



Fort Collins Area Swim Team meet adaptations to comply with state and local public health guidelines

Please read and share with your athletes and their parents

To ensure that we are allowed to continue using our aquatic facilities and host meets we must ensure that all swimmers, coaches and spectators comply with the current Colorado and Larimer County public health guidelines.

Larimer County has a universal mask mandate. That means all swimmers, coaches and spectators **MUST** wear a mask that covers their mouth and nose **at all times** while inside the building. (Swimmers will be instructed when to remove their masks before swimming). FAST is not able to consider exceptions for underlying medical conditions or age. Swimmers unable to wear a mask should not enter this meet and spectators should plan to watch the livestream as they will not be able to enter the building without a mask over their mouth and nose. Swimmers, coaches and spectators will be given one warning if they are not wearing their mask appropriately. After this, they will be removed from the rest of the meet.

Larimer County also has guidelines for social distancing. These guidelines will be explained to swimmers before and at the meet. Spectators are expected to follow posted guidelines regarding where to watch their swimmers inside the building. Spectators are expected to follow printed guidelines as well as guidelines from the Safety Marshall. Failure to comply will result in being asked to leave the building.

Swimmers, coaches or spectators not feeling well should not attend the meet. Any swimmer or spectator who appears unwell may be asked to leave. We expect that any swimmer, coach or spectator that has a known exposure to SARS-CoV 2 will quarantine per CDC guidelines regardless of symptoms.

Our team is excited to put competition back into swimming. Understanding and following these guidelines will allow all our athletes to compete safely.

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 [THE LSC] 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Covid Information

FAST - <https://www.teamunify.com/team/csfcast/page/team-info/covid-19-information>

City of Fort Collins – <https://www.fcgov.com/eps/coronavirus>

Larimer County – <https://www.larimer.org/health/communicable-disease/coronavirus-covid-19>

State of Colorado – <https://covid19.colorado.gov/>

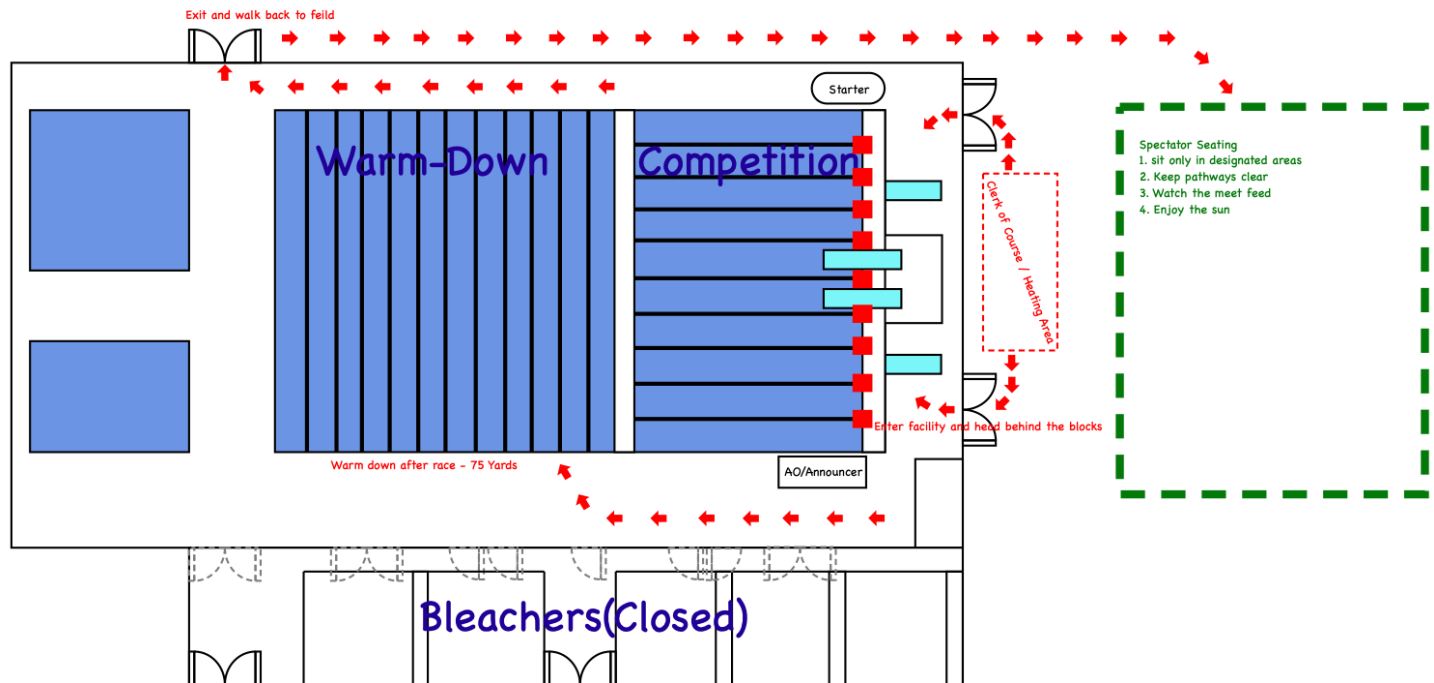
USA Swimming - <https://www.usaswimming.org/home/covid-news>

If a meet participant is experiencing any of the following symptoms they will not be permitted to participate and all entry fees will be refunded.

- Fever
- Cough or shortness of breath
- Runny nose not consistent with allergies
- Sore throat
- Diarrhea, nausea or vomiting
- Unusual fatigue
- New or atypical headache
- Diffuse muscle aches
- Loss of sense of smell

Covid Plan

Meets with no bleachers



Meets with bleacher access

- c. For meets where the stands are open spectators can come and stand along the railing on the East side of the bleachers.
 - i. Standing spaces will be marked.
 - ii. No seating in the bleachers
 - iii. Spectators must move through bleachers as heats finished to give the next group of parents the opportunity
6. Masks are required at all times in the facility. Failure to comply can result in participant removal from the competition.
7. Blocks will be disinfected to City of Fort Collins standards
8. Areas occupied by meet operations personnel and officials will be marked
9. Larimer county signage will be posted
10. Participants must complete all liability waivers required
 - a. CSI -
<https://drive.google.com/file/d/1UJwEjfDuMZ0j8HoFVohpWrOnhY1b3aI2/view?usp=sharing>
11. The meet will be streamed online.
 - a. https://www.youtube.com/channel/UCH_hMXGGlyG5aiRltqPdNGQ/live
12. There will be no concessions
13. There will be no hospitality
 - a. Bagged lunches may be available at some events

Communication

1. Meet information will contain a link to this information sheet
2. Warm-up times and meet start times are distributed Wednesday prior to the swim meet