

Northwest District and Junior District YMCA Swimming Championships

MEET ANNOUNCEMENT

About the Championship

Date: March 19-21, 2021

Location: Kishwaukee Family YMCA

Entry Deadline: Monday, March 8 , 2021

Time Update Deadline: Monday 15, 2021

Hosted by: DCST Big Dogs

Meet Director: Matt Anderson

Entry Chairperson: Joshua Norek

Web Site: www.DCST.org

***SOME ITEMS HAVE BEEN CHANGED DUE TO COVID-19.**

**PLEASE REVERT TO THE ENCLOSED DCST COVID-19 MEET PROTOCOL AS FINAL
AUTHORITY.***

****ALL TIMES AND SESSIONS SUBJECT TO CHANGE BASED ON ENTRIES
RECEIVED****



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

March 19-21, 2021

ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the [ISI] of USA Swimming.

YMCA Sanction number: TBA

USA-S/[IL] Approval number TBA

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet.

WARM-UP SCHEDULE

<u>DAY</u>	<u>12 and under</u>	<u>21 and under</u>
Friday		Warm-ups will start at 5:00 p.m. and end at 5:45 p.m. The 1st heat will start at 6:00 p.m.
Saturday	Warm - ups will start at 6:00 a.m. There will be four twenty minute warm-up sessions. Parade will start at 7:40 a.m. and the meet will start at 8:00 a.m.	Warm-ups TBD but not before 11:45 a.m. There will be three twenty five minute warm-up sessions and the meet will start not before 1:30 p.m.
Sunday	Warm - ups will start at 6:00 a.m. There will be four twenty minute warm-up sessions. The meet will start at 7:45 a.m.	Warm-ups TBD but not before 11:15 a.m. There will be three twenty five minute warm-up sessions and the meet will start not before 1:15 p.m.



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LOCATION AND FACILITY

Location: Kishwaukee Family YMCA, 2500 Bethany Rd, Sycamore, Illinois 60178

District Coordinator Emergency Phone Number: 815-252-4658

The Kishwaukee YMCA has an 8 lane 25 yard competition pool with starting blocks in 7 feet of water at both ends. There will be some 25-yard lanes available in an additional pool for warm-up and warm-down during the meet. The facility uses non-turbulent lane lines with a fully automatic Colorado timing system. The meet will be run using Hy-Tek's Meet Manager.

The YMCA Therapy pool will be used as a warm up pool with 2 lanes that are 25 yards in length. No diving will be allowed in this pool. This pool will be used as a warm up or warm down pool before or after meet events.

Spectator seating is at pool deck level and has a seating capacity of 700. Swimmers WILL NOT be allowed in the spectator area during the meet. Spectator chairs WILL NOT be allowed in the pool area. Spectators WILL NOT be allowed to save seats and should vacate the spectator area when their swimmer is done so others can come in to watch their swimmer. Spectators will not be allowed to stand in the doorways and will not be allowed in the locker rooms during the meet.

WEB SITE

Meet Information can be found at: www.DCST.org under the DCST Hosted Meet tab

Online Meet Results: Meet Mobile will be used for results

CONTACT INFORMATION

Meet Director: Matt Anderson: Manderson@kishymca.org - 815-375-5399

Entry Chairperson: Joshua Norek: Jnorek@kishymca.org - 815-375-5399

Meet Referee: Sharon Anderson

Administrative Official: Paula Hastings

Officials Coordinator: Paula Hastings

Safety Director: Thomas Slater



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MEET TIMELINE:

DAY	DATE	EVENT	TIME	
PRE MEET IMPORTANT DATES AND TIMES				
Wed.	2/17/2021	Entries open	Noon	
Mon.	3/8/2021	Entries due	Noon	
Mon.	3/15/2021	Time update due	Noon	
Mon.	3/15/2021	Psych Sheet posted	8:00 p.m.	
Tues.	3/16/2021	Scratch deadline	6:00 p.m.	
Wed.	3/17/2021	Warm-up and Timing Assignments posted	8:00 p.m.	
Wed.	3/17/2021	Heat sheet posted	8:00 p.m.	
MEET DAY ONE				
Fri.	3/19/2021	Warm-ups for the 1650 free	5:00 - 5:45 p.m.	F
Fri.	3/19/2021	Officials meeting	5:30 p.m.	R
Fri.	3/19/2021	Timers meeting	5:45 p.m.	I
Fri.	3/19/2021	Session 1 starts	6:00 p.m.	
Fri.	3/19/2021	Session 1 ends (approx.)	7:20 p.m.	



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MEET DAY TWO – SESSION 2				
Sat.	3/20/2021	Warm-ups AM session 2	6:00 - 7:20 a.m.	S
Sat.	3/20/2021	8 and under dives	7:25 - 7:35 a.m.	A
Sat.	3/20/2021	Additional scratches and relay sheets are due	7:00 a.m.	T
Sat.	3/20/2021	Officials meeting	7:00 a.m.	
Sat.	3/20/2021	Coaches meeting	7:15 a.m.	A
Sat.	3/20/2021	Timers meeting	7:30 a.m.	M
Sat.	3/20/2021	Parade of Athletes	7:40 - 7:55 a.m.	
Sat.	3/20/2021	National Anthem	7:55 a.m.	
Sat.	3/20/2021	Session 2 starts	8:00 a.m.	
Sat.	3/20/2021	Session 2 ends (approx.)	11:45 a.m.	
MEET DAY TWO – SESSION 3				
Sat.	3/20/2021	Warm-ups for PM session 3	11:50 - 1:20 p.m.	S
Sat.	3/20/2021	Additional scratches and relay sheets are due	12:15 p.m.	A
Sat.	3/20/2021	Officials meeting	12:30 p.m.	T
Sat.	3/20/2021	Timers meeting	1:00 p.m.	
Sat.	3/20/2021	Pledge	1:30 p.m.	P
Sat.	3/20/2021	Session 3 starts	1:40 p.m.	M
Sat.	3/20/2021	Session 3 ends (approx)	6:00 p.m.	



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MEET DAY THREE – SESSION 4				
Sun.	3/21/2021	Warm-ups AM session 4	6:00 - 7:20 a.m.	
Sun.	3/21/2021	8 and under dives	7:25 - 7:35 a.m.	S
Sun.	3/21/2021	Additional scratches and relay sheets are due	7:00 a.m.	U
Sun.	3/21/2021	Officials meeting	7:00 a.m.	N
Sun.	3/21/2021	Timers meeting	7:30 a.m.	
Sun.	3/21/2021	National Anthem	7:40 a.m.	A
Sun.	3/21/2021	Session 4 starts	7:45 a.m.	M
Sun.	3/21/2021	Session 4 ends (approx.)	11:00 p.m.	
Sun.	3/21/2021	Awards presentations	11:15 p.m.	
MEET DAY THREE – SESSION 5				
Sun.	3/21/2021	Warm-ups for PM session 5	11:15 - 12:45 p.m.	
Sun.	3/21/2021	Additional scratches and relay sheets are due	11:45 a.m.	S
Sun.	3/21/2021	Officials meeting	12:00 p.m.	U
Sun.	3/21/2021	Timers meeting	12:30 p.m.	N
Sun.	3/21/2021	Senior Recognition	12:55 p.m.	
Sun.	3/21/2021	Pledge	1:15 p.m.	P
Sun.	3/21/2021	Session 5 starts	1:20 p.m.	M
Sun.	3/21/2021	Session 5 ends (approx.)	6:10 p.m.	
Sun.	3/21/2021	Awards Presentations	6:25 p.m.	



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ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete must be at least five (5) years of age, and not older than twenty-one (21) years of age on the first day of the Meet. A swimmers age on March 19, 2021 will determine their age for the rest of the meet.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.



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Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

COVID-19 An inherent risk of exposure to COVID-19 exists in any public place where people are present COVID-19 is an extremely 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. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND ILLINOIS SWIMMING 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.

ENTRY INFORMATION

ENTRY LIMITS:

Entry limits by age : 10 and under – 5 individual events for the meet.

11 to 21– 3 individual events per day (6 total)



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QUALIFICATION PERIOD: Due the nature of the 2020-21 season we will honor qualifying times regardless of when they were achieved.

USA-S IDs : Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard: Appendix 1.

TIMES:. No Times (NT) are not allowed in any District event, NT entry is allowed in Junior Districts only. Submit entry times in SCY, no conversions. Entered times should be the swimmer's BEST time achieved during the qualifying period. Swimmers, ages 12 and younger, entering an individual event with no time standard (14 and over events) must have achieved the 12 and under qualifying time in the longest distance of that stroke offered in the meet in order to be allowed to enter this event.

ENTRY FEES: \$4.50 per individual event, \$18 per relay entry, and a swimmer surcharge of \$2 (Max surcharge of \$24 per family). ALL officials and coaches will have a wristband for admission on to the deck. These will be in the Coaches packet received by the Head Coach.

OTHER : Each team will fill out the sheet that will list their graduating seniors who will be recognized on Sunday, March 21st before the p.m. session (session 5) starts. This will be held on the sports court.

ENTRY DEADLINE: ALL entries will be due by 9:00 a.m. on Monday, March 8 to the Entry Chairperson. Time update due Monday March 15 by Noon. ALL scratches will be due by Tuesday, March 16 by noon (12:00 p.m.) to the Entry Chairperson.

ENTRY PROCEDURE: ALL entries are to be submitted on the meet event file, that will be sent to each team's Head Coach, from the meet host. These should be sent to Jnorek@Kishymca.org

E-mail or mail the following by Monday, March 8th : Team summary, release form, entry fees, and the USA membership roster from the team portal for those teams who have swimmers registered with US Swimming.

ENTRY CHECKLIST:

1. Files e-mailed to entry chair by Monday, March 8th by 12 P.M.
2. Team Summary, Release Form, and USS paperwork .
3. Entry fees and swimmer surcharge payments.



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PAYMENT: Payment will be accepted by check, from the YMCA sending the check, or by credit card (from a YMCA corporate account) for the full amount. Checks should be made out to DCST and in the note section write "Swim Team". Send to Kishwaukee Family YMCA attention: Joshua Norek, 2500 Bethany Rd, Sycamore, IL 60178.

OVER-SUBSCRIPTION: If an athlete is entered in too many events, and the coach does not scratch them, by the scratch deadline, they will be scratched from their last event(s) until the correct number is reached.

The psych sheet will be posted (and sent) by 8 p.m. on Monday, March 15th on the host website. Scratches will be due by 6:00 p.m. on Tuesday, March 16th. Scratches must be e-mailed to the entry chair and must include the following information:

1. Swim Team information: Team name, team code, Coach
2. Swimmer info: Full name (last,first, MI), event #, name and time.
3. Name and club position of person submitting the scratches.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS : There will be a need for both YMCA Level I and Level II as well as Administrative Officials for all three (3) days of the meet. All officials are strongly encouraged to sign up for the meet.

Questions about officiating at the meet should be directed to Paula Hastings.

SIGN-UP PROCEDURE: Officials wishing to work the meet should contact Paula Hastings.

All other volunteers and timers should report to their positions as indicated. This is handled by each team once they find out their responsibilities.

BACKGROUND CHECK POLICY: Only individuals with the proper "meet credentials" will be allowed access to the deck.

ATTIRE: This will be communicated to all officials, by the Meet Referee, at a later date.



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CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Teams will be directed to their team area in the YMCA facility. All officials will be directed to the pool area as will the coaches. The host Head Coach will provide each Head Coach a team packet that will contain heat sheets, check-in sheets, etc.

EVENT CHECK-IN: All swimmers will report to the bullpen.

COACHES MEETING/SCRATCH MEETING: There will be a Coaches meeting on Saturday morning, March 20th at 7:15 a.m. This will occur before the event starts. This will be the only Coaches meeting unless something comes up warranting another meeting. If this occurs teams will be contacted personally.

OFFICIALS AND TIMERS MEETING: There will be an Officials meeting at least 30 minutes prior to the start of every session. There will be a timers meeting at least 15 minutes prior to the start of every session.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, and 3 coaches chosen at the Coaches meeting.

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed Finals format. Swimmer's age will be determined as of the first day of the meet, March 19, 2021.

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events: the 21 and under 1650 freestyle which will be swum fastest to slowest starting with the girls fastest heat and alternating genders to the conclusion. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start



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counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a “no show”) shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

Teams are only allowed to warm up during the times designated for their team and in the lanes assigned to that team.

STARTS: All swimmers should exit the water immediately following their race. No fly over starts.

SWIM-OFFS: There will be no swim-offs as this is a Timed Final event. In case of a tie the points will be split between the two teams that are affected.

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on Meet Mobile, in designated areas throughout the Y, and the final results will be sent to each Head Coach, along with a backup, within 24 hours after the conclusion of the meet.

PROTEST PROCEDURE: Protests may only be initiated by a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee’s decisions will be final (USA-S Rule 102.23).



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CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass and food are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands
- Shaving is not permitted in any areas of the facility.
- Only coaches, officials, and workers with the proper credentials will be allowed on the pool deck. All swimmers are to be in their designated team area unless they are talking to their coach after the conclusion of their race or are getting ready for the race that is being competed.
- ALL YMCA offices and the Fitness Center are off limits to everyone except for YMCA employees and DCST Meet workers.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- See attached COVID-19 protocol (page 26-34)



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AWARDS AND RECOGNITION

SCORING: The 16 place scoring system will be used for both individual and relay events.

SCORING BY PLACE															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
INDIVIDUAL EVENT SCORING															
20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
RELAY EVENT SCORING															
40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Junior District events will not be scored.

AWARDS:

District Awards (1st-8th). The top 8 in ALL events will be presented on the awards podium. **District Awards (9th-16th) and Junior District Awards (1st-16th)** these awards will be placed in a team container and picked up by the team coach or representative at the conclusion of the meet. NO unclaimed awards will be mailed out by the host team.

Team awards will be given to the top 3 teams combined, the top 3 girl's teams, the top 3 boy's teams, and the top 3 teams in each of the individual age categories. These will be handed out at the conclusion of the Sunday sessions.

RECOGNITIONS: Senior recognition will be on Sunday, March 21 between the conclusion of warm ups and the start of session 5. This event will take place in the sports court.

SPECTATORS

ADMISSION FEE: None. Covered in the swimmer surcharge

*COVID ADDENDUM: There will be no spectators allowed on deck. The meet will be streamed via YouTube and the link will be provided prior to the start of the meet.

- Teams will be assigned a POD in the sports court.



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- Only 1 parent/guardian is allowed per swimmer. That person must remain in the POD for the duration of the meet. When a swimmer is not in the bullpen or swimming they are to remain in the POD. No additional family including siblings not swimming in the session is allowed.
 - Siblings who are not swimming in the session are not allowed to “stay over or come early” outside their session. We know this does make it a little complicated for families with multiple swimmers in different sessions, but we are held to a very strict number of individuals allowed in the facility at this time.

HEAT SHEETS/PROGRAMS: These will be posted around the facility and available for spectators to print off on their own. They will be sent to each YMCA early enough so that people may do this.

CONCESSION STAND: A concession stand will be open from 6:00 a.m. to 5:00 p.m. on Saturday and Sunday of the meet.

LOST AND FOUND: Front Desk.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck, unless working and wearing the proper credentials.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- ALL YMCA offices and the Fitness Center will be off-limits.
- Small coolers may be brought into a teams designated team area ONLY.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/[IL] approval, it is understood and agreed that USA Swimming and Illinois Swimming shall be free and held harmless from any



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liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- There will be a meet declaration sent to each team ahead of time. This form must be filled out entirely and presented to the Safety Coordinator before teams will be allowed to compete.

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athletes must be evaluated by a licensed healthcare professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.



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LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

EVACUATION PROCEDURE: At the direction of the lifeguards and safety staff present at the meet



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS March 19-21, 2021

DIRECTIONS

From the South, East or West Exit I – 88 at the Peace Road Exit. Take Peace Road North to Bethany Road West (or left). The YMCA is located about a mile and a half down on your left. The address of the YMCA is 2500 Bethany Road, Sycamore, IL 60178. The phone number of the YMCA is (815) 756 – 9577.

From the North Take 23 South to Bethany Road West (or right). The YMCA is located on your left. The address of the YMCA is 2500 Bethany Road, Sycamore, IL 60178. The phone number of the YMCA is (815) 756 – 9577

LODGING

Country Inn & Suites

1450 S. Peace Road
Sycamore, IL 60178
815 – 895 – 8686

www.countryinns.com

Holiday Inn Express

1935 DeKalb Ave.
Sycamore, IL 60178
815 – 748 – 7400

www.hiexpress.com

Quality Inn

1475 S. Peace Road
Sycamore, IL 60178
815 – 895 - 4979

www.choicehotels.com

Baymont Inn & Suites

1314 W. Lincoln Hwy
DeKalb, IL 60115
815 – 748 – 7100

www.baymontinns.com

Hampton Inn

663 S. Annie Glidden Road
DeKalb, IL 60115
815 – 748 - 4323

www.hampton.com

PARKING

Parking is available in the YMCA parking lot and along Health Services Drive. Do not park in the parking lots of other businesses adjacent to the YMCA. Individuals parking in lots not designated for the swim meet will be towed.



**NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA
SWIMMING CHAMPIONSHIPS
March 19-21, 2021**

APPENDIX 1: ORDER OF EVENTS

Friday, March 19, 2021 - Session 1			
<u>GIRLS EVENT #</u>	<u>DIST. / JR. DIST.</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
101	District	21 and under 1650 freestyle	102



**NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA
SWIMMING CHAMPIONSHIPS
March 19-21, 2021**

Saturday, March 20, 2021 - Session 2

<u>GIRLS EVENT</u>	<u>DIST. /</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
#	JR. DIST.		
	Jr. District	12 and under 200 yard IM	201
	District	12 and under 200 yard IM	202
203	Jr. District	10 and under 200 yard freestyle	204
205	District	10 and under 200 yard freestyle	206
207	Jr. District	6 and under 25 yard backstroke	208
209	Jr. District	8 and under 25 yard backstroke	210
211	District	8 and under 25 yard backstroke	212
	Jr. District	12 and under 50 yard backstroke	213
	District	12 and under 50 yard backstroke	214
215	Jr. District	10 and under 50 yard backstroke	216
217	District	10 and under 50 yard backstroke	218
219	Jr. District	8 and under 100 yard IM	220
221	District	8 and under 100 yard IM	222
	Jr. District	12 and under 100 yard freestyle	223
	District	12 and under 100 yard freestyle	224
225	Jr. District	10 and under 100 yard IM	226
227	District	10 and under 100 yard IM	228
229	Jr. District	6 and under 25 yard freestyle	230
231	Jr. District	8 and under 25 yard freestyle	232
233	District	8 and under 25 yard freestyle	234
	Jr. District	12 and under 50 yard butterfly	235
	District	12 and under 50 yard butterfly	236
237	Jr. District	10 and under 50 yard freestyle	238
239	District	10 and under 50 yard freestyle	240
241	District	8 and under 100 yard Medley Relay	242
	District	12 and under 200 yard Medley Relay	243
244	District	10 and under 200 yard Medley Relay	245
	District	12 and under 100 yard breaststroke	246



**NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA
SWIMMING CHAMPIONSHIPS
March 19-21, 2021**

Saturday, March 20, 2021 - Session 3

<u>GIRLS EVENT #</u>	<u>DIST. / JR. DIST.</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
301	District	21 and under 400 yard Freestyle Relay	302
303	Jr. District	12 and under 200 yard IM	
304	District	12 and under 200 yard IM	
305	District	21 and under 400 yard IM	306
307	Jr. District	12 and under 50 yard backstroke	
308	District	12 and under 50 yard backstroke	
309	District	14 and under 100 yard freestyle	310
311	District	21 and under 100 yard freestyle	312
313	Jr. District	12 and under 100 yard freestyle	
314	District	12 and under 100 yard freestyle	
315	District	21 and under 200 yard backstroke	316
317	District	14 and under 100 yard breaststroke	318
319	District	21 and under 100 yard breaststroke	320
321	District	12 and under 200 yard Medley Relay	
322	District	14 and under 100 Medley Relay	323
324	District	21 and under 200 yard Medley Relay	325
326	Jr. District	12 and under 50 yard butterfly	
327	District	12 and under 50 yard butterfly	
328	District	14 and under 100 yard butterfly	329
330	District	21 and under 100 yard butterfly	331
332	District	12 and under 100 breaststroke	
333	District	14 and under 200 yard freestyle	334
335	District	21 and under 200 yard freestyle	336



**NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA
SWIMMING CHAMPIONSHIPS
March 19-21, 2021**

Sunday, March 21, 2021 - Session 4

<u>GIRLS EVENT #</u>	<u>DIST. / JR. DIST.</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
	Jr. District	12 and under 200 yard freestyle	401
	District	12 and under 200 yard freestyle	402
403	Jr. District	10 and under 200 yard IM	404
405	District	10 and under 200 yard IM	406
407	Jr. District	6 and under 50 yard freestyle	408
409	Jr. District	8 and under 50 yard freestyle	410
411	District	8 and under 50 yard freestyle	412
	Jr. District	12 and under 50 yard freestyle	413
	District	12 and under 50 yard freestyle	414
415	Jr. District	10 and under 100 yard freestyle	416
417	District	10 and under 100 yard freestyle	418
419	Jr. District	6 and under 25 yard butterfly	420
421	Jr. District	8 and under 25 yard butterfly	422
423	District	8 and under 25 yard butterfly	424
	District	12 and under 100 yard butterfly	425
426	Jr. District	10 and under 50 yard butterfly	427
428	District	10 and under 50 yard butterfly	429
430	Jr. District	6 and under 25 yard breaststroke	431
432	Jr. District	8 and under 25 yard breaststroke	433
434	District	8 and under 25 yard breaststroke	435
	Jr. District	12 and under 50 yard breaststroke	436
	District	12 and under 50 yard breaststroke	437
438	Jr. District	10 and under 50 yard breaststroke	439
440	District	10 and under 50 yard breaststroke	441
442	District	8 and under 100 yard Freestyle Relay	443
	District	12 and under 200 Freestyle Relay	444
445	District	10 and under 200 yard Freestyle Relay	446
	District	12 and under 100 yard backstroke	447



**NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA
SWIMMING CHAMPIONSHIPS
March 19-21, 2021**

Sunday, March 21, 2021 - Session 5

<u>GIRLS EVENT #</u>	<u>DIST. / JR. DIST.</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>
501	District	21 and under 400 yard Medley Relay	502
503	Jr. District	12 and under 200 yard freestyle	
504	District	12 and under 200 yard freestyle	
505	District	21 and under 100 yard backstroke	506
507	District	14 and under 100 yard backstroke	508
509	District	21 and under 200 yard butterfly	510
511	Jr. District	12 and under 50 yard freestyle	
512	District	12 and under 50 yard freestyle	
513	District	14 and under 50 yard freestyle	514
515	District	21 and under 50 yard freestyle	516
517	District	12 and under 100 yard butterfly	
518	District	21 and under 200 yard Freestyle Relay	519
520	District	14 and under 200 Freestyle Relay	521
522	District	12 and under 200 yard Freestyle Relay	
523	District	21 and under 200 yard breaststroke	524
525	Jr. District	12 and under 50 yard breaststroke	
526	District	12 and under 50 yard breaststroke	
527	District	14 and under 200 yard IM	528
529	District	21 and under 200 yard IM	530
531	District	12 and under 100 yard backstroke	
532	District	14 and under 500 yard freestyle	533
534	District	21 and under 500 yard freestyle	535



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS March 19-21, 2021

APPENDIX 2: YMCA Time Standards



2019 NORTHWEST DISTRICT, IL YMCA STATE, AND YMCA NATIONAL TIME STANDARDS 25 Yard Course

GIRLS			BOYS			
Y STATE	NW DISTRICT	8 & UNDER	NW DISTRICT	Y STATE		
0:18.09	0:21.79	25 Freestyle	0:21.99	0:18.29		
0:41.29	0:51.69	50 Freestyle	0:51.49	0:41.19		
0:21.89	0:26.29	25 Backstroke	0:26.59	0:22.09		
0:25.39	0:31.79	25 Breaststroke	0:32.29	0:25.79		
0:21.59	0:26.99	25 Butterfly	0:27.99	0:22.39		
1:48.49	2:15.69	100 Individual Medley	2:15.19	1:48.09		
1:20.29	One Team	100 Freestyle Relay	One Team	1:34.69		
1:34.09	One Team	100 Medley Relay	One Team	1:48.69		
Y STATE	NW DISTRICT	10 & UNDER	NW DISTRICT	Y STATE		
0:33.49	0:38.59	50 Freestyle	0:38.49	0:33.39		
1:15.49	1:30.59	100 Freestyle	1:30.19	1:15.09		
2:51.29	3:25.59	200 Freestyle	3:25.99	2:51.59		
0:39.39	0:45.39	50 Backstroke	0:45.49	0:39.49		
0:44.89	0:53.89	50 Breaststroke	0:55.49	0:46.19		
0:38.89	0:46.69	50 Butterfly	0:47.69	0:39.69		
1:26.49	1:43.79	100 Individual Medley	1:44.79	1:27.29		
3:16.39	3:55.69	200 Individual Medley	4:01.99	3:21.59		
2:25.59	One Team	200 Freestyle Relay	One Team	2:34.69		
2:48.09	One Team	200 Medley Relay	One Team	2:54.39		
Y NATS	Y STATE	NW DISTRICT	12 & UNDER	NW DISTRICT	Y STATE	Y NATS
0:24.69	0:28.99	0:33.39	50 Freestyle	0:33.39	0:28.99	0:22.09
0:53.39	1:04.29	1:17.19	100 Freestyle	1:17.69	1:04.69	0:48.19
1:55.69	2:23.19	2:51.89	200 Freestyle	2:52.09	2:23.39	1:45.39
5:07.69	6:19.09	7:34.99	500 Freestyle	7:42.29	6:25.19	4:45.49
-	0:34.19	0:39.39	50 Backstroke	0:39.79	0:34.59	-
0:59.29	1:15.39	1:30.49	100 Backstroke	1:30.89	1:15.69	0:53.99
-	0:39.19	0:47.09	50 Breaststroke	0:47.29	0:39.39	-
1:07.89	1:25.89	1:43.07	100 Breaststroke	1:44.39	1:26.99	1:00.99
-	0:32.79	0:39.39	50 Butterfly	0:39.99	0:33.29	-
0:58.79	1:17.79	1:33.39	100 Butterfly	1:34.79	1:18.99	0:52.99
2:10.19	2:42.89	3:15.49	200 Individual Medley	3:17.79	2:44.79	1:57.99
1:39.69	2:08.99	One Team	200 Freestyle Relay	One Team	2:12.19	1:29.49
1:50.99	2:25.09	One Team	200 Medley Relay	One Team	2:30.09	1:39.99
Y NATS	Y STATE	NW DISTRICT	14 & UNDER	Y STATE	Y NATS	
0:24.69	0:27.19	0:26.19	50 Freestyle	0:25.79	0:22.09	
0:53.39	0:59.39	0:56.99	100 Freestyle	0:56.89	0:48.19	
1:55.69	2:10.09	2:10.09	200 Freestyle	2:06.19	1:45.39	
5:07.69	5:54.19	5:54.19	500 Freestyle	5:49.29	4:45.49	
0:59.29	1:08.39	1:08.39	100 Backstroke	1:06.49	0:53.99	
1:07.89	1:18.89	1:18.89	100 Breaststroke	1:16.09	1:00.99	
0:58.79	1:08.39	1:08.39	100 Butterfly	1:06.79	0:52.99	
2:10.19	2:27.59	2:27.59	200 Individual Medley	2:24.39	1:57.99	
1:39.69	2:00.99	2:00.99	200 Freestyle Relay	1:59.19	1:29.49	
1:50.99	2:17.19	2:17.19	200 Medley Relay	2:19.89	1:39.99	
Y NATS	Y STATE	NW DISTRICT	21 & UNDER	Y STATE	Y NATS	
0:24.69	0:26.19	0:26.19	50 Freestyle	0:23.39	0:22.09	
0:53.39	0:56.99	0:56.99	100 Freestyle	0:51.19	0:48.19	
1:55.69	2:04.49	2:04.49	200 Freestyle	1:54.69	1:45.39	
5:07.69	5:39.99	5:39.99	500 Freestyle	5:19.59	4:45.49	
0:59.29	1:04.99	1:04.99	100 Backstroke	0:59.99	0:53.99	
2:07.49	2:19.19	2:19.19	200 Backstroke	2:12.19	1:56.59	
1:07.89	1:15.59	1:15.59	100 Breaststroke	1:08.09	1:00.99	
2:27.59	2:41.99	2:41.99	200 Breaststroke	2:32.69	2:12.99	
0:58.79	1:04.49	1:04.49	100 Butterfly	0:58.49	0:52.99	
2:10.19	2:28.19	2:28.19	200 Butterfly	2:21.59	1:58.19	
2:10.19	2:22.29	2:22.29	200 Individual Medley	2:10.49	1:57.99	
4:36.59	5:03.49	5:03.49	400 Individual Medley	4:50.39	4:14.99	
1:39.69	1:55.99	1:55.99	200 Freestyle Relay	1:44.29	1:29.49	
3:35.59	4:40.19	4:40.19	400 Freestyle Relay	4:19.69	3:13.89	
1:50.99	2:12.99	2:12.99	200 Medley Relay	2:00.29	1:39.99	



**NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA
SWIMMING CHAMPIONSHIPS
March 19-21, 2021**

APPENDIX 3: YMCA Sanctioned Meet Declaration Form

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2021 Northwest District and Junior District YMCA Swimming Championships.

Meet Date(s): March 19 – 21, 2021

Meet Host: Kishwaukee Family YMCA

Meet Location: 2500 Bethany Rd., Sycamore, Illinois 60178

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2021 Northwest District and Junior District YMCA Swimming Championships for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2021 Northwest District and Junior District YMCA Swimming Championships.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the Illinois Valley YMCA their agents, representatives or assigns, and for any and all injuries which may be suffered by participants at the 2021 Northwest District and Junior District YMCA Swimming Championships. Furthermore, we understand that the Kishwaukee YMCA is not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS March 19-21, 2021



DEKALB COUNTY SWIM TEAM RETURN TO COMPETITION PLAN KISHWAUKEE YMCA October 9, 2020

OPENING STATEMENT

In an effort to control the spread of Covid-19, USA Swimming and the state of Illinois suspended all competitions from mid-March to end of July. The Kishwaukee YMCA was closed throughout this time until the state of Illinois reached Phase IV of the reopening plan set forth by Governor JB Pritzker. At that time Kishwaukee YMCA reopened its doors to the public and to the Dekalb County Swim Team with guidelines based to stop the spread of Covid-19. The Dekalb County Swim Team has adhered to these guidelines and has had success with allowing our athletes to get back in the water. Now, it is with great joy that the state of Illinois and USA swimming has approved the ability for us to allow competitions to take place.

With the ability to add competition to the upcoming winter schedule, DCST will continue to follow all guidelines set by USA swimming and the YMCA. Our first priority is to the safety to our athletes, the family of our athletes, coaches, staff and the YMCA members who may be attending meets at the YMCA. We will do our part to be socially responsible, as we are still in the midst of a pandemic.

For these meets, we will work with all YMCA, CDC and Illinois state guidelines. In the following pages, we will lay out how we are going to be accomplishing that. However, this is a work in progress and changes may be made after every intra-squad, dual or USA meet that the Dekalb County Swim Team puts on. Plus, the policies from the state, USA swimming and CDC may cause us to change the protocols of the meets throughout the season. Even with all that, we promise to adjust to make our competitions safe, fun and enjoyable to all who attend.

We thank you in advance for your patience and your ability to adapt to the new norm of being able to put on competitions at the Kishwaukee YMCA.



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

March 19-21, 2021

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DEKALB COUNTY SWIM TEAM RETURN TO COMPETITION PLAN

KISHWAUKEE YMCA
October 9, 2020

GENERAL SAFETY GUIDELINES

There are three main recommendations to reduce the risk of Covid-19: social distancing, face masks and frequent hand washing. These and additional measures are in effect at the Kishwaukee YMCA. Here are examples on how we are accomplishing them.

- **Screening Questions & Temperature:** Everyone (swimmers, coaches, volunteers, and staff) attending an event at the Kishwaukee YMCA aquatic center will be asked Covid-19 screening questions prior to entering the facility and also have their temperature checked. At the check-in stand, visiting team swimmers, parent/guardian and coaches will be asked to write down their names and contact phone numbers for contact tracing reasons.
- **Face Masks:** Everyone (swimmers, coaches, parents, guardians, officials) attending the meet at the Kishwaukee YMCA is required to wear a face mask or face shield at all times. No coverage, no entry. Swimmers are recommended to bring a Ziploc bag with them, so that they can place their mask in the bag while they swim. Also, any person or swimmer who removes said face covering while inside the YMCA will politely be asked to place the face covering back on. If any person or swimmer refuses to wear the face covering, they will not be allowed to swim and will be asked to leave the premises.
- **Social Distancing:**
 - Only 1 parent/guardian per swimmer will be allowed to come to the meet to help limit the number of people in the facility. A maximum of 50 people per room or holding "pod" will be enforced. Each person who attends the meet will have a designated space allotted for them to be able to socially distance themselves from other people either on the pool deck, the sports court or the holding "pods."
 - No spectators will be allowed in the pool area. Only volunteers, coaches and officials will be allowed in the pool area. This is due to the 50 person limit per room rule. If you wish to watch your child swim please sign up for volunteer position (timer, bullpen) that are located in the pool area. DCST is working on the ability to live stream the meet online.
- **Signage:** Please pay attention to all posted signs and floor markings to help ensure six feet distancing is maintained. Signage will be posted to help the flow of people in and out of the Kishwaukee YMCA and the swimmers in and out of the pool deck.



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

March 19-21, 2021

DEKALB COUNTY SWIM TEAM RETURN TO COMPETITION PLAN

KISHWAUKEE YMCA

October 9, 2020

3

SWIMMER/ATHLETE GUIDELINES

- Swimmers must arrive in their swimming suit. There will be no locker rooms available for them to change into or out of their swimming suit. Please bring suitable clothing that will keep dry and warm throughout the meet. The sports court does get cold during the winter months. Single use bathrooms are located in the sports court, but not for changing purposes.
- Swimmers must bring their own water bottles. Water fountains will be shut off.
- Swimmers will enter through the front door of Kishwaukee YMCA only. At the entrance swimmers will be asked screening questions and have their temperature taken.
- Once the swimmer has entered the Kishwaukee YMCA they will turn to their RIGHT. This is the opposite way from the pool! They will proceed down the hallway, take a left and head into the Kishwaukee YMCA sports court.
- Upon entering the Sport Court, the check-in table will be there. At the check-in table, there will be positive check-in for the swimmers, "pod" assignments and a sign-in sheet for away swimmers and guests to write down their names and phone numbers for contact tracing purposes.
- Swimmers leaving the Kishwaukee YMCA must leave the same way they came in.
- **Warm Ups:**
 - Volunteers will announce to the swimmers when the pool is open for warm ups. They will enter the pool area as directed by the volunteers.
 - Swimmers will be assigned a lane, side and position for warm ups by their coach prior to warm ups.
 - Swimmers may only enter the pool when the coach allows them to do so. Swimmers must enter the pool, end their lap and exit the pool from the same lane, side and position they started from. Swimmers will not be allowed to hang on the "ready wall."
 - Warmups will not include the use of the starting blocks.
 - Swimmers will exit the pool area in a different door than they entered the pool deck but will lead them to the holding "pods."
- **Meet Prodicals:**
 - **Bullpen:**
 - All swimmers will be lined up in a bullpen. Each bullpen position will maintain social distancing guidelines. There will be four bullpen "zones". Two in the sports court and two on the pool deck.
 - 4 heats prior to their swim, the swimmer will go to Bullpen Zone 1 in the sports court. A volunteer will show the swimmer to where they need to be.
 - When the heat in front of them moves on, the swimmer will move to Bullpen Zone 2 that will still be in the sports court.
 - When that heat moves on, the swimmer will be escorted into the pool area where Bullpen Zone 3 is located.
 - When that heat moves on, the swimmer will be escorted to Bullpen Zone 4 and the last bullpen before their swim.



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS

March 19-21, 2021

4

DEKALB COUNTY SWIM TEAM RETURN TO COMPETITION PLAN

KISHWAUKEE YMCA

October 9, 2020

- **Swimmer's Race:**
 - Once the entire heat in the pool has left the pool area, the swimmer will move into their lane.
 - The swimmer is then allowed to remove their mask. It is recommended that the swimmer bring a towel or plastic bag to place their mask into while they swim.
 - Once the swimmer has finished their race, they must put their face mask back on immediately.

- **Post Race Coach Critique**
 - The swimmer will move to the coaching area and receive their critique.
 - Once the swimmer is finished, signage will direct them out of the pool area and their "pod."

PARENT/GUARDIAN & CONCESSIONS GUIDELINES

- ***Only 1 parent/guardian*** will be allowed into the Kishwaukee YMCA per swimmer. This is to adhere to socially distancing guidelines.
- Parent/Guardian will enter through the front door of Kishwaukee YMCA only. At the entrance the parent/guardian, who belong to the home team, will be asked screening questions and have their temperature taken. If the parent/guardian belongs to a visiting team, they will be asked screening questions, have their temperature taken and be asked to write down their first and last name and a contact phone number at the check-in stand.
- Once the parent/guardian has entered the Kishwaukee YMCA they will turn to their RIGHT. This is the opposite way from the pool! They will proceed down the hallway, take a left and head into the Kishwaukee YMCA sports court.
- Parent/guardians leaving the Kishwaukee YMCA must leave the same way they came in.
- To adhere to the 50 person maximum limit per room, there will be ***NO SPECTATORS*** in the pool area for any reason. Only volunteers, coaches and officials will be allowed in the pool area. A video board will be available to view the swimmers. Also, DCST is working on the meet will be streamed online. If available, ask a volunteer for the website.
- A limited concession stand will be available to everyone at the meet that will have drinks and packaged items.



NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS March 19-21, 2021



DEKALB COUNTY SWIM TEAM RETURN TO COMPETITION PLAN KISHWAUKEE YMCA October 9, 2020

AQUATIC CENTER CLEANLINESS

In opening the Kishwaukee YMCA, our goal has been to provide an environment and atmosphere which is clean and fun for all who are participating. The YMCA staff has always followed thorough cleaning procedures. Moving forward, we have added steps in order to minimize the risk of Covid-19 following specific to the guidelines currently established by the governor of Illinois, USA swimming, YMCA of the USA and the CDC.

Things we have always done:

- Thorough cleaning of restrooms before every meet.
- Thorough removal and safe disposal of trash away from public areas.
- Pressure washing of the pool deck before and after every meet.
- Daily surface cleaning of high touch points such as doors handles, plus mopping of floors and hallways.
- Provide free access to hand sanitizing stations throughout the facility

Things we have added:

- Following general cleaning, we will use eco-friendly disinfectant and cleaning spray before and after every session
- "Social Distancing" Volunteers will be on site to remind people to keep socially distant rules in tact.
- Drinking fountains and self service water stations will be turned off
- Locker rooms will not be available for swimmers.

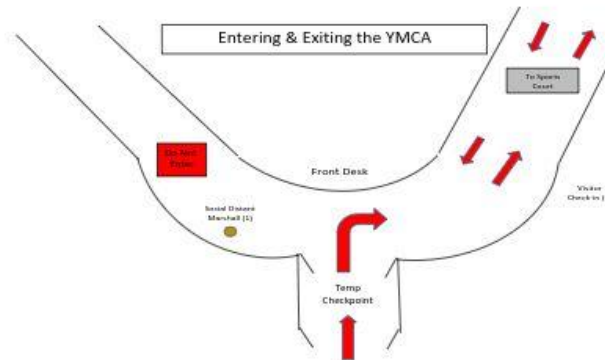


NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS March 19-21, 2021

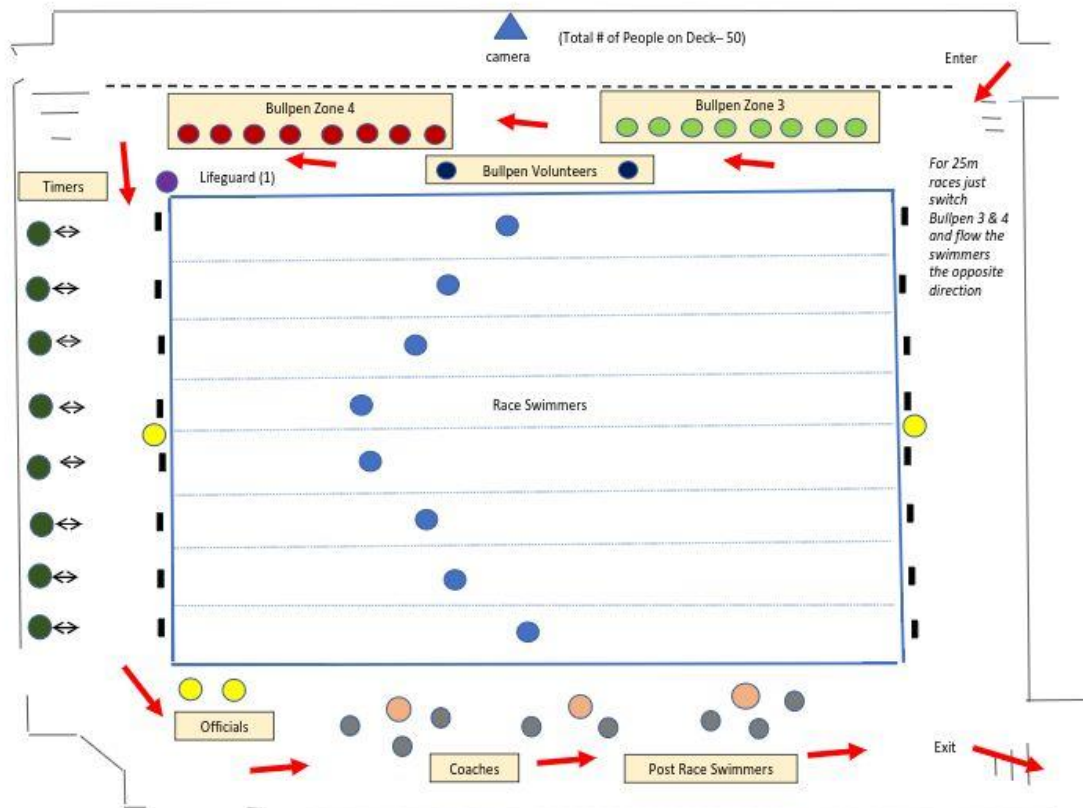


DEKALB COUNTY SWIM TEAM RETURN TO COMPETITION PLAN KISHWAUKEE YMCA October 9, 2020

ENTRANCE MAP AT THE YMCA



POOL MAP AT THE YMCA



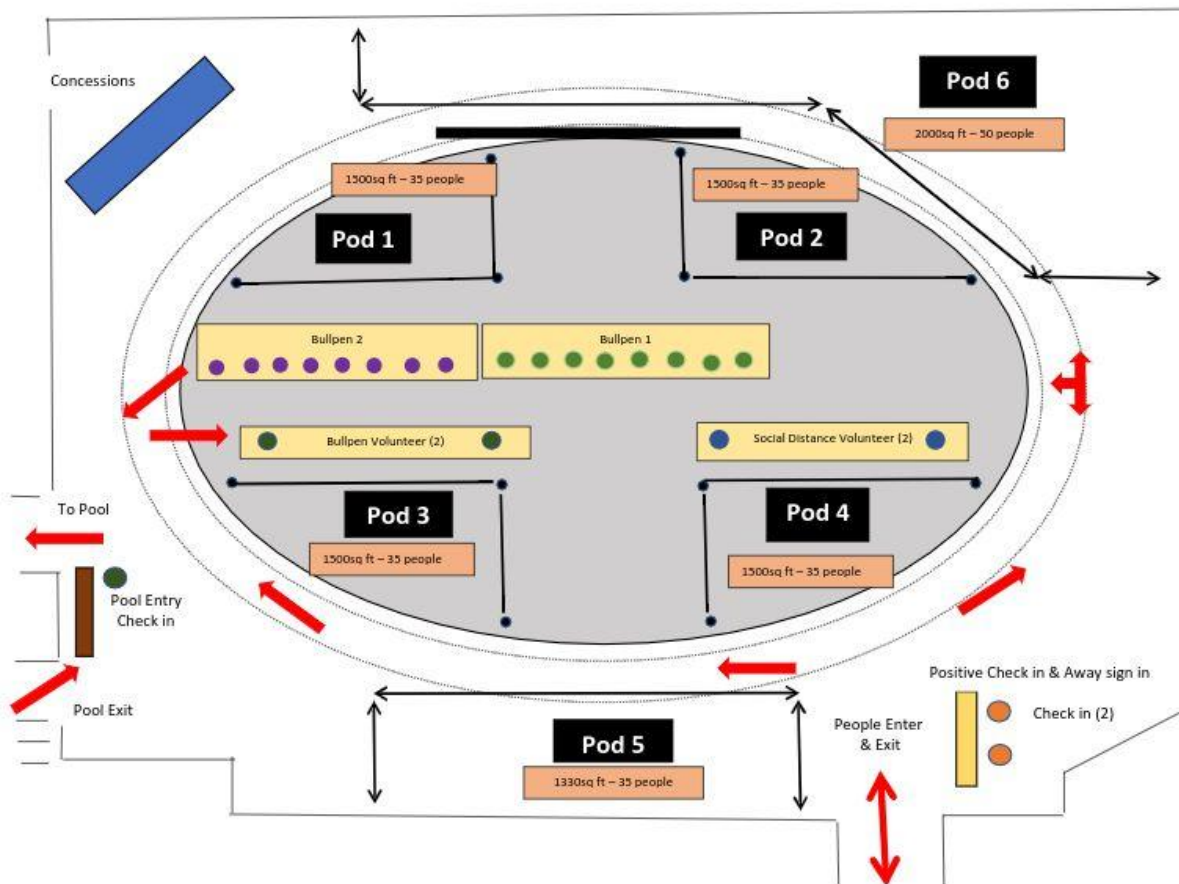


NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS March 19-21, 2021



DEKALB COUNTY SWIM TEAM RETURN TO COMPETITION PLAN KISHWAUKEE YMCA October 9, 2020

SPORTSCOURT SETUP MAP (50% OCCUPANCY)





NORTHWEST DISTRICT AND JUNIOR DISTRICT YMCA SWIMMING CHAMPIONSHIPS March 19-21, 2021



DEKALB COUNTY SWIM TEAM RETURN TO COMPETITION PLAN KISHWAUKEE YMCA October 9, 2020

SPORTSCOURT SETUP MAP (25% OCCUPANCY)

