all staff at YWCA Greenwich.

Athlete/Family Protocols

- Athletes must arrive and depart in their swimsuit.
- Hand sanitizer be provided at the pool area entrance for the athletes to use.
- Athletes will not be able to change or shower at the facility.
- Athletes will only be permitted to line up to enter 5 minutes before their scheduled practice time.
- If they arrive early, they should wait in their car until the appropriate time to enter the facility.
- Athletes must leave the facility immediately at the completion of any practice.
- Parents/spectators will not be allowed in the facility at any time and are expected to practice social distancing while waiting for their athlete.
- We will ensure that the appropriate number of coaches are present during each practice to comply with MAAPP (Minor Athlete Abuse Prevention Policy).
- For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are away from the pool as well. The health of athletes

and their families may impact everyone in such athletes' cohort. To mitigate risk to the greatest degree possible, we also ask our athletes to please practice social distancing in the pool and when moving throughout the facility.

- Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in activities may be suspended. The YWCA reserves the right to suspend participation for anyone not consistently adhering to the safety protocols and guidelines.

YWCA Greenwich COVID-19 Health Screening Questions

- Name:
- Date:
- Time:
- Temperature:
- Have you recently started experiencing any of these symptoms? Select all that apply.
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- In the last 14 days, what is your exposure to others who are known to have COVID 19? Select all that apply.
- I live with someone who has COVID-19
- I've had close contact with someone who has COVID-19
- I've been near someone who has COVID-19
- I've had no exposure
- I don't know

Completed By:

I acknowledge I have read and reviewed the polices above with my swimmer.