

2020 Return to Competition

WHAT November RTC Intrasquad Meet

November 21-22, 2020

88 Garden Street, Farmington, CT 06032

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. #RTC20-43. 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, WHAT Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, Farmington Health District. <http://www.fvhd.org/>

COVID-19 Assumption of Risk Disclaimer

We, WHAT 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 WHAT November RTC or on site at Miss Porter's School 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 WHAT November RTC and being on site at Miss Porter's School 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: Waivers with signatures are required. Meet hosts may substitute a waiver approved by an attorney at law. All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Waivers must be bought with the swimmers to be allowed entrance to the pool. For more information pertaining to WHAT Swimming response to COVID-19, please visit our team webpage at www.whatswim.org

EVENTS

	Name	Email	Phone
Meet Director:	Rob Riccobon	whatcoaches@gmail.com	860-985-2818
Meet Referee:	Matt Brown	Mattbrown15@gmail.com	860-205-7658
Lead Admin Official:	Jennifer Lemus	whatcoaches@gmail.com	860-985-2818
Entry Chair:	Rob Riccobon	whatocaches@gmail.com	860-985-2818
Safety Chair:	Kristine Perrault	whatcoaches@gmail.com	860-985-2818
Officials Contact: (optional)			

MEET HOST: WHAT-CT

WEBSITE: www.whatswim.org

POOL EMERGENCY NUMBER: 860-409-3650

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.

BEFORE ENTERING FACILITY or WHAT TO BRING: Swimmers must arrive prepared to Race through the back door of the Pool where Temp Checks and the COVID-19 questionnaire must be returned. Officials, Timers, and Coaches will adhere to these same rules.

FACILITY RULES:

Walkways are designated by floor markers. Swimmers will be required to wear a face covering when not competing. There will be designated spaces for the next heat of swimmers to stand, as well as designated spaces for Timers. All Coaches, Officials, Timers, and other Essential Meet Staff will be required to wear a face covering at all times, no exceptions. No Spectators will be allowed. See addendum for more detail.

Planned number of individuals on deck: 50-80

Planned number of individuals in spectating area: 0

FACILITY: The Miss Porter's School Pool is an 8-lane, 25-yard pool. Water depth at start end is: 10 feet. Water depth at turn end is: 5 feet. Select One: The competition course has not been certified in accordance with 104.2.2C(4). The facility is equipped with a Colorado Timing System and has spectator seating for 250. The spectator area is accessible by stairs or elevator and is located above the competition pool. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited

TIMING SYSTEM: Outline your planned timing system per USA Swimming Rulebook (102.24).

LOCKER ROOMS: Showers and locker rooms are CLOSED and off limits. One designated locker room will be the only available restrooms and are restricted to 1 Swimmer or Coach or Volunteer at a time unless the attendees are in the same family. Changing into or out of swimsuits is prohibited. Swimmers MUST arrive already in bathing suits, and will leave in bathing suits.

SAFE SPORT POLICIES: No Spectators will be allowed in the facility. The Meet will be Livestreamed for viewing purposes.

DISABLED ACCESS: The Miss Porter's School Pool is handicapped accessible with a handicapped locker room. Please contact Miss Porter's Aquatic Director, Katie Riccobon, at 860-409-3711, for more information or special arrangements.

COURSE: SCY

SESSION TIMES: Subject to Change

Session 1 – Swimmers	Warm-Up @ 8:00am	Start @ 8:30am
Session 2 – Swimmers	Warm-Up @ 10:00 am	Starts @ 10:30 am
Session 3 – Swimmers	Warm-Up @ 12:00pm	Start @ 12:30pm
Session 4 – Swimmers	Warm-Up @ 2:00pm	Start @ 2:30pm
Session 5 – Swimmers	Warm-Up @ 8:00am	Start @ 8:30am
Session 6 – Swimmers	Warm-Up @ 10:00 am	Starts @ 10:30 am
Session 7 – Swimmers	Warm-Up @ 12:00pm	Start @ 12:30pm
Session 8 – Swimmers	Warm-Up @ 2:00pm	Start @ 2:30pm

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect.

Session 1 & 5 – Senior Premier	Warm-Up @ 8:00am	Start @ 8:30am	(8 Lanes)
Session 2 & 6 – Senior	Warm-Up @ 10:00 am	Start @ 10:30am	(8 Lanes)
Session 3 & 7 – Age Group Premier/Senior Prep	Warm-Up @ 12:00pm	Start @ 12:30pm	(8 Lanes)
Session 4 & 8 – Developmental & Age Group	Warm-Up @ 2:00pm	Start @ 2:30pm	(8 Lanes)

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](#).

ENTRY LIMITATIONS: Maximum Entry is 3 Events per Swimmer

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is 11-18-2020 and all entries will be received by the WHAT Swimming Team website.

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 whatcoaches@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: \$7.00 for individual events.

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

PAYMENT INSTRUCTIONS: Entry fees will be charged to families TeamUnify account.

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 are in effect.

TIME TRIALS: Yes. Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is/are 30 minutes prior to the end of the session. The fee for Time Trial entries are \$7.00 for individual events.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS:

Timers:

- For the Start of the race, they will be 6 feet behind the starting swimmer, and 6 feet in front of the next swimmer in line, but standing in between Lanes 1&2, 2&3, etc (whereas the Swimmers are standing directly behind the Starting Block)...so there is actually more than 6 feet between them and the Swimmers.
- When the Race begins, the Timers will step forward, staying in between their two lanes, so that they are 8 feet from each other (because our Lanes are 8 Feet wide), they will have a button and Stopwatch for an accurate time.
- When the race concludes, they step back to their original position, the next heat walks up to the Block

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

MISCELLANEOUS:

PARKING: A parking map will be sent to attending teams prior to the meet.

DIRECTIONS: The Miss Porter's School Pool is located at 88 Garden Street, Farmington, CT 06032. Take Exit 39 from Interstate 84 (east or west) Go straight through the traffic light onto Route 4 West (Farmington Avenue) Continue through the blinking light Turn left at the 2nd traffic light onto Garden Street Continue through the stop sign Pool will be on your right (brick building- 88 Street)

WHAT November RTC Intrasquad Meet - 11/21/2020 to 11/22/2020**Session Report**

Session: 1 Senior Premier Day 1

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	1 Mixed 200 Freestyle	08:00 AM _____
Finals	2 Mixed 100 Backstroke	08:00 AM _____
Finals	3 Mixed 200 Breaststroke	08:00 AM _____
Finals	4 Mixed 100 Butterfly	08:00 AM _____
Finals	5 Mixed 50 Freestyle	08:00 AM _____
Finals	6 Mixed 400 IM	08:00 AM _____
	Finish Time	08:00 AM _____

Session: 2 Senior Day 1

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	7 Mixed 200 Freestyle	10:00 AM _____
Finals	8 Mixed 100 Backstroke	10:00 AM _____
Finals	9 Mixed 200 Breaststroke	10:00 AM _____
Finals	10 Mixed 100 Butterfly	10:00 AM _____
Finals	11 Mixed 50 Freestyle	10:00 AM _____
Finals	12 Mixed 400 IM	10:00 AM _____
	Finish Time	10:00 AM _____

Session: 3 AGP/Senior Prep Day 1

Day of Meet: 1 Starts at 12:00 PM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	13 Mixed 200 Freestyle	12:00 PM _____
Finals	14 Mixed 50 Backstroke	12:00 PM _____
Finals	15 Mixed 100 Breaststroke	12:00 PM _____
Finals	16 Mixed 50 Freestyle	12:00 PM _____
Finals	17 Mixed 100 IM	12:00 PM _____
	Finish Time	12:00 PM _____

Session: 4 AG/Developmental Day 1

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	18 Mixed 25 Backstroke	02:00 PM _____
Finals	19 Mixed 50 Backstroke	02:00 PM _____
Finals	20 Mixed 25 Breaststroke	02:00 PM _____
Finals	21 Mixed 50 Breaststroke	02:00 PM _____
Finals	22 Mixed 100 Freestyle	02:00 PM _____
	Finish Time	02:00 PM _____

WHAT November RTC Intrasquad Meet - 11/21/2020 to 11/22/2020**Session Report**

Session: 5 Senior Premier Day 2

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	23 Mixed 200 Butterfly	08:00 AM
Finals	24 Mixed 100 Breaststroke	08:00 AM
Finals	25 Mixed 100 Freestyle	08:00 AM
Finals	26 Mixed 200 IM	08:00 AM
Finals	27 Mixed 200 Backstroke	08:00 AM
Finals	28 Mixed 500 Freestyle	08:00 AM
	Finish Time	08:00 AM

Session: 6 Senior Day 2

Day of Meet: 2 Starts at 10:00 AM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	29 Mixed 200 Butterfly	10:00 AM
Finals	30 Mixed 100 Breaststroke	10:00 AM
Finals	31 Mixed 100 Freestyle	10:00 AM
Finals	32 Mixed 200 IM	10:00 AM
Finals	33 Mixed 200 Backstroke	10:00 AM
Finals	34 Mixed 500 Freestyle	10:00 AM
	Finish Time	10:00 AM

Session: 7 AGP/Senior Prep Day 2

Day of Meet: 2 Starts at 12:00 PM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	35 Mixed 100 Butterfly	12:00 PM
Finals	36 Mixed 50 Breaststroke	12:00 PM
Finals	37 Mixed 100 Freestyle	12:00 PM
Finals	38 Mixed 100 Backstroke	12:00 PM
Finals	39 Mixed 50 Butterfly	12:00 PM
	Finish Time	12:00 PM

Session: 8 AG/Developmental Day 2

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 0 Seconds / Back +15 Seconds

Round	Event	Starts at
Finals	40 Mixed 25 Freestyle	02:00 PM
Finals	41 Mixed 50 Freestyle	02:00 PM
Finals	42 Mixed 25 Butterfly	02:00 PM
Finals	43 Mixed 50 Butterfly	02:00 PM
Finals	44 Mixed 200 Freestyle	02:00 PM
	Finish Time	02:00 PM

Plan for Meet Participant & Spectator Ingress & Egress

- 1) All Swimmers/Officials/Essential Meet Staff/Spectators will be given times to arrive to the Pool
- 2) All Swimmers/Officials/Essential Meet Staff/Spectators will enter through the Rear Door of the Facility
- 3) Upon entering, all Swimmers/Officials/Essential Meet Staff/Spectators will be required to pass a Wellness Check consisting of a temperature check and present their COVID-19 questionnaire.
- 4) Upon passing the screening, all Swimmers/Officials/Essential Meet Staff/Spectators will have designated areas based on their participation needs
- 5) At the conclusion of the Meet, all Swimmer/Officials/Essential Meet Staff/Spectators will exit a second Rear Door at the turn end of the pool

Plan for Gathering Spaces

- All Swimmers will be stationed on bleachers- clearly marked- with 8 feet of social distancing between swimmers
- When lining up for Races, there will be at most 1 Swimmer on the starting block, and 1 Swimmer and possibly 12 feet behind ready for the following heat.
- All Timers will be stationed in the middle of the starting blocks in between the Swimmer on the starting block and the Swimmer in the following heat
- The only people allowed consistently on the Pool Deck are Timers, Officials, and other Essential Meet Staff
- No Spectators will be allowed in the facility, the Meet will be Livestreamed for viewing purposes

Session Information Warm-Up, Start, Break, and Finish Times

Session 1 – Swimmers	Warm-Up @ 8:00am Start @ 8:30am
Session 2 – Swimmers	Warm-Up @ 10:00 am Starts @ 10:30 am
Session 3 – Swimmers	Warm-Up @ 12:00pm Start @ 12:30pm
Session 4 – Swimmers	Warm-Up @ 2:00pm Start @ 2:30pm
Session 5 – Swimmers	Warm-Up @ 8:00am Start @ 8:30am
Session 6 – Swimmers	Warm-Up @ 10:00 am Starts @ 10:30 am
Session 7 – Swimmers	Warm-Up @ 12:00pm Start @ 12:30pm
Session 8 – Swimmers	Warm-Up @ 2:00pm Start @ 2:30pm

Planned Number of Individuals

• Session 1 and 5: Senior Premier

- a. Swimmers: 35
- b. Officials: 5
- c. Timers: 8
- d. Coaches: 6
- e. Other Volunteers: 3
- f. Total: 57

• Session 2 and 6: Senior

- a. Swimmers: 38
- b. Officials: 5
- c. Timers: 8
- d. Coaches: 6
- e. Other Volunteers: 3
- f. Total: 61

• Session 3 and 7: Age Group Premier/Senior Prep

- a. Swimmers: 22
- b. Officials: 5
- c. Timers: 8
- d. Coaches: 6
- e. Other Volunteers: 3
- f. Total: 44

• Session 4 and 8: Age Group/Developmental

- a. Swimmers: 33
- b. Officials: 5
- c. Timers: 8
- d. Coaches: 6
- e. Other Volunteers: 3
- f. Total: 55

EVENTS FOR SATURDAY

Session 1: Senior Premier

Mixed 200 Freestyle
Mixed 100 Backstroke
Mixed 200 Breaststroke
Mixed 100 Butterfly
Mixed 50 Freestyle
Mixed 400 IM

Session 2: Senior

Mixed 200 Freestyle
Mixed 100 Backstroke
Mixed 200 Breaststroke
Mixed 100 Butterfly
Mixed 50 Freestyle
Mixed 400 IM

Session 3: Age Group Premier and Senior Prep

Mixed 200 Freestyle
Mixed 50 Backstroke
Mixed 100 Breaststroke
Mixed 50 Freestyle
Mixed 100 IM

Session 4: Age Group and Developmental

Mixed 25 Backstroke
Mixed 50 Backstroke
Mixed 25 Breaststroke
Mixed 50 Breaststroke
Mixed 100 Freestyle

EVENTS FOR SUNDAY

Session 5: Senior Premier

Mixed 200 Butterfly
Mixed 100 Breaststroke
Mixed 100 Freestyle
Mixed 200 IM
Mixed 200 Backstroke
Mixed 500 Freestyle

Session 6: Senior

Mixed 200 Butterfly
Mixed 100 Breaststroke
Mixed 100 Freestyle
Mixed 200 IM
Mixed 200 Backstroke
Mixed 500 Freestyle

Session 7: Age Group Premier and Senior Prep

Mixed 100 Butterfly
Mixed 50 Breaststroke
Mixed 100 Freestyle
Mixed 100 Backstroke
Mixed 50 Butterfly

Session 8: Age Group and Developmental

Mixed 25 Freestyle
Mixed 50 Freestyle
Mixed 25 Butterfly
Mixed 50 Butterfly
Mixed 200 Freestyle

WHAT SWIMMING COVID-19 ACKNOWLEDGMENT, AWARENESS, AND AGREEMENT

All coaches, families and swimmers of WHAT Swimming have an important role in maintaining the health and safety of our community by being accountable to stop the spread of COVID-19. As a member of WHAT Swimming, I acknowledge that I must take steps to stay healthy and to protect others and to promote a safe return to our team. I pledge to take responsibility for my health, the health of my family, and to help stop the spread of COVID-19 by taking precautions in my daily living.

The highest priority of WHAT Swimming is the safety of its swimmers, coaches and families. I know that participation in the WHAT Swimming program is voluntary. I know that by engaging in WHAT Swimming, including attending practices, strength and conditioning, swim meets or other team activities, I may be exposed to COVID-19 and other infections. I know as a parent/guardian, I may expose WHAT Swimming to COVID-19 or other infections if I am not careful in my daily activities. I also understand that despite all reasonable efforts by WHAT Swimming, I can still contract COVID-19 and other infections. In order to reduce my risk, I agree to be an active participant in maintaining my own health, wellbeing and safety, as well as the safety of others, by following all of the guidelines and expectations outlined by WHAT Swimming.

As more information is gathered and known, I understand WHAT Swimming may modify these guidelines and expectations. It is my responsibility to make every effort to keep myself informed of changes or updates to protect myself and the WHAT Swimming community.

It is my pledge to protect myself, my teammates, and the WHAT Swimming community by the following:

- I agree to see my physician for potential COVID-19 exposure if I am displaying any of the symptoms or identified as a contact of anyone who has been determined to be positive for COVID-19 at the guidance of my physician.

- If I test positive for COVID-19, I agree to not attend practice until:

My symptoms have resolved, and

It has been at least ten days since the start of my symptoms,

and I have a negative COVID-19 test result or a note from a physician stating I am not contagious and can return to practice.

- Timely report any known or potential exposures to COVID-19 to Rob Riccobon, whatcoaches@gmail.com.

- Monitor for the following symptoms:

A fever of 100.4° or higher

Respiratory symptoms, such as dry cough or shortness of breath

Sore throat

Headache

Body/muscle aches

Chills

Diarrhea

Nausea

Vomiting

WHAT SWIMMING COVID-19 ACKNOWLEDGMENT, AWARENESS, AND AGREEMENT

Loss of taste or smell

A list of symptoms can be found at:

<https://portal.ct.gov/Coronavirus/Health-and-Safety>

- If I develop any of the above symptoms, I will contact Rob Ricobon, whatcoaches@gmail.com.
- I will stay at home if I am feeling sick.
- I will participate fully and honestly with WHAT Swimming Administration for contact tracing.
- I will wear a mask when waiting to enter practice until I get to my lane and after practice when exiting until I am in a vehicle.
- I will practice physical distancing as much as possible when at practice or other WHAT Swimming sponsored events.
- I will frequently wash and/or sanitize my hands.
- I will not share water bottles, equipment, towels or any items with teammates.
- I will comply with any Travel Advisories put forth by the State of Connecticut pertaining to travel and self quarantines domestic or international.

(<https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Travel-In-or-Out-of-CT>)

I understand that COVID-19 is a highly contagious virus and it is possible to be exposed to the virus even if I follow all of the safety precautions recommended by WHAT Swimming, described in this document, and recommended by the CDC, local and State health officials, and others. I understand there is no known way to make me completely safe from COVID-19 or other infections.

I have read, understand, and agree to comply with all of these expectations. I also acknowledge that these expectations and this pledge are a condition of my participation in the WHAT Swimming program and that my failure to comply may lead to my immediate removal from WHAT Swimming.

I take these responsibilities seriously and will do my part to protect myself and the WHAT Swimming community.

[SWIMMER]

Date

[PARENT/GUARDIAN]

Date