

## **MCSL Coaches Invitational Long Course Meet COVID-19 Meet Supplement**

### **Risks and Waiver of Liability**

- By attending or participating in the Montgomery Country Swim League (“MCSL”) Coaches Invitational Long Course Meet you acknowledge the following:
  - An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is a contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
  - Neither MCSL or USA Swimming, Inc., can prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in an MCSL or USA Swimming, Inc. sanctioned meet. It is not possible to prevent against the presence of the disease. Therefore, if you or your child/children choose to participate in the MCSL Coaches Invitational Long Course Meet, you may be exposing yourself and/or your child/children to and/or increasing your/their 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 MCSL, USA SWIMMING, INC., POTOMAC VALLEY SWIMMING AND THE CITY OF ROCKVILLE DEPARTMENT OF RECREATION AND PARKS 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.
  
- We have taken enhanced health and safety measures for all attending this meet; however, we cannot guarantee that you will not become infected with COVID-19. All attending this meet must follow posted instructions and the COVID-19 Protocols included in the MCSL Coaches Invitational Long Course COVID-19 Meet Supplement while in attendance.
  
- By choosing to attend this meet you agree to comply with all health and safety mandates and guidelines of MCSL, USA Swimming, Inc., Potomac Valley Swimming, the State of Maryland, Montgomery County and the MCSL Coaches Invitational Long Course COVID-19 protocols contained herein.

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### **COVID-19 Protocols**

- Participants are not permitted to attend this meet if the answer to any of the below questions is “Yes” and by attending the meet you are attesting that you and your child/children are compliant with this requirement.
  - Do you have a body temperature greater than 100.4 degrees?
  - Are you experiencing any symptoms associated with COVID-19, including, but not limited to, fever, cough, unusual fatigue, headache, nausea, or loss of taste or smell?
  - Have you tested positive for COVID-19, and, if so, have fewer than 10 days elapsed from the date of the positive test result, or have you experienced symptoms in the last 24 hours?
  - Have you been identified as a close contact of anyone who has tested positive for COVID-19, and are you currently subject to quarantine under federal, state or county guidelines?
  
- Locker Room usage should be minimized, and athletes should arrive and depart in their suits, if possible.
  
- The Fitness Pool bathrooms (near the snack bar) and Recreation Pool bathhouse (by the main outdoor entrance) will be available for emergency use.
  
- Meet participants should thoroughly familiarize themselves with the Meet Layout which is available on the Long Course tab of the MCSL website.
  
- Spectators will be allowed at this meet.
  - Dedicated spectator seating is available in the tiered spectator seating area adjacent to the pool deck and standing room for spectators is available on the walkways behind the seating area and on the upper patio behind the Starting Area.
  - If needed, spectators may also utilize the Team Areas that are set aside for athletes and coaches.
  - Due to the number of participants that are expected to attend this meet, it is strongly encouraged that only immediate family members of participating athletes attend the meet and, that upon completion of their events, athletes and their families exit the facility.
  - Spectators will not be allowed on the pool deck.
  
- Meet participants, including athletes, coaches, officials and other volunteers, and spectators are not required to wear face coverings if they are fully vaccinated. However, face coverings are strongly encouraged for those participants that are not fully vaccinated.
  
- If a participant is not fully vaccinated and is not wearing a face covering it is strongly encouraged that, to the extent possible, the participant should remain physically distanced from other meet participants.

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### **COVID-19 Protocols (continued)**

- If an athlete is masked and chooses to wear a mask to the Starting Area, once they are in position behind their lane the athlete must place their mask in a labeled plastic bag and place the bag in one of the face-covering baskets that will be behind each lane.
  - Athletes competing in 100M and 200M events may retrieve their masks from the baskets upon completion of their event.
  - Upon completion of their events, athletes competing in 50M events should wait on the pool deck at the finish end of their event and their masks will be brought to them.
- The Pool Deck will be limited to coaches, athletes, officials, and other volunteers.
- To limit the number of athletes on the pool deck at the start, a clerk of course and heat staging area will be utilized for this meet.
- Shuttle service will be provided during the hours of 4:30pm to 9:30pm from Montgomery College, Rockville Lot 10 to the Swim and Fitness Center. **If you utilize this service masks must be worn while you are on the bus. Disposable masks will be available on the shuttle for riders who do not have their own.**