



# Alamo Area Aquatic Association Texas Senior Circuit Long Course Meet Information

[www.aaaa-sa.org](http://www.aaaa-sa.org)



**Meet Name:** •2014 ST AAAA Senior Circuit II LCM

**Sanction Number:** •STA-14—53

**Meet Date(s):** •June 20th – 22nd, 2014

**Venue:** •**Northside Aquatics Complex**  
•8400 North Loop 1604 West  
•San Antonio, Texas 78249  
•210-397-8985

**>> OME Entry Deadline – 10:00 AM Monday, June 9, 2014 <<**

**Facility:**

- Eight-lane lane outdoor, 50 meter, competition course with constant warm-ups and cool-downs available in adjacent pools. Competition course has been certified in accordance with Article 104.2.2C(4)
- A copy of the certification is on file with USA Swimming
- Depths: Start end 6'7 feet / Turn end 6'7" feet in accordance with article 103.2.3
- Colorado automatic starting and timing
- All automatic Colorado Timing System starting and timing
- Deck seating for athletes, coaches and officials is 1500
- Shaded stadium seating for 2500 spectators
- Spectrum starting block with track start wedge
- Relay Judging Platforms
- All 16 x 28 full color video board
- Meet Management by HY-TEK Meet Manager 5.0
- Concessions and swim shop may be available
- Spectators are asked to sit in the bleachers; only coaches and athletes are allowed on deck - no folding chairs allowed on the pool deck or in the pool area.

**Liability:**

- In granting a sanction for this meet, it is understood and agreed that USA Swimming, Inc., South Texas Swimming, Inc. (STSI), the Alamo Area Aquatic Association (AAAA), the Northside Independent School District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

**Sanction:**

- Held under the sanction of USA Swimming this meet is sanctioned by South Texas Swimming and 2014 USA Swimming rules and any current relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered for 2014 with USA Swimming by the entry deadline. Athletes that register with USA Swimming after the deadline may deck enter the meet only if they can present their 2014 USA Swimming registration card (or a coach may present the club's official, water-marked roster from the USA Swimming club portal). South Texas Swimming does not allow on-deck USA Swimming registrations.

**Start Certification**

- Any swimmer entered in this meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Cell Phone Restrictions:**

- The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas is strictly and specifically prohibited at all times.
- There are no exceptions to this policy.

- Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

## **Swimmer Photographs And Videos:**

- There may be one or more photographers and / or videographers on deck at this meet.
- In the event such personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups.
- Photographers and videographers are strongly encouraged to stay out of the area immediately behind the starting blocks, but if present, are specifically prohibited from making shots during the start phase of any race

## **Unaccompanied Swimmers**

- Every swimmer entered in this meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water

## **Deck**

### **Changing:**

- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

## **USA Swimming**

### **Registration:**

- All swimmers, coaches, and officials participating in this competition must be *currently* (2014) registered with USA Swimming or FINA
- Swimmers who **1)** late enter **2)** need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USA Swimming ID Card.
- National and LSC Regulations do not allow for any exceptions to these policies.

### **Seeding:**

- The meet will be pre-seeded for all distances 200 meters and below. Events 400 meters and above (relays included) will be deck-seeded requiring a positive check-in by 9:00 AM, the day of the event at the clerk of course. Individual events will be championship seeded for every heat for every event 200 meters and below and swum fastest to slowest. (Every individual heat 200 meters and below will have a seeded swimmer in it.) The **400 IM and 400 Free** will swim: 3 circle seeded heats women, 3 circle seeded heats men, then alternating women-men fastest to slowest.

### **Check In:**

- All swimmers and clubs competing in 400 events (individual and relay), 800, and 1500 meter freestyle events must check in each day with the Clerk of Course for that day's events. Check in for individual distance events will close at 7 p.m. on Saturday night.

### **Scratches:**

- The administrative rules for the conduct of Texas Senior Circuit meets shall follow the Administrative Conduct of USA Swimming Championships, USA Swimming rules 207.11

### **Meet Format:**

- This is a three (3) day Prelims/Finals meet with bonus, consolation and championship finals. At the discretion of the Meet Referee and Meet Director, an A and B Prelims session will be conducted. This decision will be made based on number of entries and estimated time lines. This decision will be posted on [www.texasseniorecircuitsswimming.org](http://www.texasseniorecircuitsswimming.org) on or before Monday, June 16, 2014.
- The maximum number of individual events per day is three (3). Relay swimmers must be entered in an individual event that meets proof of time criteria.**
- The women's 800 and the men's 1500 will be timed final events. The fastest heat of each event will be swum in event order in Finals. All other heats will be swum fastest to slowest alternating women's 800/men's 1500. All competitors in these two (2) events must provide two (2) timers and one (1) lap counter.
- Chase starts will be utilized, swum fastest to slowest, by event with even numbered heats swimming at the North End (Scoreboard side) and odd numbered heats swimming at the South End (Flag Side).
- Breaks will be put in between select events and will be determined by the Meet Referee.

### **Relays:**

- The final three (3) heats of each relay will be swum as timed finals at the end of each Finals session, with any additional heats swum in event order during prelims. All relays will be swum fastest to slowest in event order. All relay cards for all teams are due to the Meet Referee at 9:00 AM the day of the event or the relay will be considered scratched.
- Only two (2) relay entries per event per team are allowed.

## **Entry**

### **Restrictions:**

- Maximum of three (3) individual events per day

### **Proof of Time:**

- OME requires proof of time to accompany entries. Deck entries will need to supply a hard copy of proof of time at time of deck entry.

## Entry

**Deadline:** •6:00 PM, Monday June 9th, 2014

## Entry Fees

**Includes \$1.25**

**Splash Fee:** •\$15.00 per Individual event/\$25.00 per each relay event/\$20.00 per team (Texas Senior Circuit sur-charge. Please make separate check payable to Texas Senior Circuit)  
•\$75.00 maximum per individual athlete  
•Late entries \$20.00 per event/\$30 for relay event  
•Make entry checks payable to: **N.I.S.D. Aquatics**  
•Mail entries to the entries chair – **address below**

## Entry

**Process:** •Entries must be completed in USA Swimming's online meet entry (OME) system: [www.usaswimming.org/OME](http://www.usaswimming.org/OME). Entries will open in OME on May 12, 2014 and will close June 9, 2014 at 10:00 AM. A Hy-Tek file is available on the TSA website ([www.tsaswim.org](http://www.tsaswim.org)) and the AAAA Swim Team website ([www.aaaa-sa.org](http://www.aaaa-sa.org)) for running eligibility reports and working out relays, but teams may NOT submit entries using Hy-Tek. OME saves your entries and you can complete your entries in more than one sitting, but once you check out, you cannot delete an entry (you can add additional entries until the entry deadline). Once all entries are complete and you have checked out in OME, send payment along with hard copy printouts of entries/fees from OME and a signed copy of NISD's "Rules and Regulations" Policy (attached to announcement-one per team) to the Entries Chair (name and address follows). **Payment for entries made by check must be payable to "NISD Aquatics" and should be received by June 19, 2014. Credit card payments can be made through the OME process.**

•If you have trouble using OME, please contact Anthony Buhr with USA Swimming at [abuhr@usaswimming.org](mailto:abuhr@usaswimming.org) or (719) 866-3581.

•If you have an entry question, please contact Entries Chair Terry Vettters (see contact information below). Email is preferred.

## Entry

**Deadline:** •**Monday, June 9, 2014 @ 10:00 AM.** All payments must be mailed to the Entries Chair:

Terry Vettters  
Northside Natatorium Complex  
8400 N Loop 1604 W  
San Antonio, TX 78249  
Email: [terry.vettters@nisd.net](mailto:terry.vettters@nisd.net)  
Phone: 210-397-8985

•Each team should submit one check for the total amount of the entry fees due from that team.

•All entries after the deadline will be accepted as an on deck entry.

## Late/Deck

### Entries:

•Late entering athletes must be prepared to prove their current USA Swimming Registration. Refer to Scratch Rules on page three (3) for restrictions and limitations  
•Late entries will be accepted each day for those events swum up to 30 minutes before the start of the meet. You may enter the meet on deck in the following manner:  
• Swimmers must pay late entry fee of \$20 for individual events and \$30 for relay events.  
• Late entries will close at 8:30 AM each morning.  
• Swimmers must be qualified to swim the event entered and must supply proof of time  
• Swimmers must not exceed the allotted number of events allowed each day.  
• Swimmers must supply completed entry forms entered at best time.  
• Swimmers who need to [change an entry](#) time in an event already entered, must circle in on the posted circle in sheets. The new time will be used for seeding. The on-deck fees still apply to these swimmers.  
• Deck entered relays will be seeded in the preliminary heats unless there is an open lane in a seeded heat in finals.

## Entry

**Information:** •Enter events using a real long course time. Do not enter at the cut-off or with a NT. If qualifying for the event was done short course, still enter using a best long course time.

- Swimmers may swim any event in which they have the standard. They may swim a maximum of two (2) Bonus events provided they have the Bonus cut.
- 50s of Stroke will be entered with 100 times. Time standards for the 50s of stroke are also determined by 100 standards.
- The maximum number of individual events per day is three (3). Relay swimmers must be entered in an individual event that meets proof of time criteria.
- Deadline:** All entries must be done on OME **on or before Monday, June 9th at 10:00 AM.** No phone or fax entries will be accepted. Late entries will require a hard copy proof of time and will only be accepted on deck.

## Meet

**Management:** •HY-TEK Meet Manager 5.0

•**Meet Director**

- Terry Vettters
- 210-397-8985
- terry.vettters@nisd.net

•**Entries Chair**

- Terry Vettters
- 210-397-8985
- terry.vettters@nisd.net

•**Meet Referee**

- John Adams
- 210-490-7993
- saswimdad@gmail.com

•**Administrative Referee**

- Rick Allenstein
- 210-602-6418
- rallenstein@hotmail.com

**Warm-ups:** •Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page eight (8)  
 •Lane assignments will be made and posted with the Psych Sheet at [www.aaaa-sa.org](http://www.aaaa-sa.org)  
 •Please also review the daily schedule below

**Awards:** •No awards.

**Scoring:** •As per the Texas Senior Circuit by-laws: Team points will be scored for the first 16 places only.  
 •**Individual Events:** 1st through 16th: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
 •**Relays Events:** 1st through 16th: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

## Special Needs:

- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Please notify the Northside Natatorium Complex (210-397-8985) in advance of this meet with the name and age of any member on your team who needs assistance to enter the building.
- The Natatorium Staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility.
- In any meet sanctioned or approved by South Texas Swimming, Inc., which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USA Swimming Rules and Regulations, i.e., Article 105.
- Coaches and/or athletes must notify the Meet Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and/or if they are to be considered for judging under Article 105

## Daily Schedule:

Thursday, June 19	Warm-Up 4:00 – 8:00 PM 50-Meter course only	
Friday, June 20	<b><u>Prelims:</u></b> Warm up: 7:30 – 8:45 AM Start: 9:00 AM	<b><u>Finals:</u></b> Warm up 4:30 PM Start: 6:00 PM
Saturday, June 21	<b><u>Prelims:</u></b> Warm up: 7:30 – 8:45 AM Start: 9:00 AM	<b><u>Finals:</u></b> Warm up 4:30 PM Start: 6:00 PM
Sunday, June 22	<b><u>Prelims:</u></b> Warm up: 7:30 – 8:45 AM Start: 9:00 AM	<b><u>Finals:</u></b> Warm up 3:30 PM Start: 5:00 PM

## Pool Deck Restriction:

- Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all South Texas sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA

Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

•Please see attached “Rules & Regulations” Policy of the NISD Aquatics Complex. **All meet entries must be accompanied by a signed copy of NISD’s “Rules and Regulations” Policy (one per team or one per individual swimmer not attached to a team).**

**Meet Results:** •Final meet results will be posted at: [www.tsaswim.org](http://www.tsaswim.org), [www.stswim.org](http://www.stswim.org) and [www.aaaa-sa.org](http://www.aaaa-sa.org)  
•Meet Mobile will be active for all sessions and Real Time Results can be accessed from the Home Page of the AAAA website at [www.aaaa-sa.org](http://www.aaaa-sa.org)

**Spectator**

**Seating:** •Reserving seats before, between or during sessions is not allowed. Tents, chairs and inflatable mattresses are not allowed. Certain items such as coolers and stadium seats are restricted - please see attached “The NISD Aquatics Complex Rules & Regulations Policy” attachment for specific information.

**Deck Seating,  
Signs, &**

**Rules:** •**RESERVING OF SEATS ON DECK IS NOT ALLOWED.** Only coaches may bring chairs on to the deck. Each competing team is permitted one temporary banner, placed at the discretion of the Aquatics Director. Team banners must not exceed 5' by 8'. **NO HANDMADE SIGNAGE IS ALLOWED.**  
•Please see attached “Rules & Regulations Policy” of the NISD Aquatics Complex for additional information.

**Timers:** •The host team will attempt to provide backup timers for this meet  
•Volunteers will be needed and appreciated.

**Officials:** •All currently certified and in training USA Swimming officials are cordially invited to participate.  
•All deck officials must be registered with USA Swimming for 2014 and have a current Background Check acknowledged by USA Swimming.  
•Please report to the Meet Referee at least 30 minutes prior to the scheduled start time of the session to receive your assignments  
•The wearing of name tags is strongly encouraged  
•The uniform for all preliminary sessions will be white polo shirt over khaki shorts/pants/skirt. The Finals uniform will be navy blue polo shirt over khaki pants/skirt (no shorts).

# Order of Events – Distances are in meters

Friday, June 20th			
<b>Prelims:</b> Warm up 7:30 AM Meet starts at 9:00 AM		<b>Finals:</b> Warm up 4:30 PM Meet Starts at 6:00 PM	
Women	Distance	Stroke	Men
1	50	Fly	2
3	200	Back	4
5	100	Free	6
7	200	Breast	8
9*	400	Free	10*
11**	400	Free Relay	12**
Saturday, June 21 <sup>st</sup>			
<b>Prelims:</b> Warm up 7:30 AM Meet starts at 9:00 AM		<b>Finals:</b> Warm up 4:30 PM Meet Starts at 6:00 PM	
13	100	Fly	14
15	100	Breast	16
17	200	Free	18
19	50	Back	20
21*	400	IM	22*
23**	400	Med Relay	24**
Sunday, June 22 <sup>nd</sup>			
<b>Prelims:</b> Warm up 7:30 AM Meet starts at 9:00 AM		<b>Finals:</b> Warm up 4:30 PM Meet Starts at 6:00 PM	
25	50	Breast	26
27	200	Fly	28
29	100	Back	30
31***	800	Free	--
32	200	IM	33
--	1500	Free	34***
35	50	Free	36
*400 Free and 400 IM swim 3 circle seeded women, 3 circle seeded men. Then alternate women/men fast to slow.			
**The final 3 heats of each relay will be swum as timed finals at the end of each Finals session, with any additional heats swum in event order during prelims. All relays will be swum fastest to slowest in event order.			
***800/1500 Freestyle – top seeded heat in finals. All others alternate women/men fastest to slowest so as to end at 3:30 PM			

# Entry Time Standards

2014 TSC	Sectional Standards		Sectional Bonus Standards	
Men				
Event	SCY	LCM	SCY	LCM
50 FREE	22.29	25.49	22.79	26.09
100 FREE	48.39	55.49	49.29	56.49
200 FREE	1:45.59	2:01.69	1:47.49	2:03.79
400/500 FREE	4:46.09	4:21.69	4:49.19	4:24.59
800/1000 FREE	9:49.49	8:59.49	10:00.29	9:03.89
1500/1650 FREE	16:34.19	17:05.59	16:46.89	17:21.89
100 BACK	54.49	1:04.29	55.39	1:05.29
200 BACK	1:57.19	2:20.29	1:59.09	2:23.09
100 BREAST	1:01.59	1:12.69	1:02.49	1:13.79
200 BREAST	2:14.69	2:40.59	2:16.59	2:42.59
100 FLY	53.09	1:01.09	54.09	1:02.19
200 FLY	1:59.69	2:21.09	2:01.89	2:23.29
200 I.M.	1:59.09	2:19.09	2:01.09	2:21.09
400 I.M.	4:13.09	4:56.79	4:17.69	5:01.29

adopted 9/24/13

2014 TSC	Sectional Standards		Sectional Bonus Standards	
Women				
Event	SCY	LCM	SCY	LC
50 FREE	24.99	28.49	25.79	29.09
100 FREE	53.49	1:01.39	54.69	1:02.19
200 FREE	1:55.19	2:12.59	1:57.39	2:13.69
400/500 FREE	5:10.49	4:39.69	5:14.89	4:43.59
800/1000 FREE	10:31.39	9:30.49	10:40.19	9:37.19
1500/1650 FREE	17:58.99	18:23.29	18:12.39	18:36.29
100 BACK	59.49	1:10.99	1:01.09	1:12.39
200 BACK	2:07.69	2:32.79	2:10.99	2:35.69
100 BREAST	1:09.79	1:20.89	1:10.89	1:21.99
200 BREAST	2:29.99	2:54.79	2:33.69	2:57.19
100 FLY	58.79	1:07.99	1:00.69	1:09.69
200 FLY	2:11.99	2:34.79	2:15.09	2:37.39
200 I.M.	2:11.49	2:32.89	2:15.19	2:34.39
400 I.M.	4:39.29	5:22.89	4:47.69	5:26.39

adopted 9/24/13

# **SOUTH TEXAS SWIMMING, Inc.**

## **Safety Guidelines and Warm-up Procedures**

### **A. WARM-UP PROCEDURES**

#### **I. Assigned warm-up Procedures.**

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane
- c. Dive sprints may be done only under the direct supervision of the coach

#### **II. Open warm-up procedures.**

##### **LANE USE**

<b>POOL</b>	<b>PUSH/PACE</b>	<b>DIVES/SPRINTS</b>	<b>GENERAL WARMUP</b>
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first ½ of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace Lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times - one way only!
- d. Dive sprints may only be done under the direct supervision of the coach.
- e. There will be no diving in the general warm-up lanes - circle swimming only.
- f. No kick boards, pull buoys, or hand paddles may be used.

### **III. Safety Guidelines**

- a. Coaches are responsible for the following:
  1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices
  2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
  3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.
- b. The host team will be responsible for the following.
  1. A minimum of four (4) marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
  2. Marshals must be members of United States Swimming.
  3. Marshals will have authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these Procedures.
  4. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
  5. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
  6. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
  7. Hazards in locker rooms, on deck, or areas used by coaches, swimmers, or officials will be either removed or clearly marked.

### **B. MISCELLANEOUS NOTES**

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroke waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- VI. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Referee.

**NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.**





Welcome to the NISD Aquatics Facilities. We ask that while you are on any of our premises you abide by the following Facility Safety Rules and Regulation, and make sure parents, swimmers, and other guests understand the need for safety at all times. Thank you and enjoy your visit.

### Facility Safety Rules and Regulations

- NISD highly recommends that all swimmers follow the CDC “Healthy Swimming Policy” by showering before entering the pool.
- NISD Police are empowered to enforce any and all regulations established by NISD Aquatics and the district.
- **NISD is a tobacco, alcohol and weapons free property. Glass containers are not allowed in or around this facility. This applies to all parking lot areas.**
- Shaving is not permitted anywhere, at anytime, at any of our NISD Complexes.
- Chewing gum is not allowed in the water or on the complex grounds.
- **DECK PASS REQUIREMENTS:** Only participants, coaches, event administrators, and event volunteers are allowed on the pool deck. Deck Pass Credentials must be worn at all time.
- All spectators must be seated in the bleachers. Participants and spectators are not allowed to lean or stand in front of rails blocking the view of seated spectators.
- Folding chairs are not allowed on the deck of the Swim Center. Chairs are allowed in the Natatorium off the blue deck and in designated areas. When space permits folding chairs will be allowed at the GBAC at the south end.
- Each competing team is permitted one temporary banner, placed at the discretion of the Facility Mgr or Meet Director. Team banners must not exceed 5’x 8’.
- Coolers: Spectators are allowed one (1) cooler 13” wide x 11” deep x 12” tall that can be placed directly under their seating area. Participants/teams are allowed two (2) ice chests on the deck provided they do not contain glass items.
- Teams are expected to clean up their respective areas at the conclusion of each day of competition.
- Participating in any activity that can be interpreted or described as “*risky*” or “*horseplay*” is prohibited at any of the NISD Aquatics complexes.
- Diving boards, trampolines, tower, and other equipment are not to be used unless authorized by the Facility Mgr.
- The use of flash photography or making noise at the start of any race is prohibited. Other noise makers are prohibited in all facilities.
- Photographers from schools, media, etc. must check in with the Facility Mgr. and be cleared for a Deck Pass. Credentials must be worn at all times. Photographers are prohibited from being in the starting area or behind the blocks at any time. Flash photography is not allowed at the start of any event.
- Blocking or restricting fire lanes or emergency exits is strictly prohibited.
- Deck changing is prohibited at all times.

Your safety is our biggest concern. Our safety staff wears “neon yellow” shirts and they are available to assist you with any needs. Let them know of any safety issues you detect and please follow all requests for safety first behaviors.

### Acknowledgement

Organization / Team Name: \_\_\_\_\_ Representative Name/Title: \_\_\_\_\_

I agree, on behalf of my organization that:

I have received a copy of the NISD Aquatics Facility Safety Rules and Regulations. I understand the responsibility for ensuring that all members of the organization and their guests comply with these safety rules and regulations. I understand that additional copies are available upon request in the office of the Facility Mgr. I affirm that all coaches or staff members of my organization have up to date CPR/First Aid certifications, and have specific training or liability coverage as required by the organization’s national governing body. I understand that NISD may, from time to time, modify its policies and I agree to abide by those changes.

\_\_\_\_\_  
HEAD COACH SIGNATURE

\_\_\_\_\_  
DATE