

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 giving 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 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

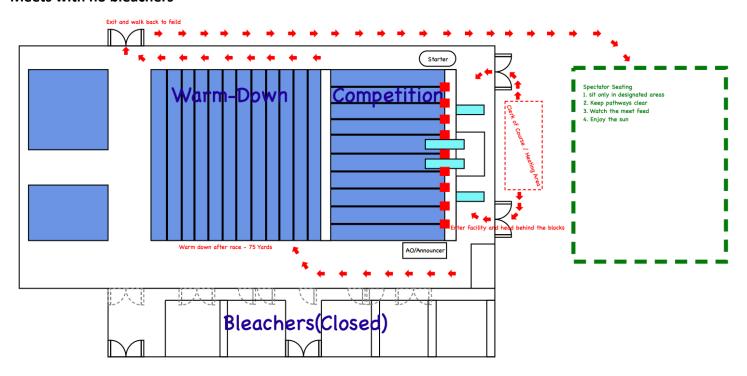
State of Colorado – https://covid19.colorado.gov/
USA Swimming - https://www.usaswimming.org/home/covid-news

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.

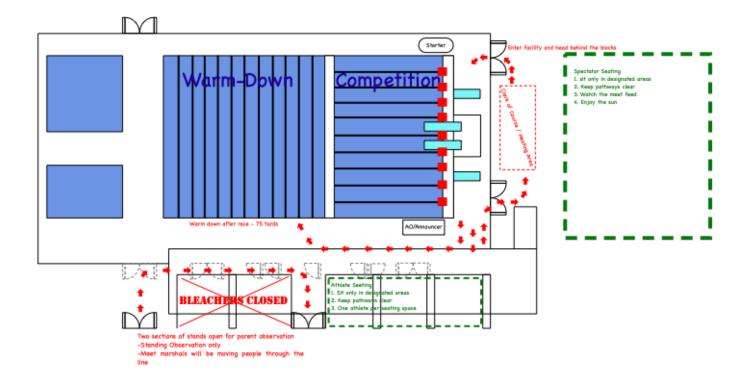
- Fever
- Cough or shortness of breath
- Runny nose not consistent with allergies
- Sore throat
- Diarrhea, nausea or vomiting
- Unusual fatigue
- New or atypical headache
- Diffuse muscle aches
- Loss of sense of smell

Covid Plan

Meets with no bleachers



Meets with bleacher access



- 1. Meet limited to 100 total participants per session
- 2. Pool room will be limited to 150 total people including Swimmers, Coaches, Officials, Meet Operations, Timers, Pool Staff
 - a. Normal pool capacity is 730
 - b. Normal stands capacity is 1200
- 3. Marshals
 - a. Enforce all City and FAST rules
 - b. Have the authority to stop the meet if participants/spectators do not comply.
 - c. Has the authority to notify City and Law enforcement if necessary
 - d. Positions
 - i. Entrances to pool room
 - 1. Make sure participants/spectators/meet personnel have masks
 - 2. Guide participants/spectators/meet personnel to correct position
 - ii. Entrance to pool deck
 - 1. Enforce closed deck policy
 - iii. Entrance to warm-down pool
 - 1. Enforce CSI warm-up procedures
 - 2. Move athletes along as they are finished in the warm-up pool
- 4. Host team must send a current phone list for all participants with their entry. This is for contact tracing purposes.
- 5. No spectators on the pool deck
 - a. Restroom access via the EPIC lobby is available
 - b. Families can set up in the park adjacent to Epic.
 - i. People must "camp" in designated areas
 - ii. Blocking walkways is prohibited
 - iii. Parents will have continuous access to their child in case of emergency
 - iv. Groups must follow all state, county, and city social distancing guidelines.

- 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/1UJwEjfDuMZ0j8HoFVohpWrOnhY1b3al2/view?usp=sharing

- 11. The meet will be streamed online.
 - a. https://www.youtube.com/channel/UCH hMXGGIyG5aiRltgPdNGQ/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