

Team Suffolk January Trials Meet

Saturday February 6th, 2021



SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #210223-TTC

LOCATION: Nassau County Aquatic Center Freedom Pool Facility
Eisenhower Park, East Meadow, NY 11554

FACILITY: 10 Lane by 50 meter competition pool w/ 2 meter min depth
The pool **Has Not been** certified in accordance with Article 104.2.2C (4) The F

The Pool Facility is enclosed with Poly-Canvas Ceiling and Walls and heated with permanent Commercial Heater Units. The pool is also heated

Swimmers will be required to maintain the following COVID Guidelines:

SESSIONS:

- Sit with their practice groups maintaining minimum 6' distance from closest teammate.
- Wear a mask at all times when on deck with the exception of getting on the starting block and swimming their event.
- Swimmers should bring a **Zip Lock Bag with their name on it for their mask.** Swimmers will place their mask in the bag just prior to swimming in their heat. Bag can be placed on timer chair designated to their lane.
- Once their heat is completed, swimmer will put their mask on and return to their place on deck.

IN ACCORDANCE WITH COVID-19 RESTRICTIONS NO SPECTATORS WILL BE ALLOWED IN THE FACILITY. ONLY SWIMMERS, COACHES, OFFICIALS, AND VOLUNTEER PARENTS WILL BE PERMITTED ON DECK.

SESSION 1 (Only Session: Warm-up 1:30PM 2:15 Start)

Event #1	100 FREE (Open)
Event #2	100 IM (12&Under)
Event #3	100 FLY (Open)
Event #4	50 BACK (12&Under)Fly
Event #5	100 BACK (Open)
Event #6	50 BREAST (12&Under)
Event #7	100 BREAST (Open)
Event #8	50 FREE (12 &Under)
Event #9	200 IM (Open)
Event #10	200 FLY
Event #11	200 BACK
Event #12	200 BREAST

Once swimmers have finished their events, they will be able to leave the facility. Parents anticipate 3 – 3 ½ hours from the start of the meet.

No swimmer will be allowed to leave the fenced area until a parent is present.

Warm-up times are tentative and subject to adjustment

- OPERATIONS** Athletes, Coaches, Officials and Volunteers will enter the Freedom Pool through the North Gate with face masks covering mouth and nose on. PPE
- PROCEDURE:** Masks are always required to be worn out of the pool. Athletes, Coaches, Officials and Volunteers will only be permitted to enter area 5 minutes before scheduled warm-up. Athletes, Coaches, Officials and Volunteers will leave the Freedom Pool immediately at the completion of their warm-down. Athletes, Coaches, Officials and Volunteers will observe social distancing waiting in the check-in line to undergo a temperature check and informational screening.
- Do they have a fever?
 - Do they have a cough?
 - Do they have shortness of breath or difficulty breathing?
 - Have they had the chills, headaches, sore throat in the last 24 hours?
 - Do they have new loss of taste or smell or other symptoms listed by the CDC?
 - Have they traveled or been with anyone who has traveled to a state on the NY quarantine list?

Any person with temperature above 100.4 will be sent home. Athletes, Coaches, Officials and Volunteers who are experiencing any symptoms of COVID-19 should remain home and see their physician.

There will be no locker room use. Athletes will come and leave the pool in suits and sweats. Showering will be done at home.

Athletes will bring their own labeled water bottles and healthy snacks.

Upon entrance to pool deck athletes will place belongings in grid space and head to assigned lane.

No sharing equipment, food and/or drinks.

No congregation after swimming – THIS INCLUDES IN FRONT OF AQUATIC CENTER AND PARKING LOT

Athletes, Coaches, Officials and Volunteers will leave through the North Gate under the direction of a monitor.

ATTESTATION STATEMENT: In applying for this sanction, TEAM SUFFOLK, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Metropolitan Swimming, the State of New York, and local jurisdictions.

ASSUMPTION OF RISK
DISCLAIMER: We have taken enhanced health and safety measures – for our staff, volunteers, family members and all guests. You must follow all posted instructions while visiting the Freedom 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 visiting the Freedom Pool, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Metropolitan Swimming, Long Island Swimming, Long Island Aquatic Club, Nassau Count, Nassau County Aquatic Center 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, METROPOLIAN SWIMMING, LONG ISLAND SWIMMING, LONG

ISLAND AQUATIC CLUB, NASSAU COUNTY, NASSAU COUNTY AQUATIC CENTER AND EACH OFF 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, FORSEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND / OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

PARKING:

There is ample free parking available in the park. Use the norma