

## 2020 Return to Competition

### VSYM November Intrasquad Meet November 20<sup>th</sup> 2020

Valley Shore YMCA  
201 Spencer Plain Road, Westbrook, CT 06498  
Mapping software link: <https://goo.gl/maps/Azy9l>

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. #RTC20-30. 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, Valley Shore YMCA Marlins, 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 Westbrook Health Department. <https://westbrookct.us/152/Public-Health-Department>

#### COVID-19 Assumption of Risk Disclaimer

We, Valley Shore YMCA Marlins, 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 VSYM November Intrasquad Meet or on site at Valley Shore 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 VSYM November Intrasquad Meet and being on site at Valley Shore 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. All participants will be expected to complete a waiver before entry to the Valley Shore YMCA from the main lobby entrance.

## EVENTS

	<b>Name</b>	<b>Email</b>	<b>Phone</b>
<b>Meet Director:</b>	<b>Teddy Weeks</b>	<b>marlins@vsymca.org</b>	<b>860-287-1694</b>
<b>Meet Referee:</b>	<b>Dylan Lee</b>	<b>dylantlee@gmail.com</b>	<b>860-235-3074</b>
<b>Lead Admin Official:</b>	<b>Stephen Vitola</b>	<b>svitola@snet.net</b>	<b>(203) 209-1115</b>
<b>Entry Chair:</b>	<b>Teddy Weeks</b>	<b>marlins@vsymca.org</b>	<b>860-287-1694</b>
<b>Safety Chair:</b>	<b>Megan Uiling</b>	<b>meganuiling@me.com</b>	<b>(860) 510-2174</b>
<b>Officials Contact:</b>	<b>Dylan Lee</b>	<b>dylantlee@gmail.com</b>	<b>860-235-3074</b>

**MEET HOST:** VSYM

**WEBSITE:** [www.vsymarlins.org](http://www.vsymarlins.org)

**POOL EMERGENCY NUMBER:** 860-399-9622

**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 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:** Any person entering the pool facility must do a health screening including a temperature check (must be at or below 99.9 degrees). While inside athletes must maintain at least 6 feet of social distance from other persons.

**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. Markings are on the wall above the benches more than 6 feet apart to promote social distancing for athlete seating.

Planned number of individuals on deck: 32 athletes; 2 coaches; 6 timers, 5 officials, 1 lifeguard

Planned number of individuals in spectating area: 0

**FACILITY:** The Valley Shore YMCA Competition Pool is a 6-lane, 25-yard pool. Water depth at start end is: 9ft. Water depth at turn end is: 3ft. 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 (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 must arrive in their suits, no showers allowed. Swimmers must arrive and leave with their suit on.

**SAFE SPORT POLICIES:** No parents permitted. The swim meet will be available via live stream for spectators. Spectators will get an email with a link to the live stream.

**DISABLED ACCESS:** Handicapped parking is directly in front of the building. Handicapped access to pool locker rooms and spectator area are available once inside. Anyone needing assistance should contact the Meet Director prior to the meet.

**COURSE:** SCY

**SESSION TIMES: Subject to Change**

General warm-up: 4:00pm – 4:20pm

Sprints: 4:20pm – 4:30pm

Start: 4:30pm

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. All six lanes will be used for warm-up.

**ELIGIBILITY:** Intrasquad 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 spectators; no concessions; no heat sheets for sale.

**ENTRY LIMITATIONS:** Swimmers may compete in 5 events.

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

**DEADLINES:** Deadline is November 18<sup>th</sup>, 2020

**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 [marlins@vsymca.org](mailto:marlins@vsymca.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:** No Fee

**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 entries

#### **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. 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. Amended USA Swimming rules for

**TIME TRIALS:** No

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** All timers will be supplied by the host team.

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

**CONCESSIONS:** No

**HOSPITALITY FOR COACHES AND OFFICIALS:** No.

**PARKING:** There is additional parking in the back field.

**DIRECTIONS:** Valley Shore YMCA, 201 Spencer Plain Rd, Westbrook, CT 06498  
Mapping software link: <https://goo.gl/maps/Azy9l>

**VSYM November Intrasquad Meet - 11/20/2020****Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 10 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Mixed 100 IM	0	0	04:30 PM	_____
Finals	2 Mixed 200 IM	0	0	04:30 PM	_____
Finals	3 Mixed 50 Butterfly	0	0	04:30 PM	_____
Finals	4 Mixed 100 Butterfly	0	0	04:30 PM	_____
Finals	5 Mixed 50 Backstroke	0	0	04:30 PM	_____
Finals	6 Mixed 100 Backstroke	0	0	04:30 PM	_____
Finals	7 Mixed 50 Breaststroke	0	0	04:30 PM	_____
Finals	8 Mixed 100 Breaststroke	0	0	04:30 PM	_____
Finals	9 Mixed 50 Freestyle	0	0	04:30 PM	_____
Finals	10 Mixed 100 Freestyle	0	0	04:30 PM	_____
	Finish Time			04:30 PM	_____

**VSYM INGRESS & EGRESS:** All swimmers, coaches and spectators must enter through the front door and check in at the front desk.

1. All swimmers, coaches, and spectators must be wearing a mask when they approach the building.
2. Swimmers must arrive with their suit on, and use the socially distancing markings on the wall to place their swim bag on the benches.
3. Upon entering the building your temperature will be taken and you must use the hand sanitizer made available at the door.
4. If anyone's temperature is above 100.0 the individual will not be allowed to enter the building.
5. For both ingress and egress, swimmers and coaches will move toward the shallow end of the pool along the south side of the building.
6. No spectators will be allowed on the pool deck.
7. Swimmers will arrive at the block from the lane 1 side of the pool and leave from the lane 6 side of the pool.

**EXITING PROCEDURES:** 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 Valley Shore YMCA or any VSYM 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) VSYM and / or Valley Shore 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 20th day of November, 2020.

SIGNATURE:

NAME:

ADDRESS:

NAMES OF MINOR CHILD(REN), IF ANY: \_\_\_\_\_

PLANNED ATTENDEES

Swimmers – 32

Coaches - 2

Officials - 4

Timers - 6

Computer operator - 1

Spectators - 0

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