

POTOMAC VALLEY SWIMMING
PVS 2021 SC Championship Series – Wave I
Hosted for PVS by Nation’s Capital Swim Club
March 12-14, 2021
Dulles South Recreation Center
24950 Riding Center Drive
South Riding, VA 20152

Supplemental Document/Information

In applying for this sanction, the Host, NATION’S CAPITAL SWIM CLUB, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, Loudoun County, and Dulles South Recreation and Community Center.

Local Protocols and Requirements

All local and state protocols will be followed per [Moving Virginia Forward – Phase 3 Guidance](#). This guidance includes:

- Face coverings required by all attendees and support staff of the meet.
- Fitness and Exercise establishments open at 75% capacity.
- Indoor and outdoor swimming pools may be open at up to 75% occupancy, if applicable, provided ten feet of physical distance may be maintained between patrons not of the same household.
- Indoor and outdoor recreational sports should maintain ten feet of physical distance between all instructors, participants, and spectators, where practicable.
- Conduct daily screening of coaches, officials, staff, and players for COVID-19 symptoms prior to admission to the venue/facility. Anyone experiencing symptoms should not be permitted in the venue/establishment.
- All shared items must be disinfected between each use to the extent practicable.

Participant, Spectator Ingress and Egress

- All attendees will enter the facility from the main entrance. All attendees will exit the facility through the gym. Please see attached map.

Planned Number of Individuals

Pool Allowed Occupancy: 1206
75% Pool Allowed Occupancy: 904

Spectator Allowed Occupancy: 87 at 6ft distance

Estimated Total Attendees

WARM-UP	
Pool	100
Pool Deck	
Swimmers	9
Coaches	25
Officials	12
Marshalls	12
Volunteers	2
Facility Staff	6
Spectator Area	0
Swimmers	0
Marshals	5
TOTAL	171

COMPETITION	
Pool	60
Pool Deck	
Swimmers	9
Coaches	25
Officials	12
Timers	12
Marshalls	12
Volunteers	2
Facility Staff	6
Spectator Area	
Swimmers	40
Marshals	5
Clerks of Course	4
TOTAL	147

Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. The meet will be live-streamed, live-streaming details will be provided on the [PVS website](#) prior to the meet.

Meet Specific COVID-19 Protocols

- Athletes must arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed.
- Coaches, volunteers, and officials will use the family locker rooms for restroom purposes.
- Athletes must shower prior to arrival at the pool.
- All attendees should bring a filled, reusable water bottle to the meet.
- All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when warming up, cooling down, and competing. Masks must be affixed to the face without hands and must cover nose and mouth.
- All attendees will be required to complete and submit a health attestation prior to entering the facility. Attestation must be completed no more than four hours before arrival at the facility.
 - [Athlete Health Attestation](#)
 - [Coach, Official, Timer, Volunteer Health Attestation](#)
- All attendees will enter the facility from the main entrance. All attendees will proceed past the front desk, around the fitness area, turn left down the hallway to the aquatics area, and left at the end of the hallway to the pool. Swimmers will turn left onto the pool deck and proceed to their assigned area. All attendees will exit the facility through the gym. See attached map.
- Face masks should remain dry; therefore, all swimmers should bring multiple masks.
- Each athlete should bring a small, plastic zipper bag (Ziplock or similar), clearly labeled with the athlete's name, to place each mask in while the athlete is in the water. Bags containing masks will be placed on chairs behind starting blocks during competition and warm-ups for swimmers in the competition course. Bags containing masks will be placed in boxes on the wall for swimmers in the cool-down pool.
- All attendees shall maintain a minimum of six (6) feet distance from all other participants whenever possible.
- Each session will be limited to a maximum of 109 swimmers.

- The number of coaches allowed per team will be limited based on entries. The limit of total number of coaches will be determined after entries are received.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Swimmers must follow all directions as posted and adhere to all marshal directions. Any attendee failing or refusing to comply with any of these protocols will be prohibited from entering the facility and/or asked to leave the facility.
- One-way traffic flow will be implemented. Swimmers will enter the bleachers from the stairs at the shallow end of the pool and exit the bleachers from the stairs at the deep end (start end) of the pool. At the completion of their race, swimmers will walk around the pool, along the scoreboard side wall, to return to their assigned area.
- All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following cooling down after their event.
- Swimmers may not enter another swimmer's "square" of seating.
- Any swimmer not following the meet protocols will be subject to immediate removal from the meet.
- Limited hospitality may be offered for coaches and officials.
- We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet.
- No spectators will be permitted. Competition will be live-streamed. Competition will be live-streamed. Live-streaming details will be provided prior to the meet on the [PVS website](#)

Arrival, Departure and Swimmer Location (see attached map)

- Swimmers should arrive no more than fifteen (15) minutes prior to their scheduled warm-up times. If swimmers arrive early, they must wait in their cars until time to enter the facility.
- Swimmers will be dropped off in the front of the facility.
- Wearing masks at all times, swimmers will line up six (6) feet apart on the sidewalk in front of the building. A meet volunteer will confirm each swimmer has submitted his/her health attestation.
- Maintaining a six (6) foot distance, swimmers will enter the facility from the main entrance, proceed past the front desk, around the fitness area, turn left down the hallway to the aquatics area, and left at the end of the hallway to the pool. Swimmers will turn left onto the pool deck and proceed to their assigned area. See attached map (blue arrows).
- Swimmers will enter the pool deck, immediately turn left and proceed to the spectator bleachers and their designated area.
- Spaces for swimmers will be marked in the spectator area and in bleachers on the pool deck.
- Swimmers must depart the facility immediately upon the completion of their race(s) or immediately after counting for a teammate. All attendees will exit the facility through the gym. See attached map (red arrows).
- Marshalls will monitor the team area to ensure safety and proper distancing.

Pre-Meet Warm-Up

- Twenty (20) lanes will be used for warm-up, with a maximum of five (5) swimmers per lane and maintaining appropriate distance as required by applicable local guidelines and in accordance with USA Swimming guidelines.
- Swimmers will be assigned to specific lanes for warm-up as well as an "entry" number into that lane.
- Wearing face masks and with cap and goggles only, swimmers will exit the bleachers section-by-section, form a single-file line and proceed down the staircase at the dive-end of the pool.
- Swimmers will each place their face mask in a plastic zipper (Ziploc or similar) bag and place it on the bench/chair behind the blocks and proceed directly to their assigned lane.
- Warm-up distancing conducted in accordance with USA Swimming guidelines.
- After warm-up, coaches will direct swimmers to exit the pool one at a time by lane. Swimmers will immediately retrieve their masks, proceed down the pool deck on the scoreboard side, around the shallow end, to the stairs at the far end of the pool and return to their designated spot.

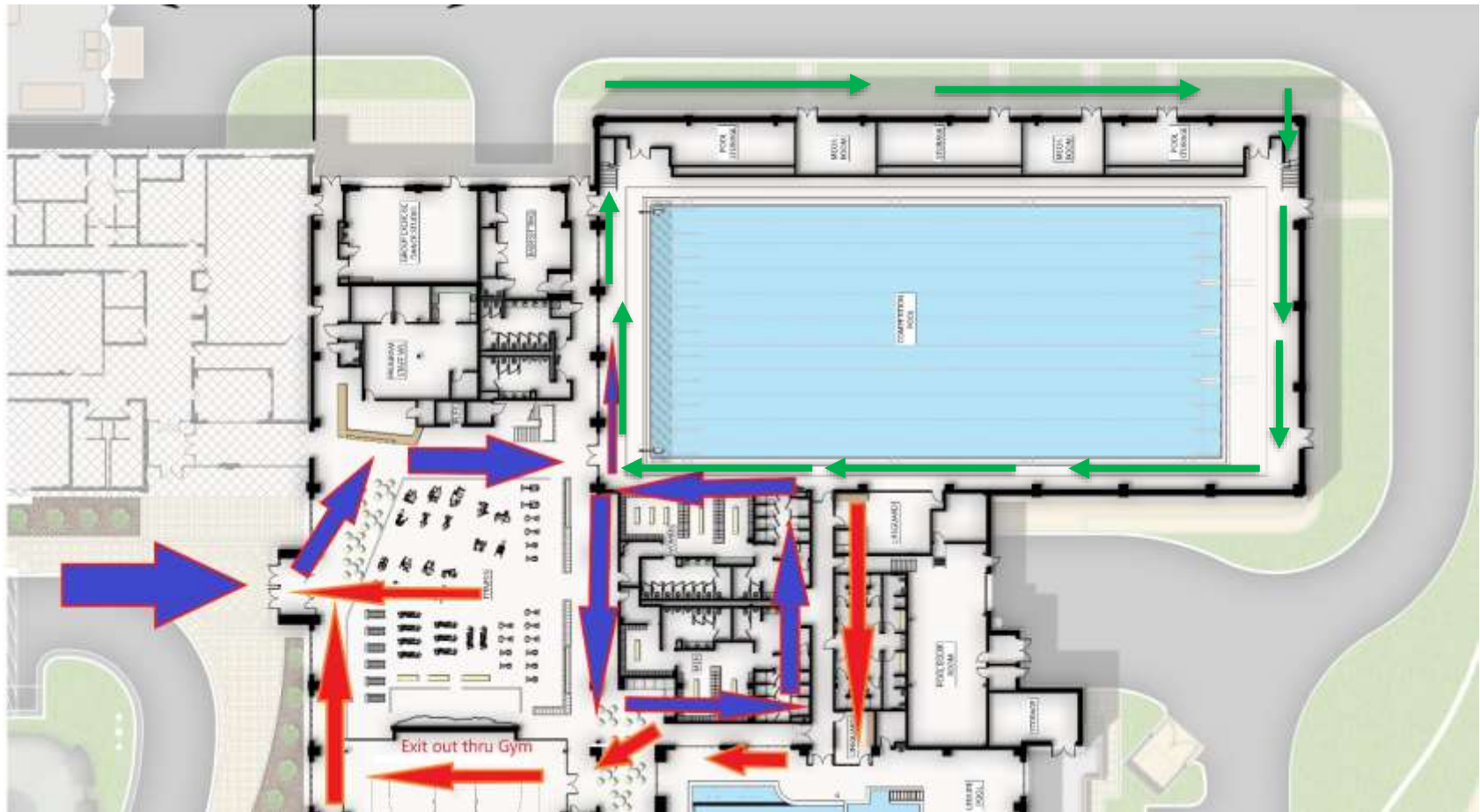
Competition

- To prepare for competition, ten (10) lane timers and two (2) head timers will enter the pool deck and move to their designated lanes. Additional officials, if any, will enter the pool deck and take up their positions around the pool.
- At the start, timers will be 6' back from the edge of the pool to provide safe distancing for all athletes.
- At the finish, timers will stand to maximize distance between timers and officials.
- To start competition, twenty (20) swimmers (the first two heats) will move from their designated areas to the staging area along the top of the bleachers and down the stairs to the pool deck. Swimmers will be lined up based on their seeded heat and lane.
 - Heat 1 swimmers will line up behind the block for their assigned lane. They will place their masks in the box labeled for their lane and their towel or parka, if any, in the chair directly behind their assigned lanes.
 - Heat 2 swimmers will stage, 6' apart, on the stairs.
 - Heat 3 swimmers will line up in the spectator area, maintaining 6' of social distance.
- Upon completion of Heat 1, the swimmers will exit the pool, immediately put on their masks, retrieve their belongings, and proceed down the pool deck on the scoreboard side, around the shallow end, to the stairs at the far end of the pool and return to their designated spot.
- Heat 2 swimmers will enter the pool deck after Heat 1 has finished, exited the area behind the blocks, and the timers have moved back from the edge of the pool. The Clerk of Course will signal when swimmers can leave this "ready" area.
- Heat 3 swimmers will proceed down the stairs as Heat 2 swimmers approach the blocks.
- The above procedures will be followed by all subsequent heats.

Continuous Warm-Up/Cool-Down

- Ten (10) lanes will be available during the meet for warm-up/cool-down.
- Before returning to the bleachers, swimmers may enter one of the cool-down lanes immediately upon exiting the competition pool. Entrance and exit from the cool-down lanes is ONLY from the scoreboard side of the pool.
- All swimmers must place their masks in a plastic bag prior to entry into the cool-down lane. Boxes will be provided for bagged masks.
- No more than five (5) swimmers will be allowed in the warm-up/cool-down lanes at any time.
- Marshals/coaches will supervise the warm-up/cool-down lanes.
- Cool-down distancing will be in accordance with USA Swimming guidelines.

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