



## Lake Moomaw 1- Mile Swim

### Alleghany County, Virginia, Saturday, August 1, 2020

**Sponsored by:** The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.

**Sanctioned by:** LMSC of Virginia for USMS Inc., Sanction number 120-W002.

**SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at:**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2402&s mid=13432](https://www.clubassistant.com/club/meet_information.cfm?c=2402&s mid=13432)

**Your credit card will be charged to " ClubAssistant.com Event Billing "**

**EVENT:** There will be a one-mile race at 9:00am. The start and finish are on the beach at Cole's Point, clearly visible to the spectators and race personnel. The course runs along the shore, approximately 500 yards to the south, and then turns east and north into a protected inlet, around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the "no wake zone" in the inlet, turn counter-clockwise around a buoy, and swim back to the beach via the same route. All buoys will remain to the swimmer's left, except the final one, which will be on the right. A 2x 3-foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Due to social distancing guidelines of 6 feet of separation, swimmers will depart from the beach in waves of 4 people or fewer, 30 seconds apart.

**Warm-up begins at:** 7:45am **Check-in Closes at:** 8:45am **Race begins at:** 9:00am

**Eligibility:** Open to all swimmers 18 years & older. Paper entries must include a copy of your 2020 USMS card. Your USMS status will be automatically verified when you register online, but "One Event" is also available to non-USMS members for an additional fee of \$26.50, through the [Club Assistant event entry process](#). You may also [renew or join US Masters Swimming](#), which provides you with an annual membership and the ability to enter other USMS sanctioned events.

**Rules:** Current 2020 USMS rules will govern the race.

**Entries:** All snail mail entries must be postmarked by July 27, 2020. Online entries will close at noon, Eastern Daylight Time on July 30, 2020, or when the event reaches its capacity of 75 participants. Late or race day entries will NOT be accepted. **Online entry is strongly encouraged.** Entry fee is \$42.00. To be guaranteed a free t-shirt, enter online by 5pm on July 11, 2020.

**Safety:** For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The WestRock water rescue team will be on site with boats, kayaks, and rescue squads.

**Seeding:** Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 4 swimmers, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

**Age Groups:** 18-24, 25-29, 30-34, etc. in five year increments, for both men/women.

**Awards/ Social:** Awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the race.

**Accommodations:** Please call Josh Taylor at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information.

**Directions:** [Google Map "Coles Point Drive, Hot Springs, VA 24445"](#).

**Race Directors Contact:** Dave Holland 804-467-2425 (VMST); Josh Taylor 540-962-2178 (Chamber)

PLEASE STAPLE A LEGIBLE COPY OF YOUR 2020 USMS CARD HERE:

TRIM THE COPY AND COMPLETE THE FOLLOWING:

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Significant medical conditions to be shared with WestRock Rescue Squad  
(i.e. seizures, diabetes, asthma, etc.) \_\_\_\_\_

**1 Mile Seed  
Time →**

**1650 yd Time:  
\_\_\_\_(min) : \_\_\_\_ (sec)**

| <b>AVOID THIS FORM: REGISTER<br/>ONLINE AT WWW.VASWIM.ORG</b>                                     |  | <b>PAPER ENTRY<br/>CHECKLIST</b> | <b>DID YOU<br/>REMEMBER...?</b> |
|---|--|----------------------------------|---------------------------------|
| \$ 42   | 1- Mile Entry Fee per swimmer  |                                  | Completed entry form            |
| \$ <u>FREE</u>  | T-Shirt Included free if entry postmarked by 7/9 (or online by 7/11). A few shirts may be available on race day, first-come. |                                  | Copy of USMS card               |
|   |  |                                  |                                 |
| \$ 42 per swimmer   | <b>Total Enclosed</b> (check or money order Payable to VMST)   |                                  | Signed waivers (next page)      |
| T-Shirt Size: (please circle)      S          M          L          XL          XXL          XXXL |  |                                  |                                 |

Please use the checklist above to ensure that your entry is complete!!!

Mail this completed form with check or money order payable to VMST, postmarked by July 24, 2020 to:  
Dave Holland, 1773 Robins Nest Ct., Henrico, VA 23238

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Age as of Dec. 31, 2020: \_\_\_\_\_

**YOU MUST READ AND SIGN 2 WAIVERS (BELOW & NEXT PAGE).  
INCLUDE THIS PAGE AND THE NEXT WITH YOUR ENTRY.**

**LAKE MOOMAW RELEASE BY PARTICIPANT FROM LIABILITY:**

**AS A CONDITION OF MY PARTICIPATION IN THIS EVENT AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: THE ALLEGHANY HIGHLANDS CHAMBER OF COMMERCE AND TOURISM, THE UNITED STATES GOVERNMENT, WESTROCK CORPORATION AND THE WESTROCK WATER RESCUE STAFF, EVENT SPONSORS, EVENT STAFF, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES. IN ADDITION, I HAVE READ AND WILL COMPLY WITH THE COVID-19 PROCEDURES LISTED ON PAGES 4-5.**

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT

\_\_\_\_\_  
DATE SIGNED



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
6. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

|                                  |            |    |                        |                          |
|----------------------------------|------------|----|------------------------|--------------------------|
| Last Name                        | First Name | MI | Sex (circle)<br>M    F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip |            |    |                        |                          |
| Signature of Participant         |            |    |                        | Date Signed              |

**2020 LAKE MOOMAW 1 MILE OPEN WATER SWIM**  
**COVID-19 PROCEDURES**  
**AUGUST 1, 2020**

**GENERAL**

1. Race will be capped at 75 participants to avoid crowding on beach.
2. All participants, event staff, and guests will be expected to follow CDC guidelines and the latest directives from the Governor of Virginia.
3. Beverages and food provided by the event hosts will be in bottles, cans, or packaged in sealed containers.
4. All participants will be required to review these procedures as part of the online entry process and acknowledge that they will comply through electronic signature. As part of this agreement, each participant agrees to arrive on site with his or her own mask or facial covering (if directed by Governor as of 8-1-2020), to complete a screening questionnaire (p. 2), and to agree to procedures with a signature (p. 2).

**CHECK-IN ON RACE DAY**

1. To ensure the safety of all participants and guests, all participants and guests will be screened for illness prior to participation. A screening table will be set up at check-in on the beach, and each person will be required to complete a questionnaire (p. 2) that checks for symptoms related to COVID-19.
2. Upon entering the screening station, each person will be asked to wear a mask and use the hand sanitizer provided. The mask may be removed for warm-up and for the race.
3. Participants will sign a COVID-19 agreement (p. 2) that reviews precautions and regulations for race day.
4. Restrooms will be accessed first-come, first-serve, with no more than 4 persons allowed in each restroom at one time. Tape that delineates 6 feet of distancing will be placed on the sidewalk outside of restrooms.
5. Hand sanitizer and soap will be provided in the restroom at all times.

**WARM-UP, LINE-UP, COMPETITION, AND FINISH**

1. Participants will be instructed to maintain 6 feet of social distancing at all times during the warm-up period.
  2. When participants are lined up for the start, each swimmer will be instructed to maintain 6 feet of social distancing while in line. Waves will be lined up with 4 swimmers, with 6 feet of distance both laterally (between the 4 swimmers in the same wave), and coronally (the space front and back of each wave).
  3. Participants will be lined up and started in waves of 4, with 30 seconds between waves. Each swimmer will be instructed to enter the water and begin swimming directly in front of their assigned position on the beach.
  4. Each participant will have a minimum width of 20 feet in which to cross the finish line.
  5. Medals will be immediately distributed to each participant by a staff person wearing a mask and gloves.
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**2020 LAKE MOOMAW 1 MILE OPEN WATER SWIM  
COVID-19 SCREENING QUESTIONNAIRE AND AGREEMENT  
AUGUST 1, 2020**

1. In the past month, have you tested positive for COVID-19?  Yes  No
  
2. In the past 24 hours, have you experienced:  
  
Fever:  Yes  No  
Fatigue:  Yes  No  
Cough:  Yes  No  
Sneezing:  Yes  No  
Aches and Pains:  Yes  No  
Runny or Stuffy Nose:  Yes  No  
Sore throat:  Yes  No  
Diarrhea:  Yes  No  
Headaches:  Yes  No  
Shortness of breath:  Yes  No
  
3. In the past two weeks, have you been in close contact with anyone who has exhibited any of the symptoms listed above?  Yes  No
  
4. In the past two weeks, have you been in contact with anyone who has tested positive for COVID-19?  Yes  No

**COVID-19 AGREEMENT FOR PARTICIPATION**

1. I have read the COVID-19 procedures in its entirety, and agree to follow the CDC guidelines and current directives from the Governor of Virginia.
2. I agree to maintain 6 feet of social distancing at all times while participating in the event.
3. I understand that no more than 4 people may be permitted in the restrooms at one time.
4. I acknowledge that I have my own mask and/or facial covering to wear at all times, except while swimming and immediately before and after the swim.
5. I agree that I will not shake hands, hug, or touch any other participants or event staff persons.
6. I agree not to participate if I have recently tested positive for COVID-19, or am at risk of being infected based on the screening questionnaire above.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date