Trumbull Pisces Spring RTC

May 15th - May 16th, 2021

Hillcrest Middle School Pool, 530 Daniels Farm Road Trumbull, CT 06611

This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit ctswim.org or the host website for any updates.

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #RTC21-57. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. 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 event.

COVID-19 Statement

In applying for this sanction, the Host, Weston Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut and, the Town of Trumbull Health Department.

COVID-19 Assumption of Risk Disclaimer

We at Trumbull Pisces Swimming, have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at Trumbull Pisces Return to Competition Meet or on site at Hillcrest Middle School pool. 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 guests with underlying medical conditions are especially vulnerable. By participating in/spectating at Trumbull Pisces Return to Competition Meet and being on site at Hillcrest Middle School pool, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19 Release

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 THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT 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 ANYOTHER 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.

WAIVER: All participants and spectators must sign the Waiver of Liability and Hold Harmless Agreement found on the last page of this meet announcement. Waivers are filled out electronically and should be completed by 05/14/2021 8:00PM. The Link for waivers will be sent directly to all participants, officials, meet admin, and volunteers.

Events

	Name	Email	Phone
Meet Director	Bill Strickland	tpiscesswimcoach@gmail.com	860-707-9823
Meet Referee	Rob Christiano	Chuckclark32@hotmail.com	
Lead Admin Official	Emily Demace	emdemace@gmail.com	
Entry Chair	Bill Strickland	tpiscesswimcoach@gmail.com	860-707-9823
Safety Chair	Bill Strickland	tpiscesswimcoach@gmail.com	860-707-9823
Officials Contact	Bill Strickland	tpiscesswimcoach@gmail.com	860-707-9823

MEET HOST: Trumbull Pisces

WEBSITE: trumbullpisces.org

POOL EMERGENCY NUMBER: 203 – 450 – 0422

RETURN TO COMPETITION SANCTIONED OR APPROVED: Sanctioned

MEET TYPE: Dual-Meet. Open to Trumbull Pisces, RST Rapids

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming.

MEET FORMAT: The meet will be swum as a Timed-Final

SCRATCH PROCEDURES: No scratches will be taken. The meet will be pre-seeded.

NO DECK ENTRIES WILL BE ALLOWED

BEFORE ENTERING FACILITY or WHAT TO BRING: Any person entering the pool facility must do a health screening including a temperature check (must be at or below 99.9 degrees) and a two part questionnaire asking about recent coughing or shortness of breath. While inside athletes must maintain at least 6 feet of social distance from other persons.

FACILITY RULES:

Athletes will enter through the side doors directly onto the pool deck at the shallow end. Athletes must exit through the deep end doors. While inside the facility all persons must wear a face mask. Masks will not be provided. Athletes must wear masks inside the facility and will be able to hang them on hooks while in the pool. Hand Sanitizer will be provided for anyone that would like some Spectators will not be allowed in the facility. There will be a livestream/webcast for spectators to view the event. Athletes will wait on the pool deck/ stands in between warm up/events. Only parents assisting with the meet will be allowed in the on deck to act as a "bull pen" for athletes.

Planned number of individuals on deck: 50

Planned number of individuals in spectating area: 100

FACILITY: The Hillcrest Middle School pool is a 6 Lane 25-yard pool. Water depth at start end is: 10 ft. Water depth at turn end is: 3.6 ft. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIMING SYSTEM: We will be using a Colorado Timing System and a single watch manual Tertiary system per USA Swimming Rulebook (102.24).

LOCKER ROOMS: Showers and locker rooms are limited to use of the restrooms only. Changing into or out of swimsuits is prohibited. Athletes must arrive at the facility in their suits.

SAFE SPORT POLICIES: Parents will be able to view the meet via livestream/webcast.

DISABLED ACCESS: There is a handicap accessible entrance to the facility that includes a ramp and entrance through the locker rooms. This entrance will be used only by adapted athletes and chaperones if necessary to enter the facility. All other participants will enter through the side doors directly onto the pool deck.

COURSE: SCY. All events will be held in a 6 lane course.

SESSION TIMES: Subject to Change

• Session 1: 4:00PM Warm Up, 5:30PM Start

• Session 2: 7:00AM Warm Up, 8:30 AM Start

Session 3: 10:45AM Warm Up, 12:00PM Start

• Session 4: 2:30PM Warm Up, 3:45PM Start

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect.

ELIGIBILITY: Open current athlete members of USA Swimming from TP and RST only. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet.

All athletes must be current athlete members of USA Swimming. Age on the first day of the meet shall determine the swimmer's age and age group for the meet. List any restrictions, such as age, etc. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete registration procedures. Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a \$100 fine per instance, as described in CT Swimming policy for clubs and policy for meet hosts.

Any swimmer entered in the 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 **without the use of the backstroke ledge.** 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.

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to the <u>Connecticut Swimming office</u>.

ENTRY LIMITATIONS: 5 Individual Events, 2 for session 1 and 3 for Sessions 2 - 4.

ENTRY TIMES: Submit entry times in: SCY.

DEADLINES: Deadline is 05/10/2021. Mail hardcopy and payment to the entry chairperson: Bill Strickland 8 Ard Court Milford, CT 06460. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Coaches will be notified by email that their entry has been received within 24 hours of its arrival.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at tpiscesswimcoach@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Payment should be delivered no later than 05/14/2021.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the Minor Athlete Abuse Prevention Policy.

ENTRY FEES: Electronic entries: \$7.00 for individual events, \$10.00 for relays.

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating club after completion of the meet. Scratches and 'No Swims' will not be reimbursed.

For more information and to submit a reimbursement visit the Outreach Athlete page on ctswim.org.

PAYMENT INSTRUCTIONS: Please make checks payable to Trumbull Pisces Swimming and mail to: Trumbull Pisces Swimming Mail to – Bill Strickland 8 Ard Court Milford, CT 06460 Payment must be received by 05/14/2021.

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. 8&Unders will be cut.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee 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. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: Yes. All relay swimmers must be officially entered in the meet.

SAFETY:

- 1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes.
- 2. There will be no diving in the warm-up and warm-down areas at any time
- 3. No shaving is permitted at the competition site.
- 4. No glass containers are permitted within the facility.
- 5. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.

6. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet. Photography or video recording from the deck is prohibited by all individuals, other than participating. Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

Professional photographers with current, official media credentials that are promoting the sport of swimming Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training

A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

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. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition. Amended USA Swimming rules for

TIME TRIALS: No.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet. All volunteers will be required to attest to reading and understanding the Minor Athlete Abuse Prevention Policy.

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The meet will not be scored.

AWARDS: Heat Winners will be awarded Rubber Ducks

CONCESSIONS: No.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes.

Parking is at Hillcrest Middle School

Directions - Hillcrest Middle School 530 Daniels Farm Road, Trumbull, CT 06611

Events Trumbull Pisces Spring RTC - 05/15=05/16/2021

Session #1 - 5:30 PM - 05/15/2021

- Ev # 1 GIRLS OPEN 200Y FREE
- Ev # 2 BOYS OPEN 200Y FREE
- Ev # 3 GIRLS OPEN 200Y BREAST
- Ev # 4 BOYS OPEN 200Y BREAST
- Ev # 5 GIRLS OPEN 200Y BACK
- Ev # 6 BOYS OPEN 200Y BACK
- Ev # 7 GIRLS OPEN 200Y FLY
- Ev # 8 BOYS OPEN 200Y FLY
- Ev # 9 GIRLS OPEN 200Y I.M.
- Ev # 10 BOYS OPEN 200Y I.M.

Session 2: 8:30AM (5/16/21)

- Ev # 11 GIRLS 13&OV 100Y FREE
- Ev # 12 BOYS 13&OV 100Y FREE
- Ev # 13 GIRLS 13&OV 100Y BREAST
- Ev # 14 BOYS 13&OV 100Y BREAST
- Ev # 15 GIRLS 13&OV 100Y BACK
- Ev # 16 BOYS 13&OV 100Y BACK
- Ev # 17 GIRLS 13&OV 100Y FLY
- Ev # 18 BOYS 13&OV 100Y FLY
- Ev # 19 GIRLS 13&OV 50Y FREE
- Ev # 20 BOYS 13&OV 50Y FREE

Session 3 12:00PM ((5/16/21))

- Ev # 21 GIRLS 11-14 100Y FREE
- Ev # 22 BOYS 11-14 100Y FREE
- Ev # 23 GIRLS 11-12 50Y FLY

- Ev # 24 BOYS 11-12 50Y FLY
- Ev # 25 GIRLS 11-14 100Y BREAST
- Ev # 26 BOYS 11-14 100Y BREAST
- Ev # 27 GIRLS 11-12 50Y BACK
- Ev # 28 BOYS 11-12 50Y BACK
- Ev # 29 GIRLS 11-14 100Y FLY
- Ev # 30 BOYS 11-14 100Y FLY
- Ev # 31 GIRLS 11-12 50Y BREAST
- Ev # 32 BOYS 11-12 50Y BREAST
- Ev # 33 GIRLS 11-13 100Y BACK
- Ev # 34 BOYS 11-13 100Y BACK
- Ev # 35 GIRLS 11-14 50Y FREE
- Ev # 36 BOYS 11-14 50Y FREE
- Ev # 37 GIRLS 11-12 100Y I.M.
- Ev # 38 BOYS 11-12 100Y I.M.

Session 4 (3:45PM) (5/16/21)

- Ev # 39 GIRLS 10&UN 50Y FREE
- Ev # 40 BOYS 10&UN 50Y FREE
- Ev # 41 GIRLS 8&UN 25Y FREE
- Ev # 42 BOYS 8&UN 25Y FREE
- Ev # 43 GIRLS 10&UN 50Y BREAST
- Ev # 44 BOYS 10&UN 50Y BREAST
- Ev # 45 GIRLS 8&UN 25Y BREAST
- Ev # 46 BOYS 8&UN 25Y BREAST
- Ev # 47 GIRLS 10&UN 50Y BACK
- Ev # 48 BOYS 10&UN 50Y BACK
- Ev # 49 GIRLS 8&UN 25Y BACK
- Ev # 50 BOYS 8&UN 25Y BACK
- Ev # 51 GIRLS 10&UN 50Y FLY
- Ev # 52 BOYS 10&UN 50Y FLY
- Ev # 53 GIRLS 8&UN 25Y FLY

- Ev # 54 BOYS 8&UN 25Y FLY
- Ev # 55 GIRLS 10&UN 100Y FREE
- Ev # 56 BOYS 10&UN 100Y FREE

Session: 1 Friday PM 13& Overs

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 200 Freestyle	0	0	05:30 PM	
Finals	2 Boys 200 Freestyle	0	0	05:30 PM	
Finals	3 Girls 200 Breaststroke	0	0	05:30 PM	
Finals	4 Boys 200 Breaststroke	0	0	05:30 PM	
Finals	5 Girls 200 Backstroke	0	0	05:30 PM	
Finals	6 Boys 200 Backstroke	0	0	05:30 PM	
Finals	7 Girls 200 Butterfly	0	0	05:30 PM	
Finals	8 Boys 200 Butterfly	0	0	05:30 PM	
Finals	9 Girls 200 IM	0	0	05:30 PM	
Finals	10 Boys 200 IM	0	0	05:30 PM	
	Finish Time			05:30 PM	

Session: 2 Saturday AM 13& Overs

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Girls 13-99 100 Freestyle	0	0	08:30 AM	
Finals	12 Boys 13-99 100 Freestyle	0	0	08:30 AM	
Finals	13 Girls 13-99 100 Breaststroke	0	0	08:30 AM	
Finals	14 Boys 13-99 100 Breaststroke	0	0	08:30 AM	
Finals	15 Girls 13-99 100 Backstroke	0	0	08:30 AM	
Finals	16 Boys 13-99 100 Backstroke	0	0	08:30 AM	
Finals	17 Girls 13-99 100 Butterfly	0	0	08:30 AM	
Finals	18 Boys 13-99 100 Butterfly	0	0	08:30 AM	
Finals	19 Girls 13-99 50 Freestyle	0	0	08:30 AM	
Finals	20 Boys 13-99 50 Freestyle	0	0	08:30 AM	
	Finish Time			08:30 AM	

Session: 3 Saturday AM 11-14

Day of Meet: 2 Starts at 12:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	21 Girls 11-14 100 Freestyle	0	0	12:00 PM	
Finals	22 Boys 11-14 100 Freestyle	0	0	12:00 PM	
Finals	23 Girls 11-12 50 Butterfly	0	0	12:00 PM	
Finals	24 Boys 11-12 50 Butterfly	0	0	12:00 PM	
Finals	25 Girls 11-14 100 Breaststroke	0	0	12:00 PM	
Finals	26 Boys 11-14 100 Breaststroke	0	0	12:00 PM	
Finals	27 Girls 11-12 50 Backstroke	0	0	12:00 PM	
Finals	28 Boys 11-12 50 Backstroke	0	0	12:00 PM	
Finals	29 Girls 11-14 100 Butterfly	0	0	12:00 PM	
Finals	30 Boys 11-14 100 Butterfly	0	0	12:00 PM	
Finals	31 Girls 11-12 50 Breaststroke	0	0	12:00 PM	
Finals	32 Boys 11-12 50 Breaststroke	0	0	12:00 PM	
Finals	33 Girls 11-14 100 Backstroke	0	0	12:00 PM	
Finals	34 Boys 11-14 100 Backstroke	0	0	12:00 PM	
Finals	35 Girls 11-14 50 Freestyle	0	0	12:00 PM	
Finals	36 Boys 11-14 50 Freestyle	0	0	12:00 PM	
Finals	37 Girls 11-12 100 IM	0	0	12:00 PM	
Finals	38 Boys 11-12 100 IM	0	0	12:00 PM	
	Finish Time			12:00 PM	

Session: 4 Saturday PM 10&Unders
Day of Meet: 2 Starts at 03:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	_
Finals 39	Girls 10 & Under 50 Freestyle	0	0	03:45 PM	
Finals 40	Boys 10 & Under 50 Freestyle	0	0	03:45 PM	
Finals 41	Girls 8 & Under 25 Freestyle	0	0	03:45 PM	
Finals 42	Boys 8 & Under 25 Freestyle	0	0	03:45 PM	
Finals 43	Girls 10 & Under 50 Breaststroke	0	0	03:45 PM	
Finals 44	Boys 10 & Under 50 Breaststroke	0	0	03:45 PM	
Finals 45	Girls 8 & Under 25 Breaststroke	0	0	03:45 PM	
Finals 46	Boys 8 & Under 25 Breaststroke	0	0	03:45 PM	
Finals 47	Girls 10 & Under 50 Backstroke	0	0	03:45 PM	
Finals 48	Boys 10 & Under 50 Backstroke	0	0	03:45 PM	
Finals 49	Girls 8 & Under 25 Backstroke	0	0	03:45 PM	
Finals 50	Boys 8 & Under 25 Backstroke	0	0	03:45 PM	
Finals 51	Girls 10 & Under 50 Butterfly	0	0	03:45 PM	
Finals 52	Boys 10 & Under 50 Butterfly	0	0	03:45 PM	
Finals 53	Girls 8 & Under 25 Butterfly	0	0	03:45 PM	
Finals 54	Boys 8 & Under 25 Butterfly	0	0	03:45 PM	
Finals 55	Girls 10 & Under 100 Freestyle	0	0	03:45 PM	
Finals 56	Boys 10 & Under 100 Freestyle	0	0	03:45 PM	
	Finish Time			03:45 PM	_

Trumbull Pisces WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT

In consideration for receiving permission to BE ON PREMISES to either accompany my child or he or she conduct business, voluntarily participate in recreational events, attend practice or participate in training or compete at Hillcrest Middle School or any Trumbull Pisces related activity (hereinafter the "Activity" or "Activities"), I, on behalf of myself and any minor child/children for whom I have the capacity to contract, hereby acknowledge and agree to the following:

- 1. I understand the hazards of the novel coronavirus ("COVID-19") and am familiar with the Centers for Disease Control and Prevention ("CDC") guidelines regarding COVID-19. I acknowledge and understand that the circumstances regarding COVID-19 are changing from day to day and that, accordingly, the CDC guidelines are regularly modified and updated, and I accept full responsibility for familiarizing myself with the most recent updates.
- 2. Notwithstanding the risks associated with COVID-19, which I readily acknowledge, I hereby willingly choose to participate in Activities.
- 3. I acknowledge and fully assume the risk of illness or death related to COVID-19 arising from my being on the premises and participating in the Activities and hereby RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT SUE (on behalf of myself and any minor child/children for whom I have the capacity to contract) Trumbull Pisces and / or Hillcrest Middle School and its owners, officers, directors, agents, employees, and assigns (the "RELEASEES") from any liability related to COVID-19 which might occur as a result of my being on the premises and participating in the Activities.
- 4. I shall indemnify, defend, and hold harmless the RELEASEES from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys' fees, costs and disbursements, whether of in-house or outside counsel and whether or not an action is brought, on appeal or otherwise), arising from or out of, or relating to, directly or indirectly, the infection of COVID-19 or any other illness or injury.
- 5. It is my express intent that this Waiver and Hold Harmless Agreement shall bind any assigns and representatives, and shall be deemed as a RELEASE, WAIVER, DISCHARGE, AND COVENENANT NOT TO SUE the above-named RELEASEES. This Agreement and the provisions contained herein shall be construed, interpreted, and controlled according to the laws of the State of Connecticut. I HEREBY KNOWINGLY AND VOLUNTARILY WAIVE ANY RIGHT TO A JURY TRIAL OF ANY DISPUTE ARISING IN CONNECTION WITH THIS AGREEMENT. I ACKNOWLEDGE THAT THIS WAIVER WAS EXPRESSLY NEGOTIATED AND IS A MATERIAL INDUCEMENT OF THE PERMISSION GRANTED BY RELEASEES TO BE ON PREMISES AND PARTICIPATE IN THE ACTIVITIES.

BY SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute the Agreement for full, adequate, and complete consideration fully intending to be bound by same.

IN WITNESS WHEREOF, I have signed this Wa	aiver and Agreement under seal on this day of	, 2021
SIGNATURE:	. Name	
ADDRESS:		
NAMES OF MINOR CHILD(REN), IF ANY:		