

Name of Meet:	2020 Orange Vs. Blue Dual In The Pool		
Date of Meet:	Sep 25th, 2020		
Meet Sanction:	Held under the sanction of USA Swimming issued by SC Swimming: Sanction Number SC2107SCY		
Host Club:	South Carolina Swim Club		
Meet Director:	1. Sara Cavallon	somethingtocelebrate@yahoo.com	843-697-7008
Meet Referee:	2. Jason Overby	overbyj@cofc.edu	843-473-6860
Meet Entries to:	3. Victoria & Billy Culbertson	meet.support@sportstiming.com	843-628-5486
Safety Marshal:	4. Nicole Ashby	Nashby@tompsc.com	843-296-1585
	5. Aaron Perry	Aperry@tompsc.com	843-296-4419
	6. Victoria Klein	Vklein@tompsc.com	843-296-1585
Assumption of Risk Disclaimer	<ul style="list-style-type: none"> • South Carolina Swim Club has taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting Mt. Pleasant Recreation R.L.Jones 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 of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. • USA Swimming, Inc., South Carolina Swimming, Inc., Sports Timing and South Carolina Swim Club cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/South Carolina 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/South Carolina 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 SOUTH CAROLINA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS 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. 		

1. This section should include all special instructions for maintaining social distancing and limiting the spread of infectious diseases, including but not limited to:

General Guidelines that Apply to All

- Self-isolation – if you are sick, stay home,
- Practice social distancing of at least six feet distance to the greatest extent possible,
- Wash hands frequently (20 seconds with soap and water or use of a sanitizer that contains at least 60% alcohol),
- Clean and disinfect frequently touched objects (e.g., keyboards, phones) and surfaces (e.g., handrails, workstations, sinks) or remove unnecessary frequently touched surfaces (e.g., trashcan lids),
- Avoid touching of eyes, nose and mouth with unwashed hands,
- Strongly consider wearing a cloth face covering when in public and not in the pool (do not use on children under two years old, people with difficulty breathing, or people who cannot remove the mask themselves)
- Cover mouth and nose when you cough or sneeze and throw used tissues away immediately after use,
- Avoid using other employees' phones, desks, offices or other work tools and equipment when possible, or disinfect them before and after use,
- Minimize the use of soft surfaces like cloth covered chairs or area rugs that are more difficult to clean or disinfect.

Guidelines Specifically for Public Swimming Pool and Large Gathering Events:

- Re-enforcing the social distancing using signage and/or floor/deck stickers and/or by limiting the time a party can remain in the pool/on the pool deck.
- Avoiding group events, gatherings, or meetings both in and out of the water if social distancing of at least 6 feet between people who don't live together cannot be maintained. [Exceptions include rescuing a distressed swimmer or other emergency response scenarios,]
- Staggering the use of communal spaces, when feasible.
- Asking parents to be responsible for ensuring that children stay at least 6 feet apart from people they don't live with at all times while on the pool deck or in the pool.
- Limiting any nonessential visitors, volunteers, and activities involving external groups or organizations.
- Cleaning and disinfecting commonly used surfaces such as bathrooms, doors, handrails, ladders, gates, lawn chairs, drinking water fountains, picnic tables, etc. between each use by a different person, or at a minimum of once a day if unused.
- Installing signs and/or examples of six foot areas related to social distancing.
- Complying with SC Public Swimming Pool Regulation 61-51 is always required.
- Ensuring that life guards who are actively life-guarding are not also expected to monitor
- Hand washing, use of cloth face coverings or social distancing of others. Life guards should continue to follow universal precautions when rendering first aid of any type to patrons.
- Broadcasting regular announcements about how to stop the spread on the PA system.
- Ensure that the ventilation systems of indoor spaces are working properly.
- If planned events must be conducted, staggering drop-off and pick-up times, as much as possible, to maintain distance of at least 6 feet between people who don't live together.
- Asking parents to consider if their children are capable of staying at least 6 feet apart from people they don't live with before taking them to a public aquatic venue.
- Handshakes and "high-fives" are often exchanged at sporting events, and these can be ways in which COVID-19 can be transmitted from person to person. Consider displaying signs (physical and/or electronic) that discourage these actions during the gathering. **Note: Use culturally appropriate messages, materials and resources.**
- Provide COVID-19 prevention supplies to event staff and participants. This includes hand sanitizer that contains at least 60% alcohol, tissues, trash baskets, disposable face masks and cleaners and disinfectants. Clean frequently touched surfaces and objects with detergent and water prior to disinfection, especially surfaces that are visibly dirty.

- Disposable face masks should be kept on-site and available in the event a worker or attendee becomes sick at your event. Those that become sick should be immediately isolated. Identify a space that can be used as an isolation area until the person goes home. Thoroughly disinfect the area prior to and after the event. Note: Providing a sick staff member or event participant with a disposable face mask to wear does not replace the need for that person to leave as soon as possible, stay home and seek medical advice.
2. The listed Safety Marshall is responsible for coordinating Return to Competition Plan and SafeSport Protocols.
 3. All non-competing persons ie...officials, coaches, timers, spectators, and meet administrators must wear face coverings and comply with mandated social distancing and mass gathering rules. Athletes are strongly encouraged to wear masks between events. Athletes must wear a mask the entire time they are in the facility. The only time an athlete may take his/her mask off is when he/she is swimming in warm-up or entering the clerk of course area to line up for their race.
 4. Describe the ingress and egress of athletes and spectators. Describe any entry screening to take place upon facility entry. All competitors will enter the building through the front doors. Upon entering the building they will be asked to use hand sanitizer and be required to wear a face mask at all times within the building when not swimming. As participants arrive at the facility, his/her legal guardian will be asked to sign indicating that they have read and agreed to the waiver (sent out ahead of time, to be signed at the meet), fill out a questionnaire indicating his/her swimmer is healthy and pass a temperature check. There will be parent volunteers at this location making sure that everyone that enters the building is in compliance of the rules. If they are not in compliance then they will be asked to leave the facility. Once they enter the building, the swimmers will head directly to the gym to place their chairs on a marked location 6 feet apart from other swimmers. There will be parent volunteers in the gym making sure that the swimmers are on their spots and social distancing throughout the duration of the meet. A swimmer will then listen for their event to be called. They will be allowed to leave their masks with their stuff at their marked location. When they are called for their event they will be placed in heats on the bleachers, marked with spots 6 feet apart, at the entrance of the gym. Heat 1 will be lined up at the doors to start off with, 6 feet apart. Each heat will be lead out individually from the gym across to the pool and placed behind the blocks. After the swimmers swim their event they will do a warm down (10 and under will do a 25, 11 and over will do a 75, depending on the event that they just finished) Once they finish their warm down they will exit the pool at the far end and will re-enter the gym at the far end. They will return immediately to their marked spot in the gym.
 5. Describe precautions being taken in regards to spectator seating. One parent or spectator per family will be allowed at the meet with their swimmer. Parents will be seated on the patio at the far side of the pool. The patio is partially covered by a permanent covering. In the case of rain, pop up tents will be installed on the patio as well for protection. The doors on the far side of the pool will be opened. Parents will be allowed one heat at a time to enter through right patio door, find the marked spot on the floor of the lane that their swimmer is in, stand on marked spot and then exit the pool following their swimmers heat out the far left patio door. Doors will be marked with entrance and exit signs. Volunteers will be posted outside of the doors on the patio to direct flow of spectators into and out of the pool area. Volunteers will make sure that parents are observing social distance. Coaches will be on the bleacher side of the pool. All parents and spectators that are not able to attend the meet will be able to watch the live feed of the session on our Facebook page.
 6. Swimmers must arrive in their suits. Locker rooms will be designated for restroom use only. No changing or showering will be allowed. Locker room and restroom use must comply with all Safesport guidelines.

7. Parents/Guardians will be able to observe and have access to their children in the following manner: outside area, gym, live streaming, etc... Parents will be able to enter the pool only while their swimmer is in the water and then must leave immediately following the race. In the case of an emergency parents will be able to get to their swimmers through the parent volunteers that are located at the front doors. The doors on the far side of the pool will be opened. Parents will be allowed one heat at a time to enter through right patio door, find the marked spot on the floor of the lane that their swimmer is in, stand on marked spot and then exit the pool following their swimmers heat out the far left patio door. Doors will be marked with entrance and exit signs. Volunteers will be posted outside of the doors on the patio to direct flow of spectators into and out of the pool area. Volunteers will make sure that parents are observing social distance. All parents and spectators that are not able to attend the meet will be able to watch the live feed of the session on our Facebook page.
8. Meet Personnel for each session are as follows: list number of timers 7 timers, officials 4 officials, safety marshals (list number and areas of responsibility) 6 safety marshalls (2 behind the blocks, 2 by the bleachers and 2 at end of the pool to keep them moving after event , meet administrators 2 meet directors /announcers 2 announcer/Facebook Live, 3 lifeguards on deck, 3 coaches on deck.
9. Facility Personnel for each session are as follows: list number of lifeguards, custodians, security or any other facility personnel 3 Lifeguards, 6 custodian and other facility
10. There will be a total of 27 Meet Personnel on deck for the meet. According to state and local guidelines, the facility can have a maximum of 90 on deck. This will allow for a maximum of 63 athletes in each session.
11. Describe specific warm up/warm down procedures and athlete limits per lane The facility will allow us 4 swimmers per lane max for each warm-up session. We can have 24 swimmers in the pool for a warm-up. Swimmers will be assigned their warm-up time ahead of time. When they arrive for their warm-up they will be directed to a lane. There will be 3 warm-up sessions prior to the start of the session. Each warm-up will be 15 minutes long, with 5 minutes in between, to allow for the previous group to finish and vacate the pool deck. Swimmers will be asked to not arrive until a designated time close to their warm-up times so that there is not a large number coming in the building all at one time. Swimmers will enter the pool area through the set of doors at the front of the pool on the bleacher side and will exit the pool area from the back set of doors on the bleacher side to go back to gym area.
12. There will be a minimum of 30 minutes in between sessions to allow for full facility evacuation and disinfection.
13. Hospitality for coaches and officials describe the process for maintaining social distancing and limiting numbers gathered in hospitality. We will have the large multipurpose room setup with 5 tables, 4 chairs at each table to allow for seating for 20 people at one to sit and eat and enjoy time off of deck. Tables will be spaced 6 feet apart from each other.

Options for meals could be one of the following:
 - A. boxed meal will be served for lunch or a
 - B. A Food Truck will be onsite for their meal time.
 - C. A \$10.00-\$15.00 Per Diem will be provided for them to leave to get lunch at a local location during the facility disinfection time.
14. Facility staff and team personnel will be on hand to ensure all safety precautions and facility guidelines are followed.

15. If at all possible Coaches and Officials meetings will be held virtually prior to the start of the meet.
16. If vendors will be present, describe how and where they will be set up in compliance with facility numbers. Augusta Swim, along with the concession stand, will be setup outside of the building in tents. These will be in full view of spectators and easily accessible to everyone at the event. In the case of rain Augusta Swim will be moved to the gym with access to them from a side door located at the back of the gym and the concession stand will be in the small ballet room with access to it from the side door at the end of the hall. If able to secure one, a food truck will be located in the front of the building for lunch service.
17. Failure to comply with the submitted COVID-19 Meet Plan could result in the sanction being rescinded and possible denial of future sanctions for a term of not longer than one season (short course or long course).

Facility:

Mount Pleasant Recreation R.L. Jones Pool 391 Egypt Road, Mount Pleasant, SC 29466

Indoor 6-lane 25-yard pool with Competitor non-turbulent lane lines. Spectators may bring chairs to use on the outside patio and grass areas. Chairs, food and coolers are not permitted on the pool deck. Food not permitted in the gymnasium.

The water depth of the competition course is 8 feet measured from one (1) meter to five (5) meters at the starting end of the course and 3.5 feet measured from one (1) meter to five (5) meters at the turn end of the course). Meet information shall include a statement as to the certification status of the competition course. The competition course has not been certified in accordance with 104.2.2C(4).

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

Rules:

1. Meet to be conducted in accordance with the current USA Swimming and SC Swimming Rules and Regulations and information herein.
2. This is a closed meet for South Carolina Swim Club registered swimmers only.
3. The Meet Director reserves the right to adjust the warm-up times & start times.
4. The total number of eligible swimmers per session is set at 60 swimmers. The Meet Director reserves the right to limit events, heats, number of swimmers per team, or to adjust the format to conform with the 4 hour provision for 12 and Under sessions in accordance with Rule 205.3.1 F as well as to conform to the local protocols and requirements established due to Covid-19.
5. In accordance with USA Swimming there will be a designated swimmer area. This area will be clearly marked and is only opened to those swimming in the meet. Parents are not to enter nor sit in this area. Parents will be able to watch the meet from outside on the patio.
6. SWIMWEAR: No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet (effective September 1, 2020).
7. Use of audio or visual recording devices, including a cell phone, is not permitted in changing area, restrooms or locker rooms. Use of these devices is also not allowed behind the starting blocks.
8. Deck changing is prohibited by USA Swimming and South Carolina Swimming. A first offense will result in the disqualification of the offending swimmer from the next scheduled event. The second offense for the same swimmer will result in the disqualification from the remainder of the meet.
- 9.

Athlete Eligibility:

Age is determined by the first day of the meet. This competition is a closed competition open only to South Carolina Swim Club registered athletes. USA Swimming registrations will not be accepted on deck.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Entry Fees:	<p>\$4.00 per individual event \$20.00 pool/facility fee per swimmer. Electronic heat sheet fee is included. \$2.00 SCLSC Travel Fund/Program fee per swimmer \$2.00 SCLSC Sports Development fee per swimmer Make checks payable to SCSC.</p> <p>Swimmers are limited to 3 entries per day. There will be no deck entries permitted. There will be no deck seeded events. There will be no relay entries.</p>
Meet Format:	<ol style="list-style-type: none"> 1. This is a timed finals meet and will be limited to the first 60 swimmers / session. 2. Warm-up procedures: Team lane assignments will be made for each session. All SCLSC and USA Swimming safety guidelines will be enforced. In order for swimmers to warm-up a USA Registered coach must be present. If a coach cannot attend warm-up for his or her team please contact the meet host. 3. All events will be pre-seeded. There will be no positive check-in events. 4. Seeding/Scratches: A swimmer that missed their assigned heat will not be entered into another heat of that event unless circumstances are beyond the swimmer's control as determined by the meet referee and the swimmer may be allowed to swim
Time of Meet:	<p><u>Session 1 – 13&Over Swimmers: Friday, Sept. 25th</u> Warm-up: 4:00 PM; Meet Start 5:00 PM</p>
Entries:	<p>Entries are to be sent to Sports Timing, Inc. Go to www.sportstiming.com, click on upcoming meets and click on the Orange Vs. Blue: Dual in the Pool. Complete the form, upload your entry file and click submit. You will receive an email confirmation. If you need to submit updated entry files, you are able to submit a new form and file. Entry questions can be emailed to meet. support@sportstiming.com.</p> <p>Entries are due by 5:00 PM on Tuesday, September 15th. SC Swimming does not accept deck registrations, all swimmers entered must be registered at time of entry deadline. All swimmers must be registered with SC Swimming. Any out of LSC swimmers participating must be approved by Technical Planning through formal request.</p>
Awards:	No awards given.
Scoring:	The Top 12 places in each event will be scored.
Timing:	Colorado electronic timing system, with touch pads & plungers, will be used. Stop watches will also be used.
Coaches Eligibility:	Coaches must be coach members of USA Swimming and they must have their credentials visible at all times. Coaches meeting will be announced via email prior to meet.
Other Information:	<ol style="list-style-type: none"> 1. Certified officials are welcome to assist with the meet. Please contact Jason Overby at overbyj@cofc.edu. 2. Heat Sheets will be emailed out to all participating swimmers before the meet. We will not have heat sheets available for sale at the meet. <p>*Note: If at all possible Coaches and Officials meetings will be held virtually prior to the start of the meet.</p>

South Carolina Swim Club
2020 Orange vs. Blue: Dual in the Pool
September 25th, 2020

Held under the sanction of USA Swimming issued by SC Swimming:
Sanction Number SC2107SCY

Timeline:

Friday, Sept. 25th

13 & Over Warm-Up: 4:00 PM

13 & Over Meet Start: 5:00 PM

Order of Events

Friday, Sept. 25th Session:

13 & Over Session

Warm-Up: 4:00 PM; Meet Start: 5:00 PM

<u>Girls Event #</u>	<u>Age Group</u>	<u>Event Description</u>	<u>Boys Event #</u>
1	13-14	200 Yard IM	2
3	15-18	200 Yard IM	4
5	13-14	100 Yard Freestyle	6
7	15-18	100 Yard Freestyle	8
9	13-14	100 Yard Butterfly	10
11	15-18	100 Yard Butterfly	12
13	13-14	100 Yard Backstroke	14
15	15-18	100 Yard Backstroke	16
17	13-14	100 Yard Breaststroke	18
19	15-18	100 Yard Breaststroke	20

Orange vs. Blue: Dual in the Pool

September 25th, 2020

RL Jones Pool Mount Pleasant, SC

Held under the sanction of USA Swimming issued by SC Swimming:

Sanction Number: SC2107SCY

Meet Entry Summary Sheet

Total Number of Swimmers _____ x \$2.00 SCLSC Travel/Program Fee = \$ _____
Total Number of Swimmers _____ x \$2.00 SCLSC Sports Development Fee = \$ _____
Total Number of Swimmers _____ x \$20 Facility Fee = \$ _____
Total Number of Swimmers _____ x \$0 Electronic Heat Sheet Fee = \$ _____
Total # Individual Events: _____ x \$4 = \$ _____
Total Fees: = \$ _____

Team: _____ Team Code: _____

Number of coaches at meet: _____

Head Coach: _____

Send e-mail results to: _____

Send Paper copy in lieu of e-mail to: _____

Make Checks Payable To: MPSC Parent Association	
Mail entries to: Mount Pleasant Swim Club -PA PO Box 882 Mount Pleasant, SC 29465-0882 (Please waive signature for overnight deliveries)	
WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the safety rules of USA Swimming and SC Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is further understood that the SC LSC, the South Carolina Swim Club, Park West Pool, and SportsTiming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.	

Signature/Title

Date