

2021 Return to Competition

RAC & Zeus March RTC March 19-21, 2021

Albertus Magnus College

303 Huntington St., New Haven, CT 06511

<https://goo.gl/maps/tSUMCh2ri7YMyZ5i7>

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- 29. 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, RAC & ZEUS, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, [Albertus Magnus College](#).

COVID-19 Assumption of Risk Disclaimer

We, RAC & ZEUS Swimming, 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 RAC & Zeus March RTC or on site at Albertus Magnus College. 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 Albertus Magnus College and being on site at Albertus Magnus College, 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: Waivers with signatures are required. All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Please email the signed agreement to SwimCoachRonnie@gmail.com

EVENTS

	Name	Email	Phone
Meet Director:	Ronald Vaughan	SwimCoachRonnie@gmail.com	8605383717
Meet Referee:	Phillip James	Phillip.m.james@gmail.com	
Lead Admin Official:	Jenna Zullo	Contact entry chair	Contact entry chair
Entry Chair:	Ronald Vaughan	SwimCoachRonnie@gmail.com	8605383717
Safety Chair:	Ronald Vaughan	SwimCoachRonnie@gmail.com	8605383717

MEET HOST: RAC / ZEUS

WEBSITE: https://www.teamunify.com/AlertCenter.jsp?team=ctrac&from_login_direct=1 / <https://www.teamunify.com/Home.jsp?team=ctzst>

POOL EMERGENCY NUMBER: 203-672-6778

RETURN TO COMPETITION SANCTIONED OR APPROVED:

Sanctioned **MEET TYPE:** 2 team dual - ZEUS & RAC

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: Athletes will enter the facility on the left side of the pool, 5 minutes before their warm up is scheduled to start, swimmers must be wearing a mask. Heat sheets will be posted on meet mobile. Health assessment needs to be performed before attending the meet. Athletes must come with their suit already on as locker rooms will be accessible for bathroom use only.

FACILITY RULES: All people in the facility will be required to wear a mask at all times besides swimmers when getting in/out of the pool. Cones and numbers are marked more than 6 feet apart along the pool deck to promote social distancing for seating. **NO SPECTATORS ALLOWED.** Planned number of individuals on deck: 24

- 6 Coaches
- 12 Swimmers
- 6 Officials

Planned number of individuals in spectating area: 36 (swimmers waiting for events)

FACILITY: Cosgrove Marcus Messer Natatorium is a 6-lane, 25-yard pool. Water depth at start end is: 10 ft. Water depth at turn end is: 4 ft. The competition course has not been certified in accordance with 104.2.2C(4). Maximum capacity for this facility is 200 people.

TIMING SYSTEM: Colorado Automatic timing (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

SAFE SPORT POLICIES: There will be no spectators on deck. Meet will be live streamed via 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. Please contact Meet Director for special arrangements.

COURSE: SCY

SESSION TIMES: Subject to Change

Friday Session 1 Warm up 6:30 PM Meet starts 7:15 PM
Saturday Session 2 Warm up 12:30 PM Meet starts 1:30 PM
Saturday Session 3 Warm up 3:45 PM Meet starts 4:30PM
Sunday Session 4 Warm up 7:30 AM Meet starts 8:30 AM

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. **Swimmers will warm-up only in their practice cohorts, as required by the State of Connecticut.** Athletes will be assigned into a block of 24 athletes. In the block athletes will be assigned lane assignments and positions in the lanes.

ELIGIBILITY: Members of invited clubs – Zeus and RAC. 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. 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](#).

ENTRY LIMITATIONS:

Session 1 - 3 events max.

Session 2 - 3 event max.

Session 3 - 3 events max.

Session 4 - 3 events max.

ENTRY TIMES: Submit entry times in: SCY.

DEADLINES: Deadline is March 5, 2021.

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 SwimCoachRonnie@gmail.com 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: \$11.00 for individual events. Manual entries: \$11.50 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

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 Bulldog Swimming and mail to: Adriana Marmolejo 573 Hill Street Hamden CT 06514. Payment must be received by March 1, 2021.

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. Athletes aged 7 and Under will be cut from the meet.
2. All relays, if planned, will be eliminated.
3. The distance events (400 meters or yards or greater) may be heat limited to the first 4 heats of entries per gender in the order they were received.
4. The maximum number of events allowed per day may be reduced by one (1).
5. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

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.

TIME TRIALS: No

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Any volunteer officials should contact Ronald Vaughan, SwimCoachRonnie@gmail.com, 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 be scored.

AWARDS: No

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: No.

PARKING:

Please park in the lot adjacent to the Athletic Complex.

DIRECTIONS:

Cosgrove Marcus Messer Athletic Center Address: 303 Huntington St., New Haven, CT

06511

From I-95 North/South:

Take exit 48 to I-91 North. Take exit 3 Trumbull Street and stay straight off exit. Turn right onto Whitney Avenue. Take a left on Sachem Street then take a right onto Prospect Street.

Take a left onto Huntington Street and follow down the hill. Entrance to the athletic center parking lot will be on the right.

From I-91 North/South:

Take exit 3 Trumbull Street and stay straight off exit. Turn right onto Whitney Avenue. Take a left on Sachem Street then take a right onto Prospect Street. Take a left onto Huntington Street and follow down the hill. Entrance to the athletic center parking lot will be on the right.

CT-15 Heading North:

Take exit 60 and take a right off the ramp onto CT-10 South/Dixwell Ave. towards Hamden/New Haven. After two miles, take a left onto Morse Street. Then take a right onto Winchester Ave. Go about 100 feet and take a left onto Huntington Street. Entrance to the athletic center parking lot will be immediately on your left.

CT-15 Heading South:

Take exit 61 and take a right off the ramp onto Whitney Avenue towards New Haven. After 3.6 miles, take a right onto Huntington Street. Continue straight on Huntington Street through a stop sign and a traffic light. Continue down the hill where the entrance to the athletic center parking lot will be on the right.

<https://goo.gl/maps/tSUMCh2ri7YMyZ5i7>

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 Albertus Magnus College or any RAC/ZEUS 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) RAC/ZEUS Swimming and / or Albertus Magnus College 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 ____ day of February, 2021.

SIGNATURE:

NAME:

ADDRESS: _____

NAMES OF MINOR CHILD(REN), IF ANY:

ZEUS/RAC Dual Meet - 3/19/2021 to 3/21/2021**Session Report**

Session: 1 Friday Session 10/U

Day of Meet: 1 Starts at 07:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 10 & Under 100 Freestyle	0	0	07:15 PM	_____
Finals	2 Boys 10 & Under 100 Freestyle	0	0	07:15 PM	_____
Finals	3 Girls 10 & Under 50 Butterfly	0	0	07:15 PM	_____
Finals	4 Boys 10 & Under 50 Butterfly	0	0	07:15 PM	_____
Finals	5 Girls 10 & Under 100 Breaststroke	0	0	07:15 PM	_____
Finals	6 Boys 10 & Under 100 Breaststroke	0	0	07:15 PM	_____
Finals	7 Girls 10 & Under 50 Backstroke	0	0	07:15 PM	_____
Finals	8 Boys 10 & Under 50 Backstroke	0	0	07:15 PM	_____
Finals	9 Girls 10 & Under 100 IM	0	0	07:15 PM	_____
Finals	10 Boys 10 & Under 100 IM	0	0	07:15 PM	_____
	Finish Time			07:15 PM	_____

ZEUS/RAC Dual Meet - 3/19/2021 to 3/21/2021**Session Report**

Session: 2 Saturday 11-12

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Girls 11-12 100 Freestyle	0	0	01:30 PM	_____
Finals	12 Boys 11-12 100 Freestyle	0	0	01:30 PM	_____
Finals	13 Girls 11-12 200 Butterfly	0	0	01:30 PM	_____
Finals	14 Boys 11-12 200 Butterfly	0	0	01:30 PM	_____
Finals	15 Girls 11-12 50 Freestyle	0	0	01:30 PM	_____
Finals	16 Boys 11-12 50 Freestyle	0	0	01:30 PM	_____
Finals	17 Girls 11-12 200 Breaststroke	0	0	01:30 PM	_____
Finals	18 Boys 11-12 200 Breaststroke	0	0	01:30 PM	_____
Finals	19 Girls 11-12 100 Backstroke	0	0	01:30 PM	_____
Finals	20 Boys 11-12 100 Backstroke	0	0	01:30 PM	_____
Finals	21 Girls 11-12 500 Freestyle	0	0	01:30 PM	_____
Finals	22 Boys 11-12 500 Freestyle	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____

ZEUS/RAC Dual Meet - 3/19/2021 to 3/21/2021**Session Report**

Session: 3 Saturday Evening 10/U

Day of Meet: 2 Starts at 04:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Girls 10 & Under 50 Freestyle	0	0	04:30 PM	_____
Finals	24 Boys 10 & Under 50 Freestyle	0	0	04:30 PM	_____
Finals	25 Girls 10 & Under 100 Butterfly	0	0	04:30 PM	_____
Finals	26 Boys 10 & Under 100 Butterfly	0	0	04:30 PM	_____
Finals	27 Girls 10 & Under 50 Breaststroke	0	0	04:30 PM	_____
Finals	28 Boys 10 & Under 50 Breaststroke	0	0	04:30 PM	_____
Finals	29 Girls 10 & Under 100 Backstroke	0	0	04:30 PM	_____
Finals	30 Boys 10 & Under 100 Backstroke	0	0	04:30 PM	_____
Finals	31 Girls 10 & Under 200 Freestyle	0	0	04:30 PM	_____
Finals	32 Boys 10 & Under 200 Freestyle	0	0	04:30 PM	_____
	Finish Time			04:30 PM	_____

ZEUS/RAC Dual Meet - 3/19/2021 to 3/21/2021**Session Report**

Session: 4 Sunday Morning 11-12

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	33 Girls 11-12 200 Freestyle	0	0	08:30 AM	_____
Finals	34 Boys 11-12 200 Freestyle	0	0	08:30 AM	_____
Finals	35 Girls 11-12 100 Butterfly	0	0	08:30 AM	_____
Finals	36 Boys 11-12 100 Butterfly	0	0	08:30 AM	_____
Finals	37 Girls 11-12 200 Backstroke	0	0	08:30 AM	_____
Finals	38 Boys 11-12 200 Backstroke	0	0	08:30 AM	_____
Finals	39 Girls 11-12 100 Breaststroke	0	0	08:30 AM	_____
Finals	40 Boys 11-12 100 Breaststroke	0	0	08:30 AM	_____
Finals	41 Girls 11-12 200 IM	0	0	08:30 AM	_____
Finals	42 Boys 11-12 200 IM	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

FACILITY RULES:

All people in the facility will be required to wear a mask at all times besides swimmers when getting in/out of the pool. Cones and numbers are marked more than 6 feet apart along the pool deck to promote social distancing for seating. **NO SPECTATORS ALLOWED.**

Planned number of individuals on deck: 24

- 6 Coaches
- 12 Swimmers
- 6 Officials

Planned number of individuals in spectating area: 36
(swimmers waiting for events)

INTRODUCTION

The following material is critical for each family to understand for swim meets at Albertus Magnus College and includes health screening, safety precautions, practice protocols. All RAC/ZEUS members (swimmers, parents, coaches) are expected to adhere to the guidelines included herein to stay safe and healthy. Any questions should be addressed to the Meet Director

COVID-19 FACTS

- Symptoms in teenagers can be extremely atypical. Unexplained rash, headache, diarrhea, vomiting, body aches, shortness of breath, cough, and fever can all be manifestations of COVID-19.
- COVID-19 is not proved to spread in chlorinated water. The risk of spread is notably decreased in an open-air environment. The highest risk of transmission is cough, sneezes, or direct aerosolizing face to face encounters.
- Handwashing with lathered soap and water is unequivocally more effective than wipes, hand sanitizer, or any other form of decontamination in reducing the spread.
- The asymptomatic spread of COVID-19 is possible but less likely due to a lower viral load.
- The key to limiting spread in group settings is to identify and isolate individuals with early symptoms at the beginning of the disease process.
- If an athlete has symptoms self-quarantine is needed until symptoms resolve per infection control recommendations.
- Many of our athletes feel they are invincible. Their risk of COVID-19 remains low though not zero. They are however vectors of transmission. Parents are encouraged to remind athletes that precautions are to protect the athlete but also to limit spread to vulnerable individuals.

HEALTH PRECAUTIONS

- All RAC/ZEUS families are required to sign the Covid-19 Waiver before their swimmer(s) are allowed in the meet.
- Testing: Testing and results should be reported to the coaching Adriana to monitor contacts and early signs of transmission within the team or groups.
 - o Athletes should seek testing for any of the symptoms before attending the meet.

SWIMMING SAFELY

Generally, RAC/ZEUS will endeavor to follow CDC guidelines for staying safe and healthy inside and outside the pool.

Personal Swimmer Conduct: To minimize the risk of transmission and help promote safety, the following personal swimmer conduct is expected. Failure to adhere to these principles will be asked to leave training for the day. If violations continue, further action will be taken up to and including suspension.

- No person-to-person contact
- Stay 6 feet apart at all times
- No splashing or spitting water at other swimmers and coaches
 - No horseplay
- Sneeze or cough into a tissue or upper sleeve/arm area

Before Practice and Arriving at the Pool

- Before heading to the pool, please:
 - o Complete Self-Check Health Screen
 - o Change into swimsuit (swimmers will arrive and leave in swimming suits)
 - o Use the restroom to minimize locker room use at the facility
 - o Wash hands with soap and water for at least 20 seconds
 - o Bring a full water bottle

- Do not arrive to meet early; if you arrive early, stay in the car until five (5) minutes before your designated warm up time to avoid unnecessarily congregation at entry points • Swimmers, coaches, and parents are expected to wear face coverings when entering the facility
- When arriving, stay 6 feet apart and arrive no more than 5 minutes before warm up is scheduled to begin
- Swimmers will wait in a designated area prior to being allowed into the facility

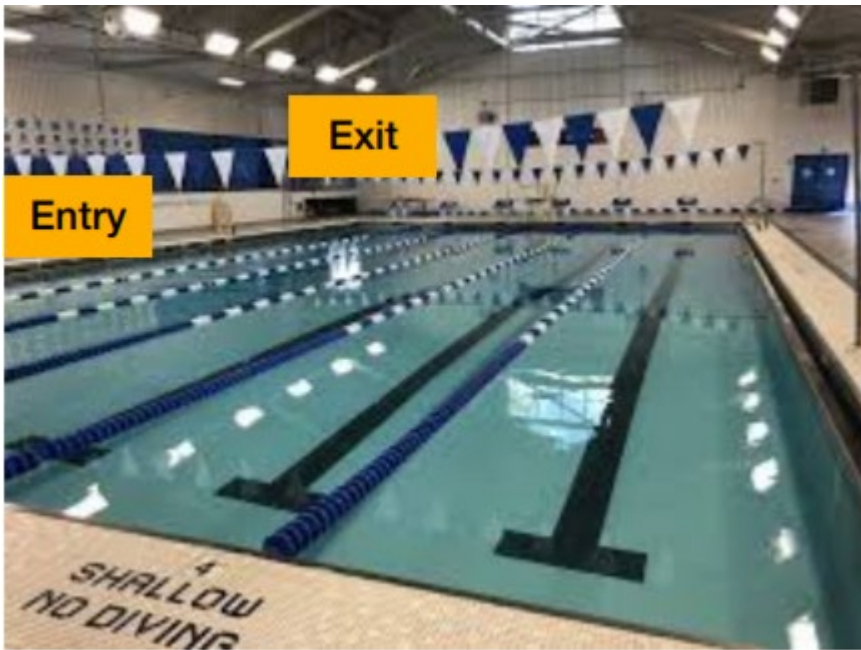
During Meet

- Coaches will tell the swimmers when they can enter the facility; Swimmers will proceed to their assigned number to place their bags and then move to their assigned starting spot in the pool for warm ups
- No parents will be allowed on deck.
- We will follow USA Swimming recommendations for lane spacing to maintain social distancing; as a result, swimmer count in the lane will be reduced.
- Maximizing swim time and staying off the wall will decrease opportunities for transmission •

At the end of meet and Leaving the facility

- When meet finishes coaches will direct the swimmers to exit the pool and go to their designated bag area
- Leave promptly when meet finishes; no changing or showering at the pool.

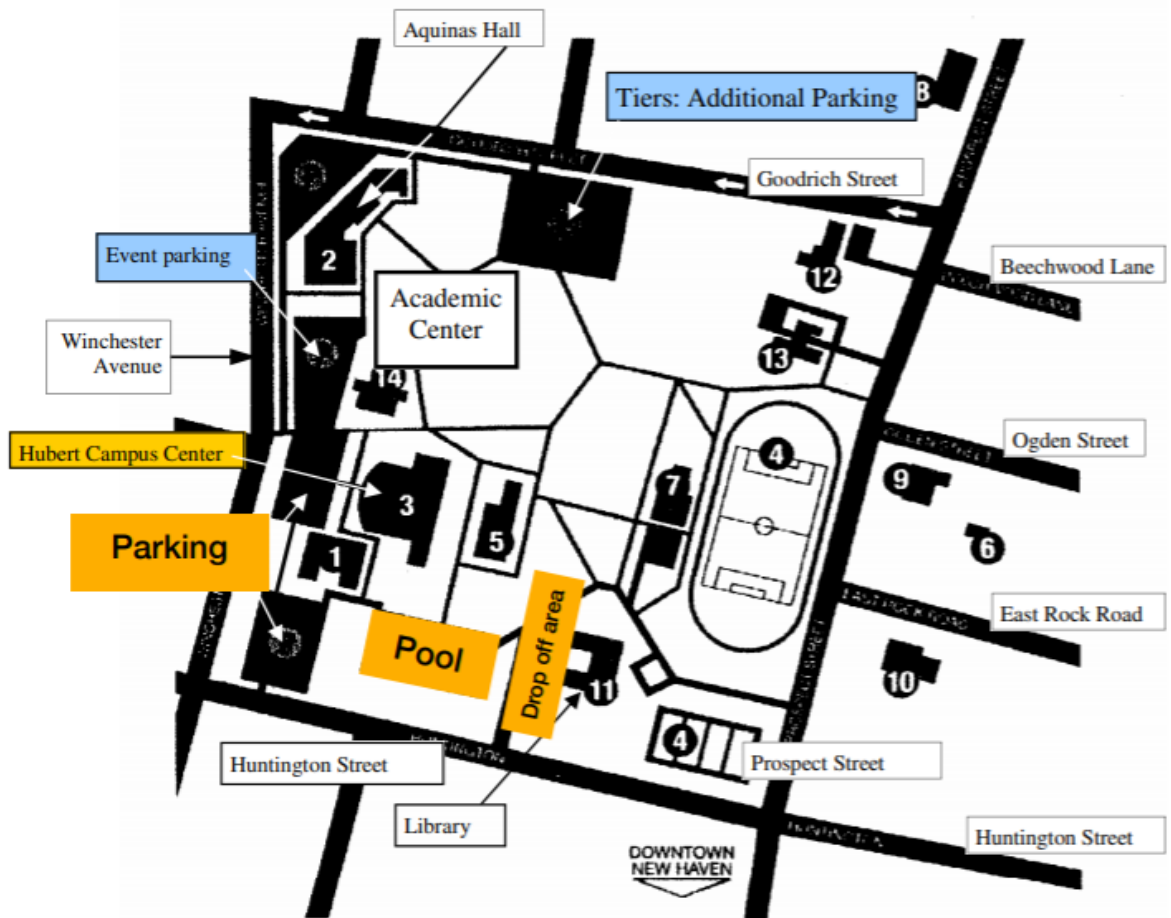
Albertus Magnus - USAGE MAP



- Maintain 6 social distance at all times
- Arrive/ drop-off at parking lot
- Pool access from LEFT side entrance
- Move to assigned numbers
- Leave pool deck from RIGHT side entrance

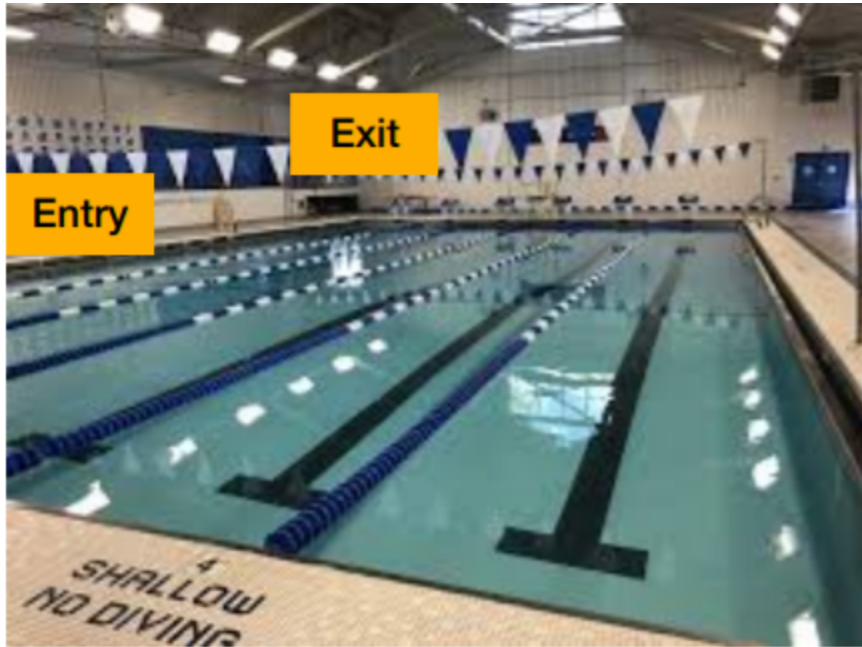


Campus Map



APPROVED
LAUREN PALLONE
AQUATICS DIRECTOR
ALBERTUS MAGNUS

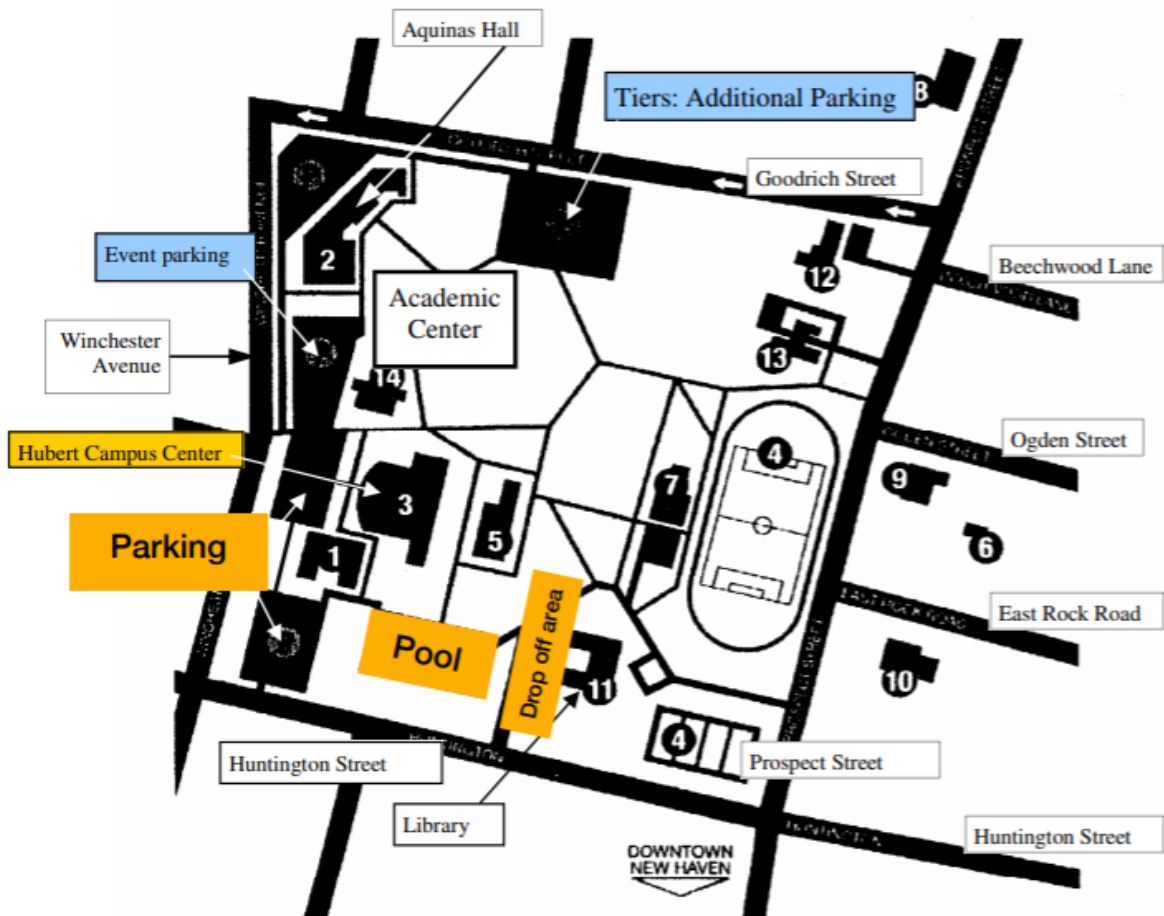
Albertus Magnus - USAGE MAP



- Maintain 6 social distance at all times
- Arrive/ drop-off at parking lot
- Pool access from LEFT side entrance
- Move to assigned numbers
- Leave pool deck from RIGHT side entrance



Campus Map



APPROVED
LAUREN PALLONE
AQUATICS DIRECTOR
ALBERTUS MAGNUS CO