

**November 2020 Return to Competition
WYW Pilgrim Plunge
Wilton Family YMCA
Intrasquad Meet
November 7, 2020**

Wilton Family YMCA
Melissa & Mark Nickel Pool
404 Danbury Road
Wilton, CT 06987

<https://goo.gl/maps/zBZWL8N6iDpgnqGg6>

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. #RTC20-36. 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, Wilton Y Wahoos, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and the town of Wilton: www.wiltonct.org/

COVID-19 Assumption of Risk Disclaimer

We, Wilton Family YMCA have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at WYW Pilgrim Plunge or on site at Melissa Nickel Pool at the Wilton Family 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 WYW Pilgrim Plunge and being on site at Melissa & Mark Nickel Pool at the Wilton Family 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 Wilton Family YMCA from the main lobby entrance.

EVENTS

	Name	Email	Phone
Meet Director:	JoAnn McCaffrey	jmccaffrey@riverbrookymca.org	203-762-8384 x 249
Meet Referee:	Liza Heller	Liza.j.heller@gmail.com	
Lead Admin Official:	JoAnn McCaffrey	jmccaffrey@riverbrookymca.org	203-762-8384 x249
Entry Chair:	JoAnn McCaffrey	jmccaffrey@riverbrookymca.org	
Safety Chair:	Mary Norman	marynorman@optonline.net	
Officials Contact:	Liza Heller	Liza.j.heller@gmail.com	

MEET HOST: WYW

WEBSITE: www.wywoos.org

POOL EMERGENCY NUMBER: 203-762-8384

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-Finals. All events are mixed.

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: Swimmers must arrive in their suits and wear masks. They will enter through the main entrance at the YMCA after having their temperature check and Covid questions asked. They will follow to 50 meter pool through the appropriate locker room and go to the marked areas on the deck.

FACILITY RULES:

All swimmers, officials, meet managers must maintain social distancing, must wear a mask. NO chairs are to be brought on deck. The bleachers will be used for swimmers and are marked with red boxes to where

swimmers are to sit. Bleachers will be cleaned in between sessions. THERE WILL BE NO SPECTATORS allowed on deck.

Sessions 1-2

- **Swimmers:** 65(estimate)
- **Coaches:** 5
- **Officials:** 7
- **Timers:** 8 (6 at lanes, 2 back-up timers)
- **Computer/Meet Workers:** 5 (1 AO, 2 Computer Operators, 2 Marshals/Runners)
- **Lifeguards/Sanitation Staff:** 3
- **TOTAL:** 93 People Maximum (estimate)

FACILITY: Wilton Family YMCA, 404 Danbury Rd., Wilton, CT. The Wilton YMCA pool is a 6 lane by 50 meter facility with a dividing bulkhead and Daktronics electronic timing. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool is 50 meters x 15 yards with a north end (dive end) pool depth of 6 ½ ft and south end (turn end) pool depth of 4.7 ft. When the pool is divided into the 2 SCY pools, the North course is 6 .7 Ft. at the dive end and 6 .7 ft at turn end. The South Course is 6 .7 ft at the dive end and 4.7 ft at the turn end. When the pool is set up for SCY, there is a section that is 5 yards x 15 yards across between the two courses and its depth is 6.7 ft. This portion of the pool is not used during competition.

TIMING SYSTEM: Daktronic timing system, in compliance with USA Swimming rules for Competition (102.24.2.A), per [CSI COVID-19 Officials Guidelines](#).

LOCKER ROOMS: Locker rooms are limited changing out of wet bathing suits suits (while always wearing a mask) and to use of the restrooms only. Swimmers MUST arrive in suits. No showers are available.

SAFE SPORT POLICIES: There will be no spectators on deck. Meet will be live streamed via Facebook or Zoom, and a secure, password protected link will be sent to families before the meet.

DISABLED ACCESS: There is handicap parking at the entrance to the pool and locker rooms are handicap accessible

COURSE: SCY

SESSION TIMES: Subject to Change

Session 1 Warmup 8:30am start 9:15am

Session 2 Warmup 11:00am- start 11:30am

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. 6 lanes per pool will be used for warmups. If the number of swimmers exceeds the limit of 5 per lane, then we will institute a second warmup.

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 concession, No Spectators on deck, No Heat sheets for sale.

ENTRY LIMITATIONS: 4 events per session for a total of 5 events for the meet

ENTRY TIMES: Submit entry times in: SCY

DEADLINES: Deadline is November 1, 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 jmccaffrey@riverbrookymca.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: Electronic entries: \$5.00 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: N/A

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:

- 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.

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. Amended USA Swimming rules for

TIME TRIALS: NO

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Work Assignments will be pre-assigned by the meet director. All non-members of the YMCA will be required to complete the YMCA's COVID-19 waiver before being allowed on deck.

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 adequate parking on premises. Overflow parking needs to park at Wilton High School across the street from the YMCA.

DIRECTIONS: DIRECTIONS: From New York: Take the Merritt Parkway to Exit 39B Follow the Route 7 North freeway to its end and turn right at the light. Turn left onto Rt. 7 North. Go 4.4 miles and turn right into the Y parking lot. The Wilton Family Y is on the right, and the Wilton High School is on the left.

From New Haven: Take the Merritt Parkway to exit 41(Rt 33). At the end of the ramp, turn left (north) onto Rt 33. Go North along Rt.33 for 2.5 miles. Rt 33 merges with Rt. 7. Stay on Rt. 7 for 2.6 miles to the Y. The Wilton Y is on the right and the Wilton High School is on the left.

From I 95: Take exit 15 to Rt. 7 North. Follow Rt 7 freeway to the end and turn right at the light. At the end of the road turn left onto old Rt. 7 North. Proceed to the Wilton Y as above

WYW Pilgrim Plunge - 11/7/2020
Session Report

Session: 1 Morning Session

Day of Meet: 1 Starts at 09:15 AM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 50 Freestyle	0	0	09:15 AM	_____
Finals	2 Mixed 8 & Under 25 Butterfly	0	0	09:15 AM	_____
Finals	3 Mixed 50 Butterfly	0	0	09:15 AM	_____
Finals	4 Mixed 8 & Under 25 Breaststroke	0	0	09:15 AM	_____
Finals	5 Mixed 50 Breaststroke	0	0	09:15 AM	_____
Finals	6 Mixed 8 & Under 25 Freestyle	0	0	09:15 AM	_____
Finals	7 Mixed 100 Freestyle	0	0	09:15 AM	_____
Finals	8 Mixed 8 & Under 25 Backstroke	0	0	09:15 AM	_____
Finals	9 Mixed 50 Backstroke	0	0	09:15 AM	_____
Finals	10 Mixed 100 IM	0	0	09:15 AM	_____
	Finish Time			09:15 AM	_____

Session: 2 500 free

Day of Meet: 1 Starts at 11:30 AM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Mixed 500 Freestyle	0	0	11:30 AM	_____
	Finish Time			11:30 AM	_____

RIVERBROOK REGIONAL YMCA
Minor Participant Waiver, Release, Indemnification of
All Claims & Covenant Not to Sue

NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. Read this document carefully and in entirety. By signing this agreement, you give up your right and the named minor's right to bring a court action to recover compensation or obtain any other remedy for any personal injury or property damage however caused arising out of the named minor's participation in the Riverbrook Regional YMCA Programs, now or any time in the future.

Acknowledgment of Risk

I, in my legal capacity as the parent/guardian of the minor named below, do hereby acknowledge and agree that participation in the Riverbrook Regional YMCA Program activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with Y program participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, and (4) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with Y program participation and that said list in no way limits the operation of this Agreement.

Coronavirus / COVID-19 Warning & Disclaimer

Coronavirus, COVID-19 is an **extremely contagious** virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a mean to prevent the spread of the virus. **COVID-19 can lead to sever illness, personal injury, permanent disability, and death. Participating in Riverbrook Regional YMCA programs or accessing Riverbrook Regional YMCA Program facilities could increase the risk of contracting COVID-19. The Riverbrook Regional YMCA** in no way warrants that COVID-19 infection will not occur through participation in Riverbrook Regional YMCA programs of accessing Riverbrook Regional YMCA facilities.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of my child's participation in Riverbrook Regional YMCA Programs, I, the parent/guardian of the minor, agree to release and on behalf of myself and the minor, my heirs, representatives, executors, administrators, and assigns, **HEREBY DO RELEASE** The Riverbrook Regional YMCA, its officers, directors, employees, volunteers, agents, representatives and insurers ("Releasees") from any causes of action, claims, or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I, the named minor, my heirs, representatives, executors, administrators and assigns may have, now or in the future, against The Riverbrook Regional YMCA on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to the use of the Riverbrook Regional YMCA facilities/equipment or participation in the

Riverbrook Regional YMCA programs whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

In consideration of the named minor's participation in the Riverbrook Regional YMCA programs, I, the undersigned parent/guardian of the named minor, agree to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, or costs of any nature whatsoever arising out of or in any way related to the named minor's Riverbrook Regional YMCA program participation.

I hereby certify on behalf of myself and the named minor that I have full knowledge of the nature and extent of the risks inherent in Y program participation and that I, on behalf of myself and the named minor, am voluntarily assuming said risks. I understand that I and the named minor will be solely responsible for any loss or damage, including personal injury, property damage, or death, the named minor sustains while participating in Riverbrook Regional YMCA programs and that by signing this agreement I, on behalf of myself and the named minor, HEREBY RELEASE Releasees of all liability for such loss, damage, or death. I further certify that the named minor is in good health and has no conditions or impairments which would preclude his/her safe participation in Riverbrook Regional YMCA programs.

I further certify that I am of lawful age (18 years or older) and otherwise legally competent to sign this agreement, and that I have legal capacity to act as the parent/guardian of the named minor. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after having carefully read it, of my own free will.

Participant Name (Print Clearly)

Date

Parent/Guardian Signature

Parent/Guardian Name (Print Clearly)