

2020 Return to Competition

Piranha Back to Racing Intrasquad Meet December 2, 2020

2420 Post Road, Darien, CT 06820

<https://goo.gl/cp5PCg>

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. #RTC20-48. 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, Piranha Swimming @ Darien YMCA, 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 Darien, <http://darienct.gov>.

COVID-19 Assumption of Risk Disclaimer

We, Piranha Swimming @ Darien YMCA, 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 Piranha Back to Racing Intrasquad Meet or on site at Darien 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 Piranha Back to Racing Intrasquad Meet and being on site at Darien 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. Waivers will be sent via email to Henk, Piranha@darien-ymca.org or can be handed back any time before entering the pool for warm-up.

EVENTS

	Name	Email	Phone
Meet Director:	Henk Jansen	Piranha@darien-ymca.org	203.655.8228 x1397
Meet Referee:	Greg Bedell	Piranha@darien-ymca.org	
Lead Admin Official:	Henk Jansen	Piranha@darien-ymca.org	203.655.8228 x1397
Entry Chair:	Henk Jansen	Piranha@darien-ymca.org	203.655.8228 x1397
Safety Chair:	Brittany Daniel	bdaniel@darien-ymca.org	203.655.8228 x1397
Officials Contact:	Henk Jansen	Piranha@darien-ymca.org	203.655.8228 x1397

MEET HOST: PSDY

WEBSITE: <https://darien-ymca-piranhas.org>

POOL EMERGENCY NUMBER: 203.655.8228

RETURN TO COMPETITION SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Closed, Intrasquad

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

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

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

NO DECK ENTRIES WILL BE ALLOWED

BEFORE ENTERING FACILITY: Anyone entering the YMCA must wear a face covering, stop at the kiosk, answer health questions before entering the YMCA.

FACILITY RULES: Swimmers will enter through the family locker room. All swimmers will be required to wear a face covering while on deck. Face coverings will be worn to the block and can be left on the back of the block while competing. I recommend bringing a zip lock bag. No deck chairs required; all swimmers will be seated on bleachers. Social distancing of 6 feet at all times.

Planned number of individuals on deck: Maximum of 67

Planned number of individuals in spectating area: 0 – no spectators allowed

- 3 - coaches
- 48 - athletes
- 8 - timers
- 4 - officials
- 2 - lifeguards

0 - spectators
65 total

FACILITY: The Henry Ziegler Pool at the Darien YMCA is a 6 -lane, 25-yard pool. Water depth at start end is: 10 feet. Water depth at turn end is: 3.5 feet. Select One: The competition course has not been certified in accordance with 104.2.2C(4).

TIMING SYSTEM: Colorado Timing System, in compliance with USA Swimming rules for competition, section 102.24.2.A.

LOCKER ROOMS: Locker rooms are available with limited showers. Changing into or out of swimsuits is prohibited. Best practice is for swimmer to arrive in their suits.

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.

DISABLED ACCESS: The Darien YMCA is handicapped accessible with a handicapped locker room. Please contact Britt Daniels, 203.655.8228 x1358 for more information and special arrangements.

COURSE: SCY

SESSION TIMES: Subject to Change

Session I – Wednesday 4:20p warm-up, 5:20p Start

Session II – Wednesday 6:45p Warm-up, 7p Start

Warm-ups may start 5 minutes after Session I ends.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. There will be assigned lanes as well as up to two warm-up sessions based on the final number of swimmers entered in the meet. We will observe a maximum of four swimmers per lane for warm-up, and the number of warmup sessions will be based on that number.

ELIGIBILITY: Intrasquad meet. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

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. This meet is open to swimmers 9 years of age and older. 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 Spectators on Deck. A Zoom link will be emailed to parents. Meet will not last more than 2.5 hours.

ENTRY LIMITATIONS: Session I - Swimmer may swim a maximum of 3 events. Session II – Swimmers may enter a maximum of 1 event.

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is 11:59p on December 1st. All entries through the Piranha Active Network.

ELECTRONIC ENTRIES: See above.

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: None!

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 payment for this meet. It is on us!

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 (2).

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 relays.

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: We will need a total of 8 timers. Piranhas will cover all timing and anyone who wishes to officiate please contact the Official's contact listed on the first page of the announcement.

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: The meet will not be scored.

AWARDS: No awards.

CONCESSIONS: The Darien YMCA Little Bite Café will be open for part of the meet.

HOSPITALITY FOR COACHES AND OFFICIALS: A small hospitality will be available to coaches, officials and timers.

MISCELLANEOUS:

PARKING: Parking is available at the YMCA. Overflow parking can be found on Saltbox Lane (the side street next to the church across the street from the Y). **NO PARKING AT THE CHURCH OR ON SEAVIEW AVE OR LIGHTHOUSE ROAD.**

DIRECTIONS:

I-95 Southbound: Exit 11, US 1 (Post Rd.) Darien. Take left at bottom of ramp onto US 1 South (West). Go under I-95. Go through 5 stop lights. The YMCA will be on your left (small sign). If you enter Stamford, you've traveled too far.

I-95 Northbound: Exit 9. Take left at end of ramp. Take right at light onto US 1 North (East). Follow US 1 into Darien. YMCA will be on your right (small sign). If you hit a stop light, in Darien, you've traveled too far.

Merritt Parkway (Route 15): Exit 37, New Canaan & Darien. At the end of ramp, take a right onto CT 124. Follow CT 124 into Darien to intersection with US 1 (Post Rd.). Turn right onto US 1. Go through downtown Darien under RR truss and I-95. Go through 5 stop lights. The YMCA will be on your left (small sign). If you end up in Stamford, you've traveled too far.

Piranha Return to Racing Intrasquad - 12/2/2020
Session Report

Session: 1 Session 1

Day of Meet: 1 Starts at 05:20 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Mixed 13 & Over 50 Freestyle	0	0	05:20 PM _____
Finals	2 Mixed 9-12 50 Freestyle	0	0	05:20 PM _____
Finals	3 Mixed 13 & Over 200 Breaststroke	0	0	05:20 PM _____
Finals	4 Mixed 13 & Over 100 Backstroke	0	0	05:20 PM _____
Finals	7 Mixed 9-12 50 Butterfly	0	0	05:20 PM _____
	Break: 5 Minutes			
Finals	8 Mixed 13 & Over 100 Butterfly	0	0	05:25 PM _____
Finals	9 Mixed 13 & Over 200 Backstroke	0	0	05:25 PM _____
Finals	10 Mixed 9-12 50 Breaststroke	0	0	05:25 PM _____
Finals	11 Mixed 13 & Over 100 Breaststroke	0	0	05:25 PM _____
	Break: 5 Minutes			
Finals	12 Mixed 13 & Over 100 Freestyle	0	0	05:30 PM _____
Finals	13 Mixed 9-12 100 IM	0	0	05:30 PM _____
Finals	14 Mixed 13 & Over 200 IM	0	0	05:30 PM _____
Finals	16 Mixed 9-12 50 Backstroke	0	0	05:30 PM _____
	Break: 10 Minutes			
Finals	17 Mixed 200 Freestyle	0	0	05:40 PM _____
	Finish Time			05:40 PM _____

Session: 2 1650 Session

Day of Meet: 1 Starts at 07:00 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at
Finals	18 Mixed 13 & Over 1650 Freestyle	0	0	07:00 PM _____
	Finish Time			07:00 PM _____

Before you travel to the Y

- If you are sick STAY HOME.
 - Err on the side of caution.
 - Anyone who has a temperature 100.4 or over must be fever free for 72 hours before returning to the Y
- Anyone who has traveled within the last 14 days to any of the states on the State of CT Covid States list will not be allowed into the building.
- Must wear face covering.

Entering the YMCA

- Upon entering you will need to stop at a kiosk outside to answer questions about your health.
- Everyone will enter and exit the Y through the same front double slider doors, but there will be directional arrows showing which way is the entry lane and which is the exit lane.
- Anyone who enters the Y MUST sanitize/wash hands upon entry and exit.
- Anyone who enters the Y MUST wear a face covering and keep face covering on while in the facility or have a Doctor's note explaining why you are exempt.
- Anyone who enters the Y MUST maintain 6 feet of social distance at all times except with household family members.

Entering/While on Deck

- Swimmers will enter the pool through the Special Needs/Family locker room and exit through the lobby door.
- Everyone will move around the deck in a counter-clockwise manner, there will be arrows on the pool deck showing direction.
- Face coverings will be worn as long as possible before swimming and put on as soon as possible afterwards.
- Swimmers are permitted to use the All Ages Locker rooms before or after practice.
 - Face coverings MUST be worn at all times in the locker room unless showering.
 - Showering to rinse only, no shampoo or soap allowed. Showers MUST be short and sweet.
 - I encourage swimmers to arrive and leave in their suits.
 - A coach will not be in the locker room to monitor.
- Swim bags will be brought on deck
- Bleachers will available for swimmer seating, no deck chairs
- Always maintain 6 feet of social distance except for siblings and households.

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at Darien YMCA or any Darien YMCA related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) Darien YMCA and / or Darien YMCA and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES. BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Waiver and Agreement under seal on this 2nd day of December, 2020.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

NAMES OF MINOR CHILD(REN), IF ANY: _____

