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Swim Meet: **Y State Championship**

LSC: Maine Swimming (MESI)

Host Club: Bangor Y Barracudas

Host Head Coach: Paul Monyok

VISITING TEAMS/COACHES:

MMD - HEAD COACH: Kyle Bauer

TCST - HEAD COACH: Vanessa Williams

Revision Date: April 5, 2021

Sanction Documentation (Return to Competition):

The Bangor Y takes the safety and health of their members very seriously. With that in mind, the Y has implemented a number of protocols to aid in the protection of all its user while complying with local and state rules related to COVID. The following is to accompany the Bangor Y barracudas in execution of sanctioning for a Maine Swimming/USA swimming competition.

- A statement of the local protocols and requirements;
 - The Bangor Y has posted to their website and issued as a memo to all members outlining the COVID protocol including the following;
 - Before coming to the Y, the memo asks the health questions related to symptoms of COVID, if yes to any, the member should not attend.
 - Wear a face covering when entering or in the building.
 - The Bangor Y is taking temperatures at the door of all who enter.
 - All who enter are expected to use hand sanitizer available at the door.
 - Memberships cards are scanned at the front desk upon entering for contact tracing.
 - The memo covers what to do if they feel sick or been around someone who has tested positive, which is stay away until a set of protocols have been met.
 - Members are to adhere to posted signage regarding sanitation and distancing.
 - Coaches, officials, and other meet staff are to use the lobby bathrooms which are cleaned and disinfected on a frequent basis.



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- Athletes use the designated girls and boys bathroom, as needed, and one at a time.
- The Y has announced to members and posted signage that the water fountains are not to be used, However the bottle fill station is still available.
- The plan for spectator ingress and egress;
 - Spectators will not be allowed in the pool area, only essential people, swimmers and volunteers needed to conduct the meet, will be allowed on deck in order to comply with the occupancy restriction.
 - A live internet stream will be used to broadcast the meet, in lieu of in person seating.
 - The meet is planned for the Aloupis pool at the Bangor Y. Swimmers and team volunteers helping with the meet, who are family members of the swimmers, are fully aware of the ingress and egress of the facility. The Bangor Y has already implemented rules to all of its members related to entering and exiting the facility, during the quarantine period earlier this summer.
 - Additional signage will be placed in the facility the day of the meet aid with pedestrian circulation.
 - No concessions stand with snacks for purchase will be offered during the meet.
- The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc. ;
 - The occupancy is in line with the latest recommendations from the Maine CDC. Currently community sports are being limited to 50% of total capacity or 50 people (whichever is greater) within the pool area at one time. For the Bangor Aloupis pool the 50% applies at 72 people on deck.
 - The count includes, one lifeguard, one coach, 6 lane timers, 2 back up timers, one meet referee, one meet starter, the meet director, 3 start and



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turn officials, one admin official, one timing system operator, and swimmers competing that session.

- Swimmers are being kept in rooms off pool deck to reduce numbers on deck. Swimmers will be brought on deck before each race. In other words one heat of swimmers in the pool and one heat of swimmers in an on-deck position.
 - Seating is limited on deck. The facility has built-in bleachers that have seating marked off at 6' intervals. There is additional movable aluminum bleachers sections placed on deck and marked at 6' spacing intervals. No spectator space available at this time.
 - Seating will be provided for timers away from the swimmers. (Six feet behind the blocks. They will remain in or stand near their seat at all times other than to lean over the edge of the pool and get the time. Discussing and writing of the times should occur by the chairs, so that the area near the pool and starting blocks is clear for the athletes.
 - Swimmers have been keeping their belongings with them in lieu of using the locker room. This practice will continue for the meet.
- Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child;
 - BYB is committed to abiding by all Safe sport Code.
 - A live internet stream (FACEBOOK) will be used to broadcast the meet.
 - Parents are allowed and encouraged to volunteer for one of the essential jobs needed to conduct the meet, this includes, timers, official, etc.
 - Communication and Logistics
 - All information is being relayed via email. Head Coach Paul Monyok is working with other meet staff and the facility to make sure everyone stays informed.
 - Any directives related to the meet and its operation will coordinated with the Head Coach Paul Monyok, so that he can make sure all parties are notified.



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- Additional information complimentary to this effort.
 - The meet is scheduled to occur on Sunday, April 11. Warm ups will be between 12:00PM and 1:00PM. The meet will begin at 1:10PM.
 - This is after the conclusion of lap swim and diving practice. The Y is closed to other members on Sunday so there will be no overlap of people during our meet. The Y will not be used by other members for the rest of the day. The lifeguards and aquatic staff will clean and disinfect the pool area between the final member activities and our planned swim meet.
 - The meet has been planned in two sessions to allow for the maximum occupant on pool deck with six foot separation requirement to be met. We have planned the personnel needed to conduct the meet and the allotted swimmers for the sessions and are confident that this setup will be successful. We have reserved the right for additional sessions should the number of participants increase between the writing of this directive and the execution of the meet, or if more stringent restrictions are put into place.
 - There will be a break between the sessions (if multiple sessions are needed) for the first group of swimmers to clear the area and the aquatic staff to clean and sanitize prior to occupancy by a second group of swimmers.
 - All personnel on deck will be required to wear a face covering at all times. All personnel are asked to maintain 6 feet separation whenever feasible.

- An attestation statement in which the meet host attests that the conduct of the meet will adhere to local jurisdictional guidelines.
 - This return to competition plan was prepared by Paul Monyok the BYB Head coach. He will be the individual responsible and all questions should be directed to him. He will be making sure all participants (athletes/volunteers) follow the applicable protocols and he is monitoring for conformance.
 - The Bangor Y is committed to following all guidelines and best management practices for the safety of all.



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Sincerely

Paul Monyok
Head Coach
Bangor Y Barracudas