

Hi Coaches,

Please share the following information with your swimmers and families.

Safety Protocols

In preparation for the meet, we have updated the structure and safety precautions for the meet, especially related to COVID.

In the box below is information from the meet announcement that includes assumption of risk, release, and safety protocols due to COVID restrictions.

Due to the exponentially rising COVID cases and the changes in the State's direction with regards to policies in procedures, we have added the following safety protocols to be followed to participate in our meet..

- We **strongly recommend and encourage the use of surgical masks** or other masks like n95, kn95, or kf94. Here is a [link to an article](#) explaining why. We will have some masks available upon entry for those who forget theirs. We would encourage swimmers to bring several masks to change into since the masks will most likely become wet between events, which may decrease their effectiveness (and comfort).
- By attending this meet, swimmers and adults attest that **you and no one in your household is symptomatic of COVID, known to be a close contact, been advised to quarantine, or awaiting a COVID test result because you had symptoms.** [According to the CDC](#), symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. **Symptoms include:**
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

We know that everyone wants to attend and compete in the meet AND we are also aware that the omicron strand of COVID is highly transmissible. Please review the symptoms on Sunday prior to attending and if necessary, please make the decision to stay home if you or anyone in your household is symptomatic.

Set-up of the Meet

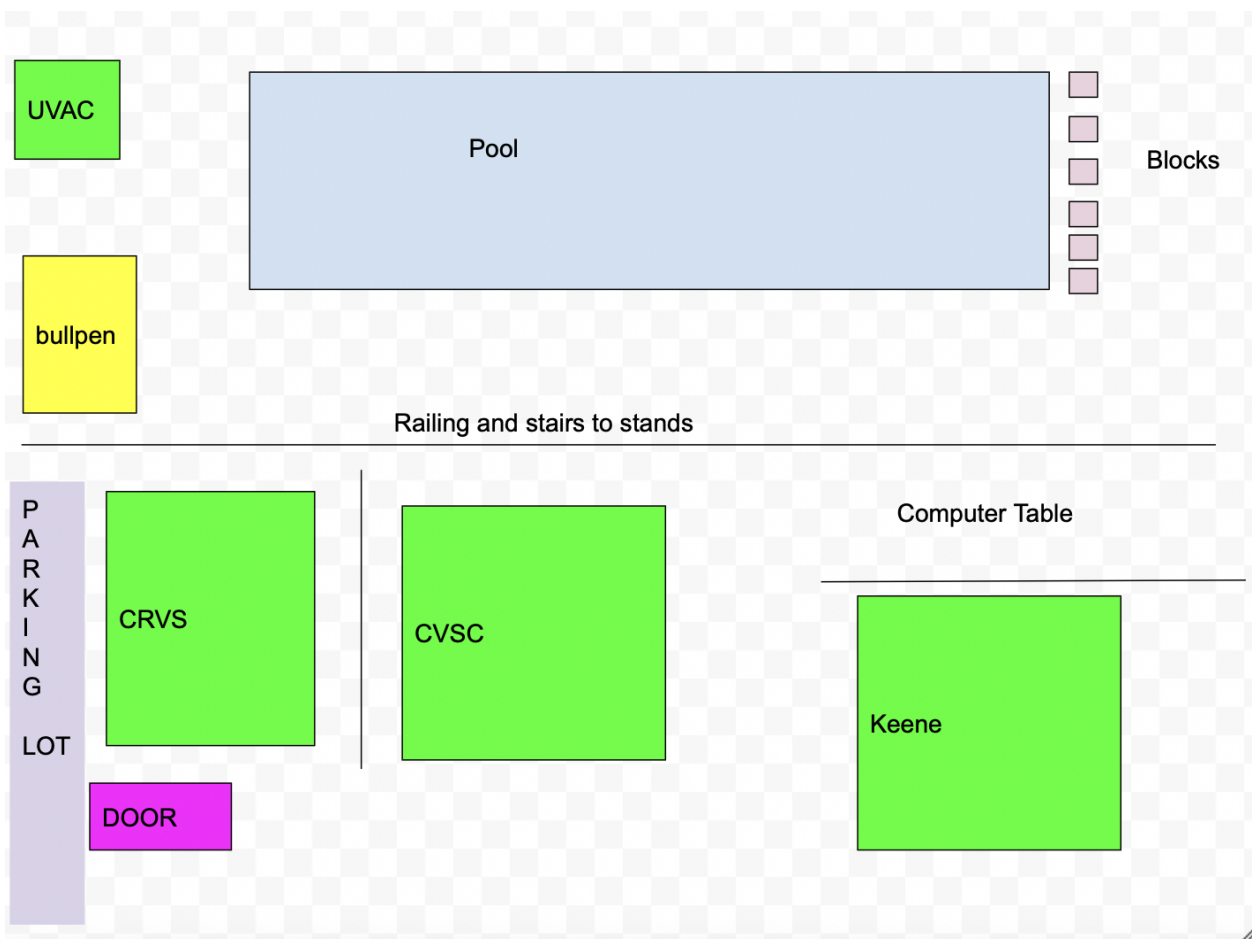
All swimmers, coaches, and volunteers will enter through the door on the side in the parking lot (see image below).

We will use the barriers of the stands to separate teams and expect teams to stay within the barriers unless swimming. One team will be located on the deck.

We will have volunteers who will bring one heat to the blocks at a time. Swimmers (except for those swimming 25y) will stay in the pool until the next heat has begun.

As noted, locker rooms are not available but restrooms are available in an area outside the pool deck. There will be a limited number of people in the restrooms at a time and others will wait outside, spaced apart, until able to enter the restroom.

Plan of the Pool



From Meet Announcement:

ASSUMPTION OF RISK: We, Central Vermont Swim Club (CVSC), 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 CVSC Winter Pentathlon or on-site at Goodyear Pool at Norwich University. 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 the CVSC Winter Pentathlon and being on-site at Goodyear Pool at Norwich University, you voluntarily assume all risks related to exposure to 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 New England 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.

SAFETY PROTOCOLS DUE to COVID RESTRICTIONS:

Statement of your State Department of Health protocols and requirements, or local guidelines, whichever is more restrictive:

- Participants must abide by the [State of Vermont Cross State Travel Guidelines](#). Participants may only come from Vermont or be associated with a program based in Vermont.
- Operations will be limited based on the State Guidelines. More information about the specific number of swimmers will be made available a week before the first date of entry.
- Operators must maintain a log of customers and their contact information for 30 days in the event contact tracing is required by the Department of Health.

Statement outlining the plan for spectator ingress and egress, use of locker rooms and other facility restrictions in place:

- Spectators are not allowed.
- Swimmers, coaches, and workers will enter and exit through an identified door. More specific instructions will be sent to teams the week of the meet.
- Everyone entering the facility will have their temperature checked.
- Swimmers will not be able to leave the facility and re-enter the facility during the session.

Spectators will not be allowed. Adults not working in assigned roles will have to stay outside. Each team will be assigned jobs so adults may rotate through who is working on the deck. **Any parent or legal guardian requesting access to their child will be allowed following all safety guidelines, by contacting the Meet Director, Alysia Backman at (802) 233-7388.**

LIST OTHER PROTOCOLS SPECIFIC TO YOUR SITE:

- All workers, officials, and coaches will wear masks at all times.
- Swimmers will wear masks between events and will not remove their masks until they arrive at the starting block.
- Swimmer seating will be in the gym with ample social distancing space.
- One heat of swimmers will be in the water. One heat of swimmers with masks on will be lined up in the hallway. All other swimmers will be at their designated sitting space.
- Swimmers behind the blocks will remain at the back wall until called up to the blocks after the previous heat has gotten out the pool, put their masks on, and exited the block end.
- Showers will NOT be available at the facility. Swimmers should wear their suits to and from the meet.
- Lane seeding will be determined once all entries are submitted. Events with only 1 swimmer in a single gender event may be combined with the other gender of the same event.

Swim Meet Reminders:

USA Swimming rules require that only 2022 USA Swimming registered coaches, officials, swimmers and parent volunteers be on the pool deck. Spectators must remain in the spectator seating area or in the pool hallway area. Uncooperative individuals will be asked to leave the swim meet. USA Swimming rules require NO FLASH PHOTOGRAPHY at the start of the race and no cameras of any kind in the locker rooms or behind the blocks.

Warm-Up Information

Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
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9:30 Please arrive at 9:00	CVSC	CVSC	CVSC	CVSC	CVSC	CVSC
9:50 Please arrive at 9:20	CVSC	CVSC	CVSC	CVSC	CVSC	UVAC
10:10 Please arrive at 9:40	Keene	Keene	Keene	Keene	Keene	Keene
10:30 Please arrive at 10:10	CRVS	CRVS	CRVS	CRVS	Keene	Keene

NOTE: We divided some teams to work in keeping 4-5 swimmers per lane for warm-up. Coaches can determine which swimmers are in each group.

Thank you in advance for your understanding, grace, and patience, as well as your help to ensure a fun and safe meet!

Please let me know if you have any questions.

All the best,

Alysia Backman
 Meet Director
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