

## **WARM-UP SCHEDULE**

### **NO EQUIPMENT PERMITTED**

SWIMMERS MUST ENTER THE WATER FEET FIRST WITH AT LEAST ONE HAND IN CONTACT WITH THE POOL DECK EXCEPT WHEN EXECUTING A CONTROLLED RACING START, SUPERVISED BY A COACH.

- The referee/marshal may alter warm-up procedures to meet the needs of the swimmers.

#### General Warm Up (Start of warm-up period until the last half-hour)

##### Lane(s)

- |   |  |
|---|--|
| 1 | Pace 50s - push off – circle swimming                    |
| 2 | Racing Starts - one length only (from the west end only) |
| 3 | Swimming and pulling only – push off - circle swimming   |
| 4 | Swimming and pulling only – push off - circle swimming   |
| 5 | Swimming and pulling only – push off - circle swimming   |
| 6 | Swimming and pulling only – push off - circle swimming   |
| 7 | Swimming and pulling only – push off - circle swimming   |
| 8 | Pace 50s - push off – circle swimming                    |

#### Controlled Warm Up (Last half-hour of warm-up period)

##### Lane(s)

- |   |  |
|---|--|
| 1 | Pace 50s - push off – circle swimming                    |
| 2 | Racing Starts - one length only (from the west end only) |
| 3 | Swimming and pulling only – push off - circle swimming   |
| 4 | Swimming and pulling only – push off - circle swimming   |
| 5 | Swimming and pulling only – push off - circle swimming   |
| 6 | Racing Starts - one length only (from the west end only) |
| 7 | Racing Starts - one length only (from the west end only) |
| 8 | Pace 50s - push off – circle swimming                    |

## USA SWIMMING COVID-19 SUPPLEMENT

### 1. SOCIAL DISTANCING PROTOCOLS

- We will have one entry and one exit; please social distance (6 feet apart) as you move through the facility. Teams will be assigned specific seating areas. (a seating diagram will be provided once all entries have been received)
- Teams will be assigned designated warmup lanes for pre-session warmup, and swimmers will maintain social distance in their lanes with no congregating at the ends of the lane.
- Coaches will supervise social distancing in the pool; designated social distance volunteer marshals will assist in supervising social distancing in the assigned spectator and athlete seating areas.
- Individuals should not come to the facility if they have a fever or have felt ill in the last 24 hours. If you feel ill, please get tested and report positive tests to your coach ASAP. Please take your temperature before you walk in/leave house. A staff member may ask and record the information.
- The locker rooms will be available for athletes to use the restroom and change. There will be a limited number of individuals allowed at any one time. One person per shower stall. We strongly encourage changing/showering at home.
- A limited number of spectators will be allowed inside the facility with pre-purchased tickets. Spectator areas are separate from athlete/coach's areas.
- The water monster will be available for athletes/coaches/officials, and users will be required to use hand sanitizer before and after. All attendees are encouraged to bring water from home.
- Swimmers should bring their own gear. There is no community equipment available (i.e. kickboards).
- Individuals not following the social distancing guidelines will be asked to leave the facility.

### 2. SPECTATOR PROTOCOLS

- There will be limited spectators allowed in the venue at any time during the meet to ensure social distancing.
- Spectators will be required to maintain 6 feet of social distance from all individuals not living in the same home. Spectators will be required to wear masks at all times, without exception. Those unable to comply with the published safety protocols for any reason should plan to watch the event from outside the venue.
- Tents and chairs are acceptable outside the fence, but county social distancing requirements must be adhered to at all times.

### 3. PERSONNEL EXPECTATIONS

- We have a very large, open-air venue and are able to break it into several distinct sections that also allow for 6 feet of social distancing. We expect to limit the maximum personnel inside the venue to 300 at any one time.
- All attendees will be required to agree to a COVID-19 waiver as well as agree to all Safety Protocols. Individuals not following safety protocols will be asked to leave the facility.

### 4. SAFE SPORT CONSIDERATIONS

- Parents will have access to the County lot behind the pool where they can park and observe the meet. They will be able to observe their children both in the seating area, in the pool and will also be able to view the scoreboard depending on where they elect to set up outside the facility.
- Parents will be able to communicate directly with their children through the fence if required.

### 5. COMPLIANCE ATTESTATION

- In applying for this sanctioned event, the Host, the Sarasota Sharks Inc, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming, the State of Florida and the county of Sarasota.

### 6. MODIFICATIONS TO SAFETY PROTOCOLS

- In the event of new government and health department guidance, these safety protocols may be modified at any time to ensure the safety of all personnel.