



2021 KENYA SWIMMING FEDERATION LONG COURSE NATIONALS

**Kasarani Aquatic Centre
Moi International Sports Centre
Nairobi**

4th - 5th DECEMBER 2021



- General:** The Kenya National Long Course Swimming Championships is a long course National Championships in Kenya sanctioned by Kenya Swimming Federation for all qualified swimmers.
The Championships will be run under strict compliance with FINA Guidelines, Ministry of Health and Ministry of Sports Guidelines, and protocols for the containment of the spread of Covid 19.
Please refer to the attached Guideline (Appendices 2-5).
- Registration:** All Club representatives and/or coaches are required to register their club at the registration desk to receive accreditation.
Clubs will be provided with one accreditation per swimmer registered in the competition. Clubs will receive one coach accreditation per 10 swimmers entered. Each club **MUST** designate a Club Covid-19 Response Coordinator. The coach may double up this role for any club with less than 10 swimmers.
- All coaches must register in person. The registration desk will open for pre-registration at the KSF offices in Kasarani on 4th Saturday December at 08:00am to 08.30am. Only registered coaches/officials will receive accreditation and will be allowed on deck.
- For more information and updates to this meet package will be provided on the KSF Website on a continuous basis. Clubs and coaches are encouraged to subscribe to the KSF website to receive updates.
- National Team Selection:** The times achieved at this meet will be uploaded to the National Database for selection to various international tours within the specified competitions that fit into specific qualifying periods.
- Competition Host:** Kenya Swimming Federation reserves the right to appoint a host organization and/or committee for the Championships.
- Venue:** Kasarani Aquatic Centre
Moi International Sports Centre
Nairobi
- Pool:** 8 Lane 50 meter Competition Pool
8 Lane 25 meter Warm up/Cool down Pool
- Warm up / Start:** Morning Sessions:
Warm up: 08:30am to 09:30am
Start: 10:00am
- Afternoon Sessions:
Warm up: 02:30am to 03:30am
Start: 04:00pm



**Organizing
Committee:**

Technical Director: Anthony Muriithi
Entries: Tony Rosafio
Officials Coordinator: Shirley Maina
Health and Safety Coordinator: Magrate Mwashu
Facilities Liaison: Shirley Maina
Finance Lead: Thomas Muli

**Technical
Meeting:**

3rd Friday December 2021 at 06:30pm via Zoom. All clubs **MUST** send a representative to attend the meeting. The Health and Safety protocols and guidelines shall be reviewed during this meeting. Clubs not sending a representative to the meeting may be excluded from the competition at the discretion of the KSF, IMC.

**Entry
Information:**

Monday 29th November 2021 at 11:59pm (EAT) is the Meet entry deadline. Swimmers who qualify after the deadline will be allowed to participate.

Entry Process:

All entries must be submitted via email to entries@kenyaswimmingfederation.org. Entries MUST include a Zip file, PDF file with Swimmers Entries, and Proof of Times.

ALL COACHES MUST SUBMIT AN EXCEL SPREAD SHEET OF ALL SWIMMER'S FULL NAMES ENTERED IN THE MEET, WITH THEIR DATE OF BIRTH AND A CONTACT PERSON PER TEAM (PHONE AND EMAIL).

Following the meet entry deadline, all participating clubs will receive an email invoice for fee owing. This invoice must be paid within 48 hours (payment instructions TBC), in order for the entries to be considered final. Please note the team that enters the swimmer is responsible for paying the swimmers' entry fees.

Consideration will be given for clubs that would wish to make payment via cheque or bank transfer.

No team will be allowed to participate before the Meet Entry fees are received in full for all swimmers.

Entries must be submitted using the athletes' best LC or SC time. Meet Management will convert entry times. Estimated times or NT will NOT be accepted.

Any club submitting entries for non-qualified swimmers will be subject to a KShs. 500.00 fine per non-qualified swimmer payable before the start of the competition. A non-qualified swimmer will still not be allowed to participate despite payment of the KShs. 500.00 fine.

Meet Management reserves the right to exclude any club that does not make payment of any fines imposed under this section.



Changes and corrections maybe made up to the meet entry deadline without penalty. Following meet entry deadline, changes and corrections to entries may only be made until the start of the Technical Meeting and subject to the above fines.

- Deck Entries:** Deck entries may be submitted not later than 1 hour before start of the session with the required event, at double the entry fee. Deck entries shall not be eligible for scoring any points and earning any awards, including medals and certificates. Times achieved shall be official and shall be part of the final results.
Payment of deck entries are due on submission, but not later than the start of the session in which the chosen event takes place.
Acceptance of late and deck entries is at the discretion of the organizers; the organizers reserve the right to limit the number of such additional late and/or deck entries or to reject them.
***Please include the full names, date of birth and entry time for each swimmer entered. Heat/lane allocation shall be done at the discretion of the organizers.*
- Foreign Swimmers and Foreign Based Swimmers:** Foreign competitors must provide a letter from their National Federation confirming their registration status. Letter must be submitted to the Meet Manager prior to the entry deadline. Email confirmation from National Federation representative will be acceptable.
- Eligibility:** This meet is open to all Kenyan swimmers (citizens, non-residents and residents); and any foreign swimmers that is currently registered with a FINA affiliated club or National Federation.
- Qualifying:** Swimmers must achieve the attached qualifying standards to be eligible in the meet. The **MQT MUST BE** achieved after 1st January 2019.
Swimmers may enter a maximum of TEN (10) individual events.
Relay only swimmers much achieve a minimum of one MQT in at least one event.
- Entry Fees:** KShs. 500.00 per individual event
KShs. 1,000.00 per relay event
- Time Trials:** Meet Management may at their discretion approve a time trial for registered swimmer, which will only be held in exceptional circumstances and subject to the guidelines, time and availability of resources.
- Proof of Time:** All entries must be proven. Any non-validated times in your entry submission report must be proven by the meet entry deadline. Meet Management may challenge any entry time before or during the competition.
It is the responsibility of the club to prove any entry time if requested. Unproven entry times will be declines.



Foreign swimmers and foreign-based swimmers are required to provide Proof of Time at registration at the latest.

- Psych Sheets:** Psyche sheets will be posted on the KSF website with 72 hours following the final meet entry deadline.
- Rules:** The meet will be conducted under published FINA rules and regulation supplemented by published FINA rules interpretations.
- Protests:** All protests must be submitted within 30 minutes of the publication of the results. A fee of KShs. 5,000.00 must be paid before a protest can be accepted. Meet Management shall constitute a Jury of Appeal of at least 3 most senior officials to consider all protests. The decision of the Jury of Appeal shall be final and binding.
- Format:** Effective date of the meet is 4th to 5th December 2021
All 200m events and above will be open events
Age Categories: 10/11, 12/13, 14/15 and 16yrs & Over
- Seeding:** All events will be seeded slowest to fastest. Results will be posted in the respective age categories.
- Official Splits:** Must be requested prior to the start of the session. Coaches may be requested to supply timers for the Official Split request.
- Results:** The full and final results will be available on the KSF website.
- Media / Photographers:** All media and photographers must register with Meet Manager at the beginning of each session.
Members of the Media will have free accreditation.
Photographer accreditation will attract a charge of KShs. 500.00 per day or KShs. 750.00 for a two-day pass.
Only accredited media personnel and photographers will be allowed on deck subject to reasonable restrictions to ensure compliance with the Covid protocols and guidelines.
- Awards:** Subject to confirmation.
- Hospitality:** Hospitality will be available for coaches and all officials with strict compliance to the MOH Guidelines for the containment and prevention of the spread of Covid 19.
- Spectators:** Given the approval by Ministry of Sports, Culture and Heritage to allow spectators in competitions (MOSCH 23RD October 2021) and Ministry of Sports, spectators will be allowed with a gate entry fee of Kshs. 1,000.00 per day. Spectators will be required to observe strict compliance with the set guidelines by KSF in collaboration with Sports Kenya, Ministry of Health and Ministry of Sports. Non-compliance with the guidelines by any spectators could lead to consequences



including being required to leave the event facility and other penalties and prosecution by the Ministry of Interior and Coordination of National Government.

Scratch Rule: Coaches are requested to submit any known scratches to the meet manager prior to the start of the Technical Meeting via email. Following the start of the Technical Meeting, email scratches will not be accepted and meet scratch card will be required.

Session 1: 30 minutes following the Technical Meeting

Session 2, 3 and 4: 30 minutes following the end of the previous session.

After entries close, any swimmer that is a No-Show for their event will be fined KShs. 500.00 (with the exception of medical scratches). Fine must be paid to Meet Management before the swimmer competes in any other events.

Parking: Parking is free at the facility.

Training: Subject to approval by Sports Kenya, the warm up and competition pools will be available for training on Friday 03.00pm to 05:30pm.

Name Change Deadline for Relays: Individual names for relays must be submitted to the Clerk of Course 30 minutes prior to the start of the session in which the relay event is scheduled.

Doping Control: There shall be Anti-Doping testing by Anti-Doping Agency of Kenya (ADAK). Swimmers are notified by a Doping Control Chaperone and are required to sign a notification form.

A Doping Control Chaperone will accompany the swimmer until released by the Doping Control Officer (DCO). Upon notification of testing and if necessary, the athlete may notify the DCO if they are competing in another event in the same session. In such cases, the DCO may direct that testing be carried out later in the session, provided a Chaperone accompanies and/or always observes the Athlete and until such a time as the Athlete reports back to the Doping Control Station for testing.

Photo identification is required for doping control. Coaches are asked to instruct athletes to bring photo identification to competitions (i.e. driver's license, Huduma Card, School identification card, Passport, etc. as it may be required by ADAK).

Travel and Accommodation: Teams must plan for their respective accommodation.



KENYA SWIMMING FEDERATION (KSF)

NATIONAL SWIMMING CHAMPIONSHIPS – LC

4th – 5th December 2021 (Swimming Programme)

4th Saturday Session A - (Warm up 08:30am to 09:30am Start 10.00am)

<u>Event No:</u>	<u>Gender</u>	<u>Distance</u>	<u>Stroke</u>	<u>Category</u>
101	Girls	1500m	Freestyle	10/11, 12/13, 14/15, 16yrs+
102	Boys	1500m	Freestyle	10/11, 12/13, 14/15, 16yrs+
103	Girls	50m	Breaststroke	10/11, 12/13, 14/15, 16yrs+
104	Boys	100m	Butterfly	10/11, 12/13, 14/15, 16yrs+
105	Mixed	4x100m	Medley Relay	10/11, 12/13, 14/15, 16yrs+
106	Girls	100m	Butterfly	10/11, 12/13, 14/15, 16yrs+
107	Boys	50m	Breaststroke	10/11, 12/13, 14/15, 16yrs+
108	Girls	100m	Backstroke	10/11, 12/13, 14/15, 16yrs+
109	Boys	100m	Backstroke	10/11, 12/13, 14/15, 16yrs
110	Girls	200m	Individual Medley	10/11, 12/13, 14/15, 16yrs+
111	Boys	200m	Individual Medley	10/11, 12/13, 14/15, 16yrs+
112	Girls	4x50m	Freestyle Relay	10/11, 12/13, 14/15, 16yrs+
113	Boys	4x50m	Freestyle Relay	10/11, 12/13, 14/15, 16yrs+

4th Saturday Session B - (Warm up 02:30pm to 03:30pm Start 04:00pm)

<u>Event No:</u>	<u>Gender</u>	<u>Distance</u>	<u>Stroke</u>	<u>Category</u>
201	Boys	400m	Freestyle	10/11, 12/13, 14/15, 16yrs+
202	Girls	400m	Freestyle	10/11, 12/13, 14/15, 16yrs+
203	Boys	50m	Backstroke	10/11, 12/13, 14/15, 16yrs+
204	Girls	100m	Breaststroke	10/11, 12/13, 14/15, 16yrs+
205	Mixed	4x50m	Medley Relay	10/11, 12/13, 14/15, 16yrs+
206	Boys	100m	Breaststroke	10/11, 12/13, 14/15, 16yrs+
207	Girls	50m	Backstroke	10/11, 12/13, 14/15, 16yrs+
208	Boys	200m	Butterfly	10/11, 12/13, 14/15, 16yrs+
209	Girls	200m	Butterfly	10/11, 12/13, 14/15, 16yrs+
210	Boys	4x100m	Freestyle Relay	10/11, 12/13, 14/15, 16yrs+
211	Girls	4x100m	Freestyle Relay	10/11, 12/13, 14/15, 16yrs+

5th Sunday Session C - (Warm up 08:30am to 09:30am Start 10.00am)

<u>Event No:</u>	<u>Gender</u>	<u>Distance</u>	<u>Stroke</u>	<u>Category</u>
301	Girls	400m	Individual Medley	10/11, 12/13, 14/15, 16yrs+
302	Boys	400m	Individual Medley	10/11, 12/13, 14/15, 16yrs+
303	Girls	50m	Freestyle	10/11, 12/13, 14/15, 16yrs+
304	Boys	100m	Freestyle	10/11, 12/13, 14/15, 16yrs+
305	Mixed	4x100m	Freestyle Relay	10/11, 12/13, 14/15, 16yrs+
306	Girls	200m	Backstroke	10/11, 12/13, 14/15, 16yrs+
307	Boys	200m	Backstroke	10/11, 12/13, 14/15, 16yrs+
308	Girls	4x100m	Medley Relay	10/11, 12/13, 14/15, 16yrs+
309	Boys	4x100m	Medley Relay	10/11, 12/13, 14/15, 16yrs+
310	Boys	50m	Butterfly	10/11, 12/13, 14/15, 16yrs+
311	Girls	200m	Freestyle	10/11, 12/13, 14/15, 16yrs+
312	Boys	200m	Freestyle	10/11, 12/13, 14/15, 16yrs+
313	Girls	4x50m	Medley Relay	10/11, 12/13, 14/15, 16yrs+
314	Boys	4x50m	Medley Relay	10/11, 12/13, 14/15, 16yrs+

5th Sunday Session D - (Warm up 02:30pm to 03:30pm Start 04:00pm)

<u>Event No:</u>	<u>Gender</u>	<u>Distance</u>	<u>Stroke</u>	<u>Category</u>
401	Boys	800m	Freestyle	10/11, 12/13, 14/15, 16yrs+
402	Girls	800m	Freestyle	10/11, 12/13, 14/15, 16yrs+
403	Boys	50m	Freestyle	10/11, 12/13, 14/15, 16yrs+
404	Girls	50m	Butterfly	10/11, 12/13, 14/15, 16yrs+
405	Mixed	4x50m	Freestyle Relay	10/11, 12/13, 14/15, 16yrs+
406	Girls	100m	Freestyle	10/11, 12/13, 14/15, 16yrs+
407	Boys	200m	Breaststroke	10/11, 12/13, 14/15, 16yrs+
408	Girls	200m	Breaststroke	10/11, 12/13, 14/15, 16yrs+
409	Girls	4x200m	Freestyle Relay	Open
410	Boys	4x200m	Freestyle Relay	Open



BOYS QUALIFYING TIMES

2018-2020 BOYS NATIONAL TIME STANDARDS														
11&U	12	13	14	15	16	17&O	Events	17&O	16	15	14	13	12	11&U
LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM
00:40.10	38.08	35.22	33.46	00:32.29	00:31.48	00:31.01	50Fr	00:30.07	00:30.52	00:31.31	00:32.44	00:34.15	00:36.92	00:39.30
01:25.60	1:22.80	01:16.6	1:12.76	01:10.22	01:08.46	01:07.44	100Fr	01:05.70	01:06.70	01:08.41	01:10.89	01:14.62	01:20.67	01:23.60
03:07.40	3:01.34	02:47.7	2:39.35	02:33.78	02:29.93	02:27.68	200Fr	02:24.02	02:26.21	02:29.96	02:35.40	02:43.58	02:56.84	03:05.60
06:39.20	6:27.15	05:58.1	5:40.20	05:28.30	05:20.09	05:15.29	400Fr	05:05.58	05:10.24	05:18.19	05:29.73	05:47.09	06:15.23	06:30.40
13:44.50	13:33.54	12:32.52	11:54.90	11:29.88	11:12.63	11:02.54	800Fr	10:41.15	10:50.91	11:07.60	11:31.82	12:08.23	13:07.27	13:28.30
26:38.30	25:45.71	23:49.79	22:38.30	21:50.76	21:17.99	20:58.82	1500Fr	20:25.88	20:44.55	21:16.46	22:02.76	23:12.37	25:05.27	26:06.90
00:46.4	43.85	40.56	38.53	00:37.18	00:36.25	00:35.71	50Bk	00:34.77	00:35.30	00:36.20	00:37.51	00:39.49	00:42.69	00:45.40
01:38.10	1:34.42	1:27.34	01:22.97	01:20.07	01:18.06	01:16.89	100Bk	01:13.91	01:15.04	01:16.96	01:19.75	01:23.95	01:30.76	01:36.20
03:27.80	3:24.12	3:08.88	2:59.37	02:53.09	02:48.77	02:46.24	200Bk	02:39.62	02:42.05	02:46.21	02:52.23	03:01.30	03:16.00	03:23.80
00:53.6	48.37	44.74	00:42.51	00:41.02	00:39.99	00:39.39	50Br	00:38.94	00:39.54	00:40.55	00:42.02	00:44.23	00:47.82	00:52.50
01:50.80	1:45.85	1:37.91	01:33.01	01:29.76	01:27.51	01:26.20	100Br	01:23.52	01:24.79	01:26.96	01:30.11	01:34.86	01:42.55	01:48.60
03:57.30	3:50.48	3:33.20	03:22.54	03:15.45	03:10.56	03:07.71	200Br	03:02.04	03:04.82	03:09.55	03:16.43	03:26.77	03:43.53	03:52.60
00:44.6	40.87	37.80	00:35.91	00:34.66	00:33.79	00:33.28	50FL	00:33.10	00:33.60	00:34.46	00:35.71	00:37.59	00:40.64	00:47.60
01:35.90	1:30.79	1:23.98	01:19.78	01:16.99	01:15.06	01:13.94	100FL	01:13.14	01:14.26	01:16.16	01:18.92	01:23.08	01:29.81	01:35.90
03:42.80	03:26.92	3:11.40	03:01.83	02:55.47	02:51.08	02:48.51	200FL	02:43.72	02:46.22	02:50.48	02:56.66	03:05.96	03:21.04	03:36.20
03:32.40	03:24.05	3:08.75	02:59.31	02:53.03	02:48.71	02:46.18	200 IM	02:42.00	02:44.47	02:48.68	02:54.80	03:04.00	03:18.92	03:28.20
07:44.70	07:19.98	6:46.99	06:26.64	06:13.10	06:03.78	05:58.32	400 IM	05:46.86	05:52.14	06:01.17	06:14.27	06:33.97	07:05.92	07:32.50



GIRLS QUALIFYING TIMES

2018-2020 GIRLS NATIONAL TIME STANDARDS												
11&U	12	13	14	15	16&O	Events	16&O	15	14	13	12	11&U
LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM
00:40.47	00:37.64	00:35.95	00:34.87	0:34.35	00:34.00	50Fr	00:33.21	00:33.55	00:34.06	00:35.11	00:36.77	00:39.53
01:28.48	01:22.29	01:18.58	01:16.23	01:15.08	01:14.33	100Fr	01:13.07	01:13.80	01:14.93	01:17.25	01:20.89	01:26.97
03:12.49	02:59.01	02:50.96	02:45.83	02:43.34	02:04:1.71	200Fr	02:38.88	02:40.48	02:42.93	02:47.97	02:55.88	03:09.12
06:48.75	06:20.14	06:03.03	05:52.14	05:46.86	05:43.39	400Fr	05:35.09	05:38.47	05:43.63	05:54.25	06:10.95	06:38.87
14:09.30	13:09.85	12:34.31	12:11.68	12:00.70	11:53.50	800Fr	11:35.34	11:42.36	11:53.05	12:15.11	12:49.75	13:47.68
27:45.60	25:49.01	24:39.30	23:54.92	23:33.40	23:19.27	1500Fr	22:45.25	22:59.04	23:20.04	24:03.34	25:11.35	27:05.10
00:46.65	00:43.39	00:41.44	00:40.19	00:39.59	00:39.19	50Bk	00:38.36	00:38.74	00:39.33	00:40.55	00:42.46	00:45.66
01:39.39	01:32.43	01:28.27	01:25.62	01:24.34	01:23.49	100Bk	01:21.67	01:22.50	01:23.75	01:26.34	01:30.41	01:37.22
03:36.41	03:21.26	03:12.20	03:06.44	03:03.64	03:01.80	200Bk	02:56.08	02:57.86	03:00.57	03:06.15	03:14.93	03:29.60
00:51.89	00:48.26	00:46.09	00:44.70	00:44.03	00:43.59	50Br	00:42.86	00:43.29	00:43.95	00:45.31	00:47.44	00:51.01
01:53.43	01:45.49	01:40.74	01:37.72	01:36.25	01:35.29	100Br	01:32.67	01:33.60	01:35.03	01:37.97	01:42.59	01:50.31
04:05.43	03:48.25	03:37.98	03:31.44	03:28.27	03:26.19	200Br	03:20.60	03:22.62	03:25.71	03:32.07	03:42.06	03:58.78
00:43.70	00:40.64	00:38.81	00:37.65	00:37.08	00:36.71	50FL	00:36.47	00:36.84	00:37.40	00:38.55	00:40.37	00:43.41
01:37.90	01:31.04	01:26.95	01:24.34	01:23.07	01:22.24	100FL	01:21.28	01:22.10	01:23.35	01:25.93	01:29.98	01:36.75
03:44.57	03:28.85	03:19.45	03:13.47	03:10.57	03:08.66	200FL	03:03.84	03:05.70	03:08.53	03:14.36	03:23.51	03:38.83
03:39.83	03:24.44	03:15.24	03:09.38	03:06.54	03:04.67	200 IM	02:59.44	03:01.25	03:04.01	03:09.70	03:18.64	03:33.59
07:46.18	07:13.55	06:54.04	06:41.62	06:35.59	06:31.64	400 IM	06:21.54	06:25.39	06:31.26	06:43.36	07:02.37	07:34.16



APPENDIX 2:

COMPETITION SAFETY PLAN IMPLEMENTATION MATRIX AND VENUE PREPAREDNESS

The competition safety plan is developed in consultation with Sports Kenya (SK) Management in order to ensure KSF, IMC is aligned with SK's specific use of pool requirements. The Ministry of Sports Culture and Heritage (MOSCH) guidelines of May 2021, current update by CS MOSCH on spectators and facility requirements must be adhered to.

COVID-19 Competition Safety Coordinator:

IMC will provide the Name & Contact Information of the Competition Safety Coordinator two weeks before the competition.

Type of Competition:

This is a National Swimming Competition and will be held in line with the standards set out by MOSCA at Kasarani Sports Complex on 4th to 5th December 2021.

Maximum Competition Numbers:

Number of people per session must not exceed 2/3 of the capacity of the facility to cater for social distancing:

Testing. Rapid Antigen Test for all participants on the first day of the competition (Subject to coordination and confirmation from MOSCH) and support by Nairobi Metropolitan Services Health Department.

Vaccination Certificates. The spectators and competitors who have received and are participating in the competition to provide them as early as possible hopefully at least 1 week before the competition. It is not a mandatory for participants to have been vaccinated to compete.

Arrival & Departure Times:

Swimmers: 30 minutes to

start of warm-up

Coaches: 30

minutes to start of warm-up

Officials & Volunteers: 1 hour to start of warm-up

Warm-Up Requirements / Schedule / Lane Assignments:

The warm-up schedule lane assignments, sitting area allocation and requirements for the competition will be outlined during the technical meeting, and swimmers' and coaches' cooperation is required for safety of all participants. Everyone must maintain social distancing all all times.

Teams/clubs shall not be permitted to mingle and must remain at their allocated seating area throughout the competition

Entrance / Exit:

The entrances and/or exits for all participants will be clearly marked.



Change rooms / Showers:

All requirements for changing rooms and showers, including a plan for specific cohorts, will be sent to all teams and officials that will participate two weeks on advance.

Traffic Flow:

Specific requirements for swimmer movement will be provided 2 weeks to the date of competition for all participants to familiarise themselves with them. This information will be included on the pool diagram.



**APPENDIX 3:
RETURN TO COMPETITION - COVID 19 RISK AWARENESS DECLARATION**

I/My child (If minor).....am/is able to participate in this competition/is a spectator/official having completed and signed this form as required by KSF, IMC.

By signing this declaration, I confirm that I/ my child* am/is* free from any symptoms related to the Covid-19virus, I understand the main symptoms according to Centre for Disease Control include:

- Fever
- Continuous cough – this means coughing a lot for more than an hour, or three or more coughingepisodes in 24 hours.
- Shortness of breath or difficulty in breathing
- Loss or change to your sense of smell or taste.
- General feeling of tiredness, muscle or body ache.
- Sore throat.
- Nausea or Vomiting
- Diarrhoea

I consent to a Rapid antigen testing, if required by the Covid 19 Safety Coordinator as per the Ministry of Health (MOH) and Ministry of Sports Culture and Heritage (MOSCH) guidelines.

I am also confirming all in my household remain symptom free, and anyone taking me to or from the competition and attending the competition with me is also symptom free from the virus.

I/My child* return(s) to competition knowing that participation cannot be without risk, I am therefore aware of these risks associated with the Covid-19 virus; and consent to have my child* to participate in thecompetition.

I understand the processes and protocols KSF, IMC have put in place in order to reduce risks and confirm thatI/my child* will adhere to the said processes and protocols in order to protect my/my child's* health and the health of other participants, officials, volunteers, staff and other users of the facility.

I also understand that the meet organiser will remain responsive to the evolving guidelines and protocols set out by the MOH and MOSCH around Covid-19, and the guidelines could change and affect the competition including cancellation and or postponement of the event.

Signature		CLUB and COUNTY	Date	
Parent/guardian NAME and signature(for minors - under 18)			Date	
Name and Signature of officials/Coach/Staff/ Volunteer/Chaperone			Date	
Name and signature of Spectator				

Note: This form must be returned filled a minimum of 1 week before the competition. Participation will be denied without this fully signed form. The app will be available to ease on time for registration if Covid 19 tests will be performed. It is recommended that all Participants- Competitors/Officials/Spectators- register through the android app that will be sent out.



APPENDIX 5:

COVID-19 RESPONSE COORDINATOR AND SWIMMING MEDICAL CONSORTIUM ROLES & RESPONSIBILITIES

The roles and responsibilities of the COVID-19 Response Coordinator and swimming medical consortium include:

- Keeping updated on policies and procedures outlined by MOH, MOSCA, FINA and public health agencies, and monitoring local daily situation reports.
- Update KSF, IMC on policies and procedures outlined by the above agencies.
- Be the liaison between KSF and facilities owners to comply with all public health and facility requirements. Ensuring an Emergency Action Plan is current and complete for each National Swimming Competition.
- Responsible for the procurement and maintenance of a Health & Safety Kit that includes alcohol-based hand sanitizers, automated thermometers, and Personal Protective Equipment (PPE) at each National swimming competition.
- Communicating with club managers and coaches on any training restrictions or recommendations.
- Ensuring training groups comply with public health agency requirements during the competition, and signage is in place so that all risk mitigation measures are easy to follow.
- Be responsible for responding to COVID-19 concerns during the planning phase and at National swimming competitions.
- Be the primary contact to accept and handle ALL self-reported COVID-19 symptoms or exposure, or a confirmed case of COVID-19.
- Be responsible for the handling all confidential, medical, and personal information of all self-reported cases or suspected cases of exposure.
- Collaborate and coordinate, with MOH/MOSCA, on any investigations of suspected exposure and transmission.
- Modify, restrict or postpone Swimming competitions if advised by MOH, MOSHC or County Covid-19 response team, due to an evolving COVID-19 related outbreak or emergency.
- Advise the Swim Response Coordinator and Swimming medical consortium if:
 - a contact has been made by County response team about a COVID-19 case or exposure at the event.
 - a confirmed case of COVID-19 has been voluntarily self-reported to the club.