

2020 Return to Competition

RAC Back-In-Action RTC Meet Announcement

Intersquad

10/16/2020 - 10/18/2020

115 Barlow Mountain Road, Ridgefield, Ct, 06879

[Pool Location](#)

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. #RTC20-19. 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, Ridgefield Aquatic Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, town of Ridgefield. <https://www.ridgefieldct.org/>

COVID-19 Assumption of Risk Disclaimer

We, Ridgefield Aquatic Club, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating RAC Back-In-Action or on site at Barlow Mountain 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 RAC Back-In-Action and being on site at Barlow Mountain Pool, 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. Please email, text a picture or submit the waiver in person.

EVENTS

	Name	Email	Phone
Meet Director:	Ronald Vaughan	Swimcoachronnie@gmail.com	8605383717
Meet Referee:	Todd Gordon	ToddGordon@sbcglobal.net	
Lead Admin Official:	JoAnne McCaffrey	JmCCaffrey@riverbrookymca.org	
Entry Chair:	Ronald Vaughan	SwimCoachRonnie@gmail.com	8605383717
Safety Chair:	Emmanuel Lanzo	CoachLanzo@gmail.com	
Officials Contact:	Todd Gordon	ToddGordon@sbcglobal.net	

MEET HOST: RAC

WEBSITE: <https://www.teamunify.com/Home.jsp?team=ctrac>

POOL EMERGENCY NUMBER: 203-431-2378

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 or WHAT TO BRING:

Please take your own temperature before leaving for the meet; if your temperature is over 100.4 please stay home. Temperatures will be taken and recorded for everyone as they enter the facility, temperature must be under 100. Standard COVID symptom questions will also be asked and recorded. Everyone must bring their own chairs and food/water. When leaving the facility you must take any trash with you. All swimmers must arrive in their racing suit, locker rooms will be closed for changing

FACILITY RULES:

- Masks must be worn at all times when not in the pool
- Timers and Officials will need masks at all times
- Bathroom usage will be restricted to 1 person at a time.
- Arrive in your racing suits; no changing at the meet will be allowed

- Swimmers must remain outside the facility unless they are warming up or racing. Swimmers will need to bring their own Lawn Chairs/Tents/Blankets and social distances themselves out amongst the grass outside of the Pool / Elementary School. Group to group interaction will be strictly enforced.

Announcements will be made periodically as reminders of events.

- When entering the pool everyone must sanitize their hands at stations provided on the walls
- 1 heat will be allowed behind the block at a time, the next heat will be staged outside of the pool area
- Swimmers - must walk to their lanes 6 going first and 1 going last
- Swimmers - must walk up to the blocks with masks and leave them with their warm-ups/sweatshirt/pants. Once the race is complete they will exit the pool, put their masks on and return to their area to dry off. Swimmers will exit on the shallow side of the facility
- Timers - designated spots on the ground will be marked for each timer to stand on while waiting for the race to complete and when starting the watch.
- Timers - upon completion of the race timers will record their time, step away from the blocks, swimmers in the water will exit, and walk away from the start end of the pool. Then the next heat will walk over, get ready and the starter will start the race. Once the swimmers are approaching the finish timers will step forward from their standing area and record their times.

Planned number of individuals on deck:

Swimmers: 6-25 on Deck/Pool, depending on Warmup or Events (50 estimated). Coaches: 4. Officials: 4. Timers: 8 (6 at Lanes, 2 Back-up). Total: 66

Planned number of individuals in spectating area: No spectators allowed. Potential for swimmers to sit inside is up for discussion with our rec center

FACILITY: The Barlow Mountain Pool is a 6 -lane, 25-meter pool. Water depth at start end is: 12 Feet. Water depth at turn end is: 4 Feet. The competition course has not been certified in accordance with 104.2.2C(4).

TIMING SYSTEM: Colorado 6 Timing System in Compliance with USA Swimming rules for Competition per USA Swimming Rulebook (102.24).

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 their suits. 1 person in the restroom at a time. Showers are off limits

SAFE SPORT POLICIES: Parents can view the meet; it will be live streamed on password secured Zoom

DISABLED ACCESS: Barlow Mountain Pool complies with all ADA requirements

COURSE: SCM

SESSION TIMES: Subject to Change

Session 1, Friday PM. Warmup 5:30pm. Start 6:45pm.

Session 2, Saturday AM, Warmup 7:00am, Start 8:15am.

Session 3, Saturday PM, Warmup 3:00pm, Start 4:45pm.

Session 4, Sunday AM, Warmup 7:00am, Start 8:15am

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 6 lanes will be used. No more than 5 per lane. Warm-up procedures will be published and distributed before meet.

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. 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 on deck, No Heat sheets for sale.

ENTRY LIMITATIONS: 3 events per day

ENTRY TIMES: Submit entry times in: SCM

DEADLINES: Deadline is October 12th, 2020. Mail hardcopy and payment to the entry chairperson: JoAnn McCaffrey, Wilton Y Wahoos, 4040 Danbury Road, Wilton CT. 06897. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be determined by the date an email entry is received.

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 JoanneMcCaffrey@riverbrookymca.com. Please check that your team name, address, and contact information are listed correctly in this file. Please confirm events with RAC Coaches.

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: N/A

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: N/A

CUT PROTOCOL: If the session is oversubscribed 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.

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: Participating clubs will be notified of work assignments by the Monday before the meet.

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 not be scored

AWARDS: No

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: No

PARKING: Please park only in designated areas.

Session Report

Session: 1 Friday 12 & under

Day of Meet: 1 Starts at 06:45 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 12 & Under 50 Butterfly Break: 2 Minutes:	0	0	06:45 PM	_____
Finals	2 Mixed 12 & Under 100 Backstroke Break: 2 Minutes:	0	0	06:47 PM	_____
Finals	3 Mixed 12 & Under 50 Breaststroke Break: 2 Minutes:	0	0	06:49 PM	_____
Finals	4 Mixed 12 & Under 100 Freestyle Break: 2 Minutes:	0	0	06:51 PM	_____
Finals	5 Mixed 12 & Under 100 IM Finish Time	0	0	06:53 PM 06:53 PM	_____ _____

Session: 2 Saturday 13 & over

Day of Meet: 2 Starts at 08:15 AM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	6 Mixed 13 & Over 200 Freestyle Break: 2 Minutes:	0	0	08:15 AM	_____
Finals	7 Mixed 13 & Over 100 Backstroke Break: 2 Minutes:	0	0	08:17 AM	_____
Finals	8 Mixed 13 & Over 200 Breaststroke Break: 2 Minutes:	0	0	08:19 AM	_____
Finals	9 Mixed 13 & Over 100 Butterfly Break: 5 Minutes:	0	0	08:21 AM	_____
Finals	10 Mixed 13 & Over 400 IM Break: 5 Minutes:	0	0	08:26 AM	_____
Finals	11 Mixed 13 & Over 50 Freestyle Finish Time	0	0	08:31 AM 08:31 AM	_____ _____

Session: 3 Saturday 12 & under

Day of Meet: 2 Starts at 04:45 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	12 Mixed 12 & Under 100 Butterfly Break: 2 Minutes:	0	0	04:45 PM	_____
Finals	13 Mixed 12 & Under 50 Backstroke Break: 2 Minutes:	0	0	04:47 PM	_____
Finals	14 Mixed 12 & Under 100 Breaststroke Break: 2 Minutes:	0	0	04:49 PM	_____
Finals	15 Mixed 12 & Under 50 Freestyle Break: 5 Minutes:	0	0	04:51 PM	_____
Finals	16 Mixed 12 & Under 200 IM Finish Time	0	0	04:56 PM 04:56 PM	_____ _____

RAC Back-In-Action RTC - 10/16/2020 to 10/18/2020**Session Report**

Session: 4 Sunday 13 & over

Day of Meet: 3 Starts at 08:15 AM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	17 Mixed 13 & Over 100 Freestyle Break: 2 Minutes:	0	0	08:15 AM	_____
Finals	18 Mixed 13 & Over 200 IM Break: 5 Minutes:	0	0	08:17 AM	_____
Finals	19 Mixed 13 & Over 400 Freestyle Break: 5 Minutes:	0	0	08:22 AM	_____
Finals	20 Mixed 13 & Over 200 Butterfly Break: 2 Minutes:	0	0	08:27 AM	_____
Finals	21 Mixed 13 & Over 100 Breaststroke Break: 2 Minutes:	0	0	08:29 AM	_____
Finals	22 Mixed 13 & Over 200 Backstroke Finish Time	0	0	08:31 AM 08:31 AM	_____ _____

RAC RTC Entrance Procedure:

Upon arrival, swimmers, coaches, officials, and meet staff...

1. Before entering the pool, all swimmers will have their swimsuits on and bags packed with all necessary equipment. All attendees will be wearing a mask before entry.
2. Will approach the Barlow Mountain Pool entrance with mask on. Everyone will answer a COVID-19 questionnaire and have temperature taken outside of the pool
 - a. If a person has 100.0 or above temperature or there is issue with the questionnaire, they will not be allowed entrance into Barlow Mountain Pool and sent home. Coaches will be notified if a swimmer is refused entry.
3. All swimmers, coaches, officials, and staff will check in at the gated entry with mask on.
4. Attendees will walk then head outside to the lawn area and set up their socially distanced base for the meet
5. Swimmers will stay in their assigned spot and place their personal belongings within that area. Parents who are not meet workers will need to remain off-campus. Officials and meet workers will go to their assigned areas on the pool deck.
6. No spectators will be allowed on deck for the duration of the meet.
7. When not swimming, swimmers will be seated in their area, keeping social distance from others cohorts. Swimmers needing to leave their assigned spot (restroom) will do so while wearing a mask. Swimmers will not be allowed onto the deck other than to use the restroom, warmup or compete for the duration of the meet.
8. Swimmers will enter/exit the pool for warm-up in waves based on their assigned lane spots from practices. These assignments are familiar to all swimmers.
9. Swimmers will arrive to the blocks from the lane 1 side on the deep end and exit from the lane 6 side on the shallow end

RAC RTC Exiting Procedure:

Upon the conclusion of the meet, swimmers, coaches, officials, and meet staff...

1. Swimmers will put on their mask and pack up all of their belongings. Swimmers will not remove their suits, as there is no changing area available. No lost and found items will be kept. All personal items left on the pool deck or outside the facility will be discarded. Meet staff will gather all of their personal belongings as well.
2. While maintaining social distancing, all attendees will wait in their respective outdoor spot until their ride arrives or if they are walking to their car. They will be exiting into the drop-off and parking lot area or to where they parked on campus. No meet attendees will be allowed into building.

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 [INSERT FACILITY] or any [INSERT CLUB] 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) [INSERT CLUB] and / or [INSERT FACILITY] 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 [INSERT MONTH], 2020.

SIGNATURE: _____

NAME: _____ ADDRESS: _____

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

