



## Return to Competition Document

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Below are AAAA-ST plans for conducting swim competitions beginning August 2020.

### **Meet Information:**

“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, SOUTH TEXAS SWIMMING, ALAMO AREA AQUATICS ASSOCIATION, NORTH EAST INDEPENDENT SCHOOL DISTRICT AND SUBSIDIARIES AND EACH OF THEIR OFFICERS, PARTNERS, 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.”

The Meet will be pre-seeded, except for the 1500m and 800m freestyles and no deck entries permitted. No Relays will be allowed.

All North East ISD facilities COVID-19 procedures, rules etc. must be followed. These are located at [www.aaaa-ne.com](http://www.aaaa-ne.com)

Local protocols / requirements will be followed, per protocols. Masks and 6 ft. social distancing is mandatory while on NEISD properties.

The USA Swimming Code of Conduct and the SafeSport Code for the U.S. Olympic and Paralympic Movements continue to apply in full.

The Minor Athlete Abuse Prevention Policy (MAAPP) continues to apply in full.



USA Swimming Safe Sport Best Practice Guidelines state that parents should be encouraged to appropriately support their child(ren)'s swimming experience and that all swimming practices should be open to observation by parents. This also applies to meet participation. Limited spectators will be permitted to attend the competition and this event will be broadcast live through YouTube Live, under NEISD Athletics, for all spectators to view.

Alamo Area Aquatics Association will comply with USA Swimming, ST Swimming, the State of Texas and local jurisdiction guidelines / recommendations.

There will be a cap of 200 swimmers, 100 swimmers per session.

**Meet Operations:**

- All swimmers must wear a mask or face shield when not racing, warming up/down, or walking from the race to the warm up/down pool area.
- All coaches, officials and volunteers must wear a face mask or face shield when in the building.
- To the extent that weather permits, the garage doors at the Bill Walker Pool will remain open during the event.
- All swimmers, coaches, officials and volunteers should maintain social distancing per CDC guidelines.
- Spectators will be permitted dependent upon facility limits.
- All event participants and parents in the parking lot must use social distancing requirements per CDC guidelines.
- The Meet Director and Meet Referee reserve the right to add breaks into the order of events.

**Swimmer Ingress/Egress:**

- Enter the Bill Walker Pool through south doors between the Davis and Walker facilities.
- Locker rooms will be made available for changing and showers. Lockers will not be available.
- Sessions will be split between a female flight and a male flight.
- Facility, railings, bleachers, and starting blocks will be disinfected after each session.

**Other important information:**

- 6 ft. social distancing (SD) is expected by everyone.
- Face masks/face shields mandatory.
- No hospitality will be offered.
- Athletes & officials are advised to bring their own water bottles.
- Restrooms will be available.

## **USA Swimming/US Open Bill Walker Pool/Davis Natatorium Competition Protocol**

- Self-screen for symptoms at home before arriving at Aquatic facilities-see below
- All staff, parents, spectators and visitors must wear face coverings or face shields
- Athletes and spectators will enter through Davis Natatorium front doors; no folding chairs
- Spectators will use stairs/elevator and follow hallway to Walker upstairs seating (6 ft/SD)
- Spectators will exit building through Davis lobby doors marked EXIT
- Athletes/Officials will walk through Davis first floor hallway to Walker Pool hallway to pool deck
- Athletes/Officials will exit through Walker first floor lobby doors marked EXIT
- All competitions will be streamed and available for viewing from remote locations
- Masks will be worn by all competitors and coaches
- No personal belongings behind the starting blocks due to the pandemic (ie., towels, wups, etc)
- Athletes may remove their face covering while moving towards the starting blocks for their upcoming race; they will leave their face covering with their belongings in their team area
- Swim down lanes will include Walker Pool “A” Lanes 1-4 and Davis lanes 1-10 with (SD)
- All officials will maintain a face covering throughout the competition
- On deck bleacher areas are used for athletes (SD) shall be maintained in both facilities
- Restroom toilets and showers will be accessible; no locker availability
- Food trucks will be available; maintain (SD)
- Follow all safety protocol procedures posted at facility

Patrons not following all safety procedures and safety protocols will be asked to leave the facility. Any patron, coach, or staff member living with someone who experiences any of the symptoms of Covid-19, whether they have a positive Covid-19 test or not, should isolate for two weeks. If they do not experience any Covid-19 symptoms during that period, they can return to aquatic facilities. If they experience symptoms, they must self-isolate until the conditions outlined below have been met. In the case of an individual who was diagnosed with Covid-19, the individual may return to the facilities when all three of the following criteria are met:

1. At least three days (72 hours) have passed since recovery(resolution of fever without the use of fever-reducing medications)
2. The individual has improvement in symptoms (e.g., cough, shortness of breath)
3. At least ten days have passed since the symptoms first appeared

In the case of an individual who has symptoms that could be Covid-19 and does not get evaluated by a medical professional or tested for Covid-19, the individual is considered to have Covid-19, and the individual may not return to the facility until the individual has completed the three-step criteria above. If the individual has symptoms that could be Covid-19 and wants to return to the facility before completing the self-isolation period, the individual MUST obtain a medical professional’s note clearing the individual for return based on an alternative diagnosis.

### **Covid-19 Symptoms for Screening**

Muscle Pain	Shortness of Breath	Diarrhea
Sore Throat	Repeated shaking with chills Cough	Chills
Headache	Loss of taste or smell	
Fever/100 degree temperature or greater		
Close contact with a person who is lab confirmed to have Covid-19		

# SOUTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

### A. WARM-UP PROCEDURES

#### I. Assigned Warm-up Procedures

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane.
- c. Dive sprints shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool, and may be done only under the direct supervision of the coach.

#### II. Open Warm-up Procedures

### LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
10 Lanes	0 and 9	1 and 8	2 through 7
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first half of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times and from the designated end. Swimmers must exit the pool on the opposite end.
- d. There will be no diving in the general warm-up lanes—circle swimming only.
- e. No kickboards, pull buoys, or hand paddles may be used.

### III. Safety Guidelines

#### a. Coaches are responsible for the following:

1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.

#### b. The host team will be responsible for the following:

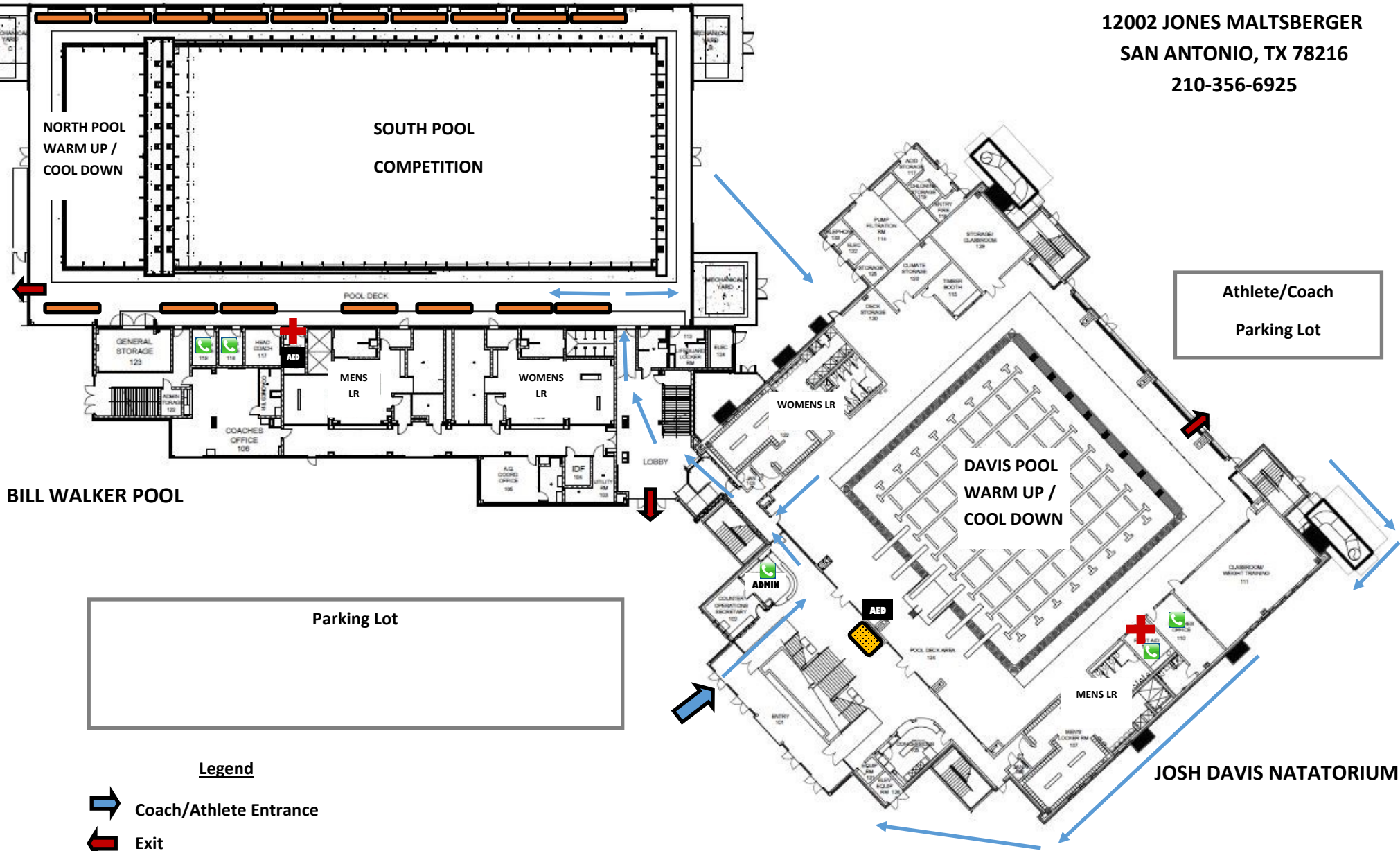
1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
2. Marshals will have the authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these procedures.
3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
4. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
5. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

### B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet Referee.

**NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.**









**BLOSSOM ATHLETIC POOLS**  
**12002 JONES MALTSBERGER**  
**SAN ANTONIO, TX 78216**  
**210-356-6925**



Parking Lot

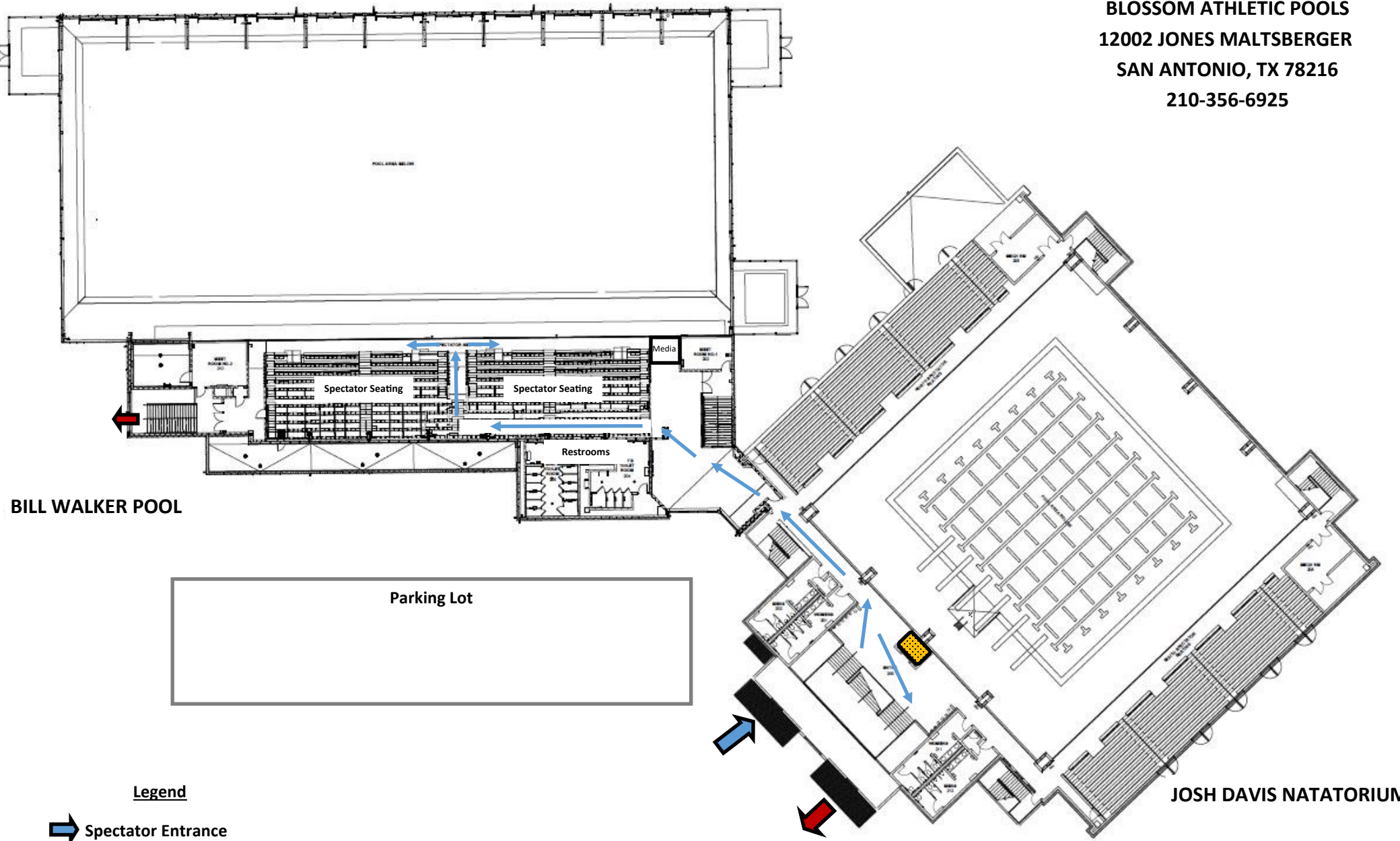
Athlete/Coach  
 Parking Lot

Legend

-  Coach/Athlete Entrance
-  Exit
-  Athlete seating (3 tier Bleachers)
-  Office phone
-  First Aid Station
-  Automated External Defibrillator (AED)
-  Administrative Assistant desk (Q&A)
-  Elevator

Lower Level Concourse Map

**BLOSSOM ATHLETIC POOLS**  
**12002 JONES MALTSBERGER**  
**SAN ANTONIO, TX 78216**  
**210-356-6925**







**BILL WALKER POOL**

**Parking Lot**

**JOSH DAVIS NATATORIUM**

Legend

-  Spectator Entrance
-  Exit
-  First Aid Station
-  Elevator

Upper Level Concourse Map