

# **New Canaan Senior Distance Meet Intrasquad Return To Competition November 21, 2020**

564 South Avenue, New Canaan, CT 06811  
<https://goo.gl/maps/iEa5zdj1bDvDTQWs7>

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](http://ctswim.org) or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #RTC20-47. 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, New Canaan Caimans, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut, the town of New Canaan and the New Canaan YMCA. [www.newcanaaan.info](http://www.newcanaaan.info)

## **COVID-19 Assumption of Risk Disclaimer**

We, the New Canaan Caimans, 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 the October Intra-squad Meet or on site at the New Canaan YMCA. 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 the October Intra-squad meet and being on site at the New Canaan YMCA, 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:**

All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. The Waiver that you have signed for entry into the YMCA is the only waiver that we need.

	Name	Email	Phone
Meet Director:	Suzanne Lancey	<a href="mailto:slancey@newcanaanyymca.org">slancey@newcanaanyymca.org</a>	203-966-4528 x174
Meet Referee:	Christie Anbar	<a href="mailto:canbar@optonline.net">canbar@optonline.net</a>	203-246-9765
Lead Admin Official:	Kay Jang	Jang_kay@hotmail.com	
Entry Chair:	Brian Fazzino	<a href="mailto:bfazzino@newcanaanyymca.org">bfazzino@newcanaanyymca.org</a>	203-966-4528 x137
Safety Chair:	Ashley Lancey		
Officials Contact: (optional)			203-966-4528 x137

**MEET HOST: NCY**

**WEBSITE:** <https://www.teamunify.com/Home.jsp?tabid=0&team=ctncyc>

**POOL EMERGENCY NUMBER: 203-966-452**

**RETURN TO COMPETITION SANCTIONED OR APPROVED:** Sanctioned

**MEET TYPE: Closed, Intra-squad**

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

**MEET FORMAT:** The meet will be swum as **Timed-Final**

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

**NO DECK ENTRIES WILL BE ALLOWED**

**BEFORE ENTERING FACILITY or WHAT TO BRING:** Swimmers must arrive in their swim suits and have a mask on. There will be no usage of locker rooms. Swimmers will enter through the side doors that access the Valles Pool. Upon arrival all swimmers will be given a pump of hand sanitizer that they are to use. Swimmers will maintain social distancing and keep their masks on until it is time for their individual heat.

**FACILITY RULES:**

- There will be a limit of 70 swimmers, coaches, officials and timers on the pool deck at one time.
- There will be no spectators.
- Swimmers will be dropped off at the side entrance that leads directly to the Valles Pool.
- Social Distancing will be enforced as much as possible
- All Swimmers must enter with a mask on and keep the mask on until it is time for their heat.
- For warm up swimmers will be assigned lanes as well as spaces in the lanes. The swimmers will be assigned spots at either end of the pool as well both 15-meter marks.

Planned number of individuals on deck: 70

Planned number of coaches- 3

Planned number of officials- 4

Planned number of Timers- 7

Planned number of individuals in spectating area: 2- Both Computer Personnel

**FACILITY:** The New Canaan YMCA has a 6 lane 25-yard pool. Water depth at start end is 13 feet. Water depth at turn end is 4.7 feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**TIMING SYSTEM:** Colorado Timing System in compliance with USA Swimming rules for Competition (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 at the YMCA in their swimsuits. Swimmers will also leave the YMCA in their swimsuits. Locker rooms will be

closed. There is one bathroom open for all athletes and there is a bathroom pass to allow for one athlete to be in the bathroom at a time.

**SAFE SPORT POLICIES:** There will be no spectators on deck. Meet will be live streamed via Facebook or Zoom, and a secure, password protected link will be sent to families before the meet.

**DISABLED ACCESS:** Access to spectator seating is by stairs only. The pool deck is at ground level only.

There is available handicap parking.

**COURSE:** SCY

**SESSION TIMES:**

**Session 1 Begins 5:40 AM**

**Session 2 Begins- 7:40 AM**

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. Athletes will be assigned into a block of 24 athletes. In the block athletes will be assigned lane assignments and positions in the lanes.

**Session 1:**

**Warm Up -5:00-5:30 AM**

**Session 2:**

**Warm Up - 7:00-7:30 AM**

**ELIGIBILITY:** Intra-squad meet

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. 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:** No concession, No Spectators, No Heat sheets for sale.

**ENTRY LIMITATIONS:** 4

**ENTRY TIMES:** Submit entry times in: SCY

**DEADLINES:** Deadline is November 20, 2020. Mail hardcopy and payment to the entry chairperson: Brian Fazzino, 564 South Avenue, New Canaan YMCA, CT, 06840. All entries must be legible and must use full names and registration numbers from USA Swimming registration.

**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 [bfazzino@newcanaanymca.org](mailto:bfazzino@newcanaanymca.org). Please check that your team name, address, and contact information are listed correctly in this file.

**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:** Electronic entries: \$5.00 for individual events.

**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:** Please make checks payable to New Canaan YMCA Swim Team and mail to Suzanne Lancey 564 South Avenue, New Canaan YMCA, CT, 06840. Payment must be received by 10/10/20.

**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. The maximum number of events allowed per day may be reduced by one (1).

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.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

**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. Amended USA Swimming rules for

**TIME TRIALS:** NO

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:**

**4 Officials**

**7 timers- 1 for each lane and 1 back up**

**2 Computer Personal**

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

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

**SCORING:** No

**AWARDS:** No

**CONCESSIONS:** No

**HOSPITALITY FOR COACHES AND OFFICIALS:** No

**PARKING:** Parents are to drop off swimmers at the side parking lot. Swimmers are to come into the pool using the side door. Swimmers will wait outside for their respective age group.

**DIRECTIONS:** 564 South Avenue, New Canaan CT 06840

<https://goo.gl/maps/iEa5zdj1bDvDTQWs7>



**November Intersquad Meet - 11/21/2020**  
**Session Report**

Session: 1 Senior A and B

Day of Meet: 1 Starts at 05:40 AM Heat Interval: 90 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Mixed 500 Freestyle	0	0	05:40 AM	_____
Finals	2 Mixed 400 IM	0	0	05:40 AM	_____
	Finish Time			05:40 AM	_____

**November Intersquad Meet - 11/21/2020****Session Report**

Session: 2 Senior 2

Day of Meet: 1 Starts at 07:40 AM Heat Interval: 90 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	3 Mixed 500 Freestyle	0	0	07:40 AM	_____
Finals	4 Mixed 400 IM	0	0	07:40 AM	_____
	Finish Time			07:40 AM	_____

### **New Canaan Caimans Ingress and Egress Rules for athletes**

- Athletes will be assigned a group session and time to report to the pool.
- Athletes will get dropped off at the side entrance that leads directly into the Valles Pool.
- Door to pool will be open so that no athlete touches the door as they walk in or out of the pool.
- Athletes will wear masks into the building.
- Athletes will get hand sanitizer to use as they come into the building.
- Athletes will be organized in lane assignments as well as position in the lane assignments.
- There will be no more than 24 athletes in the pool at one time.
- Upon arrival athletes will get themselves ready to get into the water and get to their assigned position in their assigned lane.
- At end of session athletes will put their masks back and leave pool deck before the next session comes in.

### **New Canaan Caimans Ingress and Egress Rules for Spectators**

**NO Spectators will be allowed at this Meet**

#### **Planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc.**

Planned number of individuals on deck: 70

Planned number of swimmers: 56

Planned number of coaches- 3

Planned number of officials- 4

Planned number of Timers- 7

Planned number of individuals in spectating area: 2- Both Computer Personnel

# **New Canaan Community YMCA, Inc.**

## **Acknowledgment of Risk, Waiver, Release, Indemnification and Covenant Not to Sue**

**NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. Read this document carefully and in its entirety. By signing this agreement, you give up your right to bring a court action to recover compensation or obtain any other remedy for any personal injury or property damage however caused arising out of your use of the New Canaan Community YMCA, Inc. (“New Canaan Y”) facilities or equipment and/or participation in the New Canaan Y’s programs, now or at any time in the future.**

### **Acknowledgment of Risk**

I acknowledge and agree that participation in the New Canaan Y programs and the use of the New Canaan Y’s facilities or equipment comes with inherent risks. I have full knowledge and understanding of the inherent risks including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with such participation and use, and that said list in no way limits the operation of this Agreement.

### **Waiver, Release, Covenant Not to Sue & Indemnification**

In consideration of my use of the New Canaan Y’s facilities or equipment and/or participation in the New Canaan Y’s programs, I, on behalf of myself, my heirs, representatives, executors, administrators, assigns and any minor children named in the associated New Canaan Y Membership Agreement, (hereinafter collectively referred to as “Releasers”), agree to waive, release and discharge the New Canaan Y, its branches, officers, directors, employees, board of directors, volunteers, agents, representatives and insurers (“Releasees”) from any causes of action, claims, or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Releasers may have, now or in the future, against Releasees on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to the use of the New Canaan Y’s facilities or equipment without regard to location, or participation in the New Canaan Y’s programs without regard to location, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

Releasers covenant and agree that they will not assert any claim or initiate any legal or other action against any Releasees with respect to any matter covered by the foregoing waiver and release. Releasers acknowledge and agree that if they should hereafter make against any Releasee any claim or demand or commence or threaten to commence any action, claim or proceeding otherwise prohibited by this Agreement, this section may be raised as a complete bar to any such action, claim or proceeding. Unless prohibited by law, the applicable Releasees may recover from Releasers all costs incurred in connection with such action, claim or proceeding, including attorneys’ fees if it is determined that any such action, claim or proceeding is prohibited by this Agreement.

\_\_\_\_\_  
Initial

In consideration of my participation in the New Canaan Y’s programs and/or use of the New Canaan Y’s facilities or equipment, Releasers further agree to indemnify and hold harmless Releasees

from any and all causes of action, claims, demands, losses, or costs of any nature whatsoever arising out of or in any way related to my use of the New Canaan Y's facilities or equipment without regard to location, or participation in the New Canaan Y's programs without regard to location.

### Assumption of Risk

I certify that they I have full knowledge of the nature and extent of the risks inherent in my and my minor children's participation in New Canaan Y programs and use of the New Canaan Y's facilities or equipment and that I am voluntarily assuming said risks. I understand that I am solely responsible for any loss or damage, including personal injury, property damage, or death associated with participation in any of the New Canaan Y's programs or use of the New Canaan Y facilities or equipment and that by signing this Agreement Releasors release Releasees from all liability for such loss, damage, or death. I further certify that I and my minor children are in good health and have no conditions or impairments which would preclude our safe participation in any programs or use of the New Canaan Y's facilities or equipment. In the event of an emergency requiring medical care, the New Canaan Y is hereby authorized to use its best efforts to obtain whatever medical treatment it deems necessary or appropriate under the circumstances.

### Coronavirus / COVID-19 Warning & Disclaimer

Coronavirus, COVID-19 is an **extremely contagious** virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a means to prevent the spread of the virus. **COVID-19 can lead to severe illness, personal injury, permanent disability, and death.**

\_\_\_\_\_ Initial **Participating in the New Canaan Y's programs or accessing the New Canaan Y's facilities could increase the risk of contracting COVID-19.** The New Canaan Y in no way warrants that COVID-19 infection will not occur through participation in New Canaan Y programs or accessing the New Canaan Y facilities.

Releasors expressly agree that the foregoing waiver and release is intended to be as broad and inclusive as is permitted by the law of the State of Connecticut and that if any portion thereof is held invalid, Releasors agree that the balance shall, notwithstanding, continue in full force and effect.

The undersigned hereby gives permission for photos or videos of himself/herself and his/her children while participating in New Canaan Y activities to be used for promotional purposes (Contact Membership Director if permission **not** given).

I certify that I am of lawful age and otherwise legally competent to sign this agreement. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after having carefully read it, of my own free will.

IN WITNESS WHEREOF, this instrument is duly executed this \_\_\_\_\_ day of \_\_\_\_\_, in the year \_\_\_\_\_.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name (Print Clearly)