

GANDER LAKERS SWIM CLUB

Closed Time Trial – May 29th, 2021

Date: Saturday, May 29th, 2021

Location: Joseph R Smallwood Pool
Gander, Newfoundland

Pool: 6 lanes 25 meters, manual timing

Referee: Paul Dwyer

Meet Manager: lakersmeetmanager@outlook.com
Jill Hartle

Officials: ganderlakers@outlook.com
Jill Hartle

Notes:

- This is a closed time trial for Gander Lakers Swimmers only.
- Time Trial will be conducted using the policies laid out in the GLSC Return to Competition document. GLSC Return to Competition document attached.
- The Return to Competition document covers all policy and facility requirements.
- Parents are expected to review the Return to Competition document with all swimmers prior to the Time Trial.
- Parents are expected to complete the updated waiver and Assumption of Risk form and return to the Club Registrar electronically prior to the Time Trial. (Form does not need to be completed if it was submitted prior to our last time trial. Club Registrar will confirm that all participants have form completed prior to the event start time).
- All officials and swimmers are expected to complete the Covid-19 Screening questionnaire (Attached).
- A maximum of 50 individuals (Swimmers/Officials/Coaches and 2 pool staff members) will be permitted due to the spacing restrictions as per indoor Pool Occupancy Restrictions within the NL Public Health Covid-19 Special Measures Order.
- SWIMMING CANADA WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS TIME TRIAL. (<https://www.swimming.ca/content/uploads/2020/08/Swimming-Canada-Competition-Warm-Up-Safety-Procedures-2020.pdf>)
 - PLEASE NOTE: The only equipment allowed at the GLSC Time Trial will be kickboards. This will ensure no excess gear bags on deck. Swimmer must provide their own kickboards as no shared facility equipment will be provided in accordance to the GLSC Return to Swim Policy.

- Swimmers and Coaches must be registered and in good standing (Swimmers with SNL and coaches with SNC)

Events and Seeding

- Swimmers are permitted to enter two events (3rd event will be chosen and swam if time permits)
- All races will be open seeded and results provided by age.
- All races will be timed finals
- Meet manager reserves the right to combine heats and events when numbers warrant.

Health Measures

- It is recommended that swimmers wear swimwear to the pool.
- Non-Medical masks will be worn by all swimmers attending the time trial while in the facility, with the exception of when they are swimming.
- Non-Medical masks will be worn by all Officials and Coaches in the facility.
- There will be no spectators allowed in the facility to view the time trial.

Order of Events (To be confirmed)

- Warm-up at 8:00AM. Two 15 mins warm-ups will take place. Swimmers will be informed of their warm-up time prior to the Time Trial.
- Events will begin at 8:40AM.

200 Free	100 Free	50 Free
200 Back	100 Back	50 Back
200 IM	100 IM	50 Breast
200 Breast	100 Breast	50 Fly
200 Fly	100 Fly	



Covid-19 Screening Questions

1. Have you returned from or arrived from outside of Canada within the last 14 days?
2. Have you returned from interprovincial travel outside of Newfoundland and Labrador in the last 14 days?
3. Have you had close contact with/or cared for someone diagnosed with Covid-19 within the last 14 days?
4. Have you been in close contact with anyone who has travelled outside of Canada and returned within the last 14 days OR have you been in close contact with anyone who was travelled outside of Newfoundland and Labrador in the last 14 days?
5. Are you currently experiencing any of the following:
 - Fever (or signs of a fever, including chills, sweats, muscle aches, lightheadedness)
 - Cough
 - Headache
 - Sore throat
 - Painful swallowing
 - Runny nose
 - Diarrhea
 - Loss of sense of smell or taste
 - Unexplained loss of appetite
 - Small red or purple spots on your hands and/or feet



Gander Lakers Return to Competition

This document provides information for our swimming community; swimmers, parents, coaches, and facility staff to protect everyone from exposure to COVID 19. This document has been drafted based on guidelines provided by Swimming Canada, Government of Newfoundland and Labrador, Swimming NL and the Arts and Culture Center Pool in Gander, Newfoundland. Parents should review this document with their swimmer and direct any question to the head coach before attending the competition.

On a date to be announced, the Gander Lakers Swim Club (GLSC) will host its first Time Trial at the Joseph R. Smallwood Arts and Culture Center pool in Gander, Newfoundland.

It is recommended that non-medical masks (NMM) are worn while in the facility, with the only exemption being for swimmers while they are swim and pass other swimmers in lanes. Individuals will maintain a physical distance of 2 meters at all times while in the facility.

Entry into the facility will follow same procedure as outlined in the original return to swim documents. Swimmers are permitted to use the change rooms, but are encouraged to arrive at the pool wearing their swimsuits. Physical distance must be maintained in the change rooms and while waiting to go out on to the deck. Swimmers must shower before entering the pool area.

Swimmers may bring their swim bags on deck, however no kit bags are permitted on deck. Swimmers are to wait for their events in the designated areas on the pool deck, in areas which will be clearly marked. Club members, who are siblings from the same household, do not need to maintain physical distance from each other while siblings wait in designated areas. However, all individuals, irrespective of whether they are siblings or not, must be included in the count of maximum numbers of individuals permitted on the pool deck. Swimmers must walk around the pool deck in a counter clockwise pattern. Please see attached diagram outlining swimmer resting locations, based on dimensions provided by public health and the Gander Arts and Culture Centre pool. A maximum of 35 individuals are permitted.

Warm ups will be completed based on practice groupings. Platinum and Gold will warm up first, using the entire pool for 20 minutes followed by Silver using 4 lanes for 20 minutes. While Silver is warming up, lanes 5 and 6 will be used as sprint/diving lanes. Silver will be given use of these lanes for last 5-8 minutes of their warm up or as determined by the coaches on the day of the event. There will only be 4 swimmers permitted per lane and swimmers must follow same practice/procedures within the lane to maintain physical distance at lane ends. Platinum should arrive at the pool at 8:40am, Gold at 8:50am and Silver swimmers at 9:00am, to minimize the number of swimmers using the change rooms at any given time. A maximum of 10 swimmers are permitted in the change room at any given time.

There will be 2 officials per lane. One official stands near the water on left hand side of the blocks, while the other stands 6 feet behind the blocks on right hand side. It is recommended that all officials wear face shields (available in advance, if required from the Pool Manager) and non-medical masks at all times while on the pool deck. The starter and referee will stand in their respective places. Please see attached diagram outlining officials locations, based on dimensions provided by public health and the Gander Arts and Culture Centre pool. If approved by Swimming Canada,

Reviewed and Approved by GNL Gander Lakers Return to Competition Plan April 27, 2021

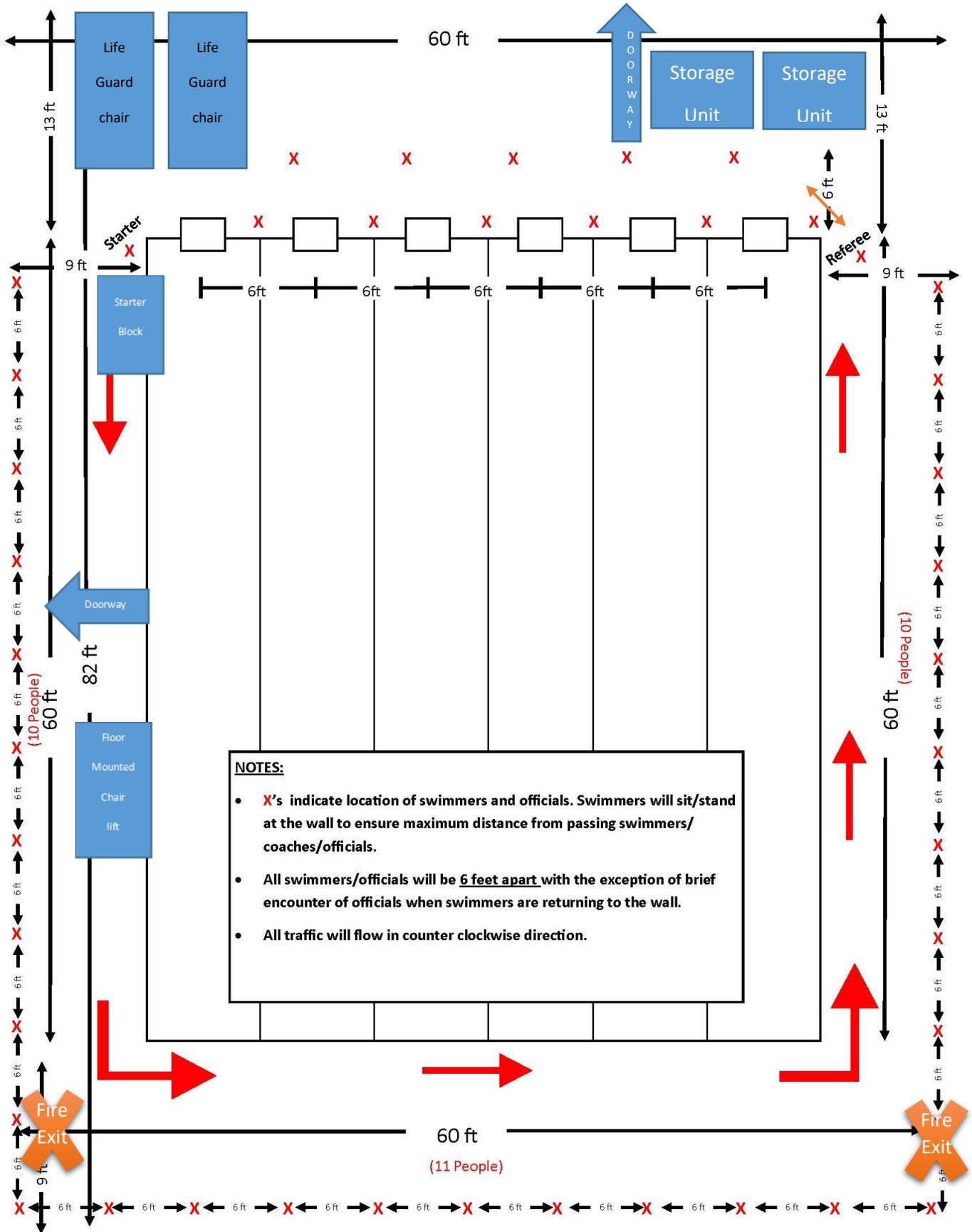
the timing system may be used in place of one official at each lane end. The use of timing system will require adequate time for set up and dismantling and will have to be approved and scheduled by facility management.

Coaches will help swimmers with marshalling for their events and give direction where to wait. There will be no specific marshalling area. Swimmers are to stand along the pool edge, on left hand side of the pool when facing the starting blocks in single file 6 feet apart and in order of lane assignments for their respective event.

Swimmers must bring multiple masks and a large ziploc bag with their name on it. Once it is the swimmers turn to race, they must proceed to the staging/marshalling area behind the officials with their mask on and follow directional instructions provided by the facility. Bring a towel and ziploc bag to the staging area. When it's time to race, the swimmer should remove their mask and place it in their ziploc bag and follow normal racing procedures for starting and racing. Once the race is completed, the following heat will start over the swimmer's head. When the next heat starts, swimmers are to get out of the water on the referee side of the pool, dry their face with their towel and immediately put on their non-medical mask. The swimmer should then return to their swim bag/resting area following directional instructions provided by the facility.

Once a swimmer has completed all their races for the day, the swimmer will proceed to the change room to prepare to leave the facility. This will minimize the number of swimmers using the change room at any given time and help maintain physical distance. Once changed, swimmers should leave the change room, put on outdoor clothing and leave the building.

Reviewed and Approved by GNL Gander Lakers Return to Competition Plan April 27, 2021





Waiver and Assumption of Risk (REVISED JANUARY, 2021)

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal and provincial governments and federal and provincial health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Gander Lakers Swim Club (the "Club") has put in place preventative measures to reduce the spread of COVID-19; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending training and any other Club activities could increase your risk and your child(ren)'s risk of contracting COVID-19.

Swimmer's Name: _____

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Club training and any other Club activities and that such exposure or infection may result in personal injury, illness, permanent disability and death. I understand that the risk of becoming exposed to or infected by COVID-19 during training and any other Club activities may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the Club's employees, volunteers, and swim team members and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at training and any other Club activities. On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Club, its employees, agents, and representatives, of and from the claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in training and any other Club activities.

Dated this ____ day of _____ 2021.

Parent /Guardian Name

Parent/Guardian Signature

Swimmer Signature