

FOREST HILLS SWIM TEAM

MEET CONFIRMATION & POLICIES

- MEET DATE/TIME:** FHST is looking forward to hosting Pinole Seals on Wednesday, June 1st. The meet will start at 5:30PM.
- LOCATION OF POOL:** Our pool is located at 375 Lindsey Drive, Martinez. Lindsey Drive is off Alhambra Avenue and is a dead end street at the pool. There is no visitor parking in our pool parking lot, please park on Lindsey Avenue or any of the streets off Lindsey. Please respect our neighbors' driveways, including the fire road gate off the cul-de-sac adjacent to the pool entrance. A wagon/cart may be helpful to transport gear from your car to the pool, as it is up a small hill.
- ENTRIES:** Your head coach should contact our head coach Daniel Rico to go over details regarding extra heats, relays, etc. sometime the week before the meet. Daniel can be reached at coachdaniel@fhst.org.
- ENTRIES IN HY-TEK:** *Due by 5:00 p.m. on the Thursday prior to the meet. Email your Hy-Tek roster and entries to our Hy-Tek Coordinators, at Meets@fhst.org.*
- WARM UPS:** FHST: 4:30pm Visitors: 5:00pm
- SCRATCH MEETING:** At 5:00pm with the coaches from both teams and the Computer Entries Supervisor.
No entry changes will be made after this meeting.
Your team is responsible for making changes to posted heat sheets after the scratch meeting.
- OFFICIALS MEETING:** At 5:15 with Stroke & Turn Officials, Meet Directors, Referee & Starters.
- VOLUNTEERS NEEDED:** Visiting team should provide
- 1 Qualified Stroke and Turn Judge for the entire meet
 - 9 Timers - No need to bring stopwatches
 - 1 Ribbon Labeler/Desk Worker -
 - Shepherds to organize your 8 and under swimmers.
- TEAM AREAS:** FHST: On the pool deck. Visitors: On the grassy hill next to picnic tables.
- POOL NOTES:** We will plan on starting all individual events for 9/10 and over as fly-over starts, except for backstroke. Due to the water depth at the shallow end of the pool, diving starts are not allowed for safety reasons. In the water starts will be used for the second and fourth swimmers in the 6U, and 7/8 relays. We ask that swimmers stay out of the starting area until the long whistle for their heat. Visitors enter the starting area from the lane 6 side of the pool.
- POOL RULES:** Absolutely no glass containers or glass objects of any kind shall be permitted in the pool area or picnic area at any time. Showers are closed during meets. The volleyball court and swing set are off limits during meets. Smoking is prohibited anywhere on the property, including the parking lot.
- RIBBONS & SCORING:** Individual swimmers placing 1st - 6th and relays placing 1st and 2nd will receive ribbons. Scoring will follow DCSL rules.
- INSURANCE:** Our pool doesn't cover visiting teams. We will need a certificate of your insurance stating that your team is insured at Forest Hills Aquatic Park prior to the meet. A copy of the insurance certificate can be emailed to MeetDirector@fhst.org.
- FHST PROVIDES:** Meet Mgr. "Back Up" File prior to meet for your coaches and volunteers printing.

- Recording slips
- Meet programs for Starter, Announcer, Referee and Desk Officials. After the meet we will email the backup files from the meet to your team.
- Lunch for your coaches. Please have them come to the snack shack for a meal when they are ready

HEALTH:

By attending this swim meet, your participating swimmers and families attest that:

- Swimmers and Observers have not experienced any symptoms such as fever (100 degrees or higher), chills, cough, shortness of breath, fatigue, body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, vomiting, diarrhea in the last 10 days.
- Swimmers and Observers have not been in contact with anyone who has tested positive for Covid-19 within the past 14 days.
- Swimmers and Observers have not been in contact with anyone who is experiencing symptoms of Covid-19, but whose diagnosis is not confirmed.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS FOREST HILLS SWIM TEAM 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 THEREWITH.

The FHST snack shack will have great food available for swimmers and families to enjoy.

We look forward to hosting you at our pool! Please let me know if there are any questions or if I can help provide any additional information to help the meet be a smooth one for our teams.

Patty Jackson
FHST Meet Director
MeetDirector@fhst.org
Cell: 925-595-5243

Daniel Rico
FHST Head Coach
Coachdaniel@fhst.org
925-487-2738

Hy-Tek Coordinators
Vana Curtis & Adam Mills
Meets@fhst.org