

POTOMAC VALLEY SWIMMING

PVS 2021 LC Age Group Championships Hosted for PVS by Nation's Capital Swim Club July 15-18, 2021

Freedom Aquatic & Fitness Center

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, Commonwealth of Virginia, Prince William County, George Mason University, Freedom Aquatic & Fitness Center.

Local Protocols and Requirements

All local and state protocols will be followed per [Virginia Executive Order Number Seventy Nine](#). This guidance includes:

- All individuals in the Commonwealth aged five and older should cover their mouth and nose with a mask in accordance with the [Centers for Disease Control and Prevention guidance](#).

Participant Ingress and Egress

Spectators not working in a capacity to operate the swim meet will not be permitted. Entry and exit for all athletes, coaches, officials, and volunteers will be through the patio entrance. Athletes will enter using the second patio door; coaches, officials, and volunteers will enter using the first patio door. All attendees (athletes, coaches, officials, and volunteers) should wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.

Planned Number of Individuals

Pool Allowed Occupancy: 1485

Warm Ups	
Pool	250
Pool Deck	
Athletes	0
Coaches	35
Officials	25
Marshals	10
Volunteers	6
Facility Staff	6
Spectator area	
Athletes	0
Marshals	4
TOTAL	336

Competition	
Pool (competition)	10
Pool Deck	
Athletes	20
Coaches	35
Officials	25
Timers	12
Marshals	10
Volunteers	6
Facility Staff	6
Spectator area	
Athletes	220
Marshals	4
TOTAL	348

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 prior to the meet on the [NCAP Livestreams Facebook Page](#).

Meet Specific COVID-19 Protocols

- Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use only.
- Athletes must shower prior to arrival at the pool.
- Some outside seating may be required. Exact plans will be provided after the entry deadline.
- All attendees (athletes, coaches, officials, volunteers, spectators) should wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.
- All attendees should bring a filled, reusable (non-glass) water bottle to the meet.
- Athletes should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.
- Coaches, officials, and volunteers will use the hallway bathrooms for restroom purposes. Athletes will use the locker rooms accessed from the pool deck for restroom purposes (emergency use only).
- Spectators will not be permitted into the facility. The meet will be live streamed on the [NCAP Livestreams Facebook Page](#).
- Before signing up your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently.
- Swimmers will be assigned to a seating area.
- Entry and exit for all participants, volunteers, and coaches will be through the patio side entrance.
- Before entering the facility, participants are required to be able to answer the following questions and will only be permitted entrance if answering with 'no':
 - Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?
 - Has anyone in your family been sick or diagnosed with COVID-19?
 - Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days?
- One-way traffic will be maintained around the pool. Swimmers will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks.
- All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following their event.
- For warm-ups, swimmers for each session may be assigned to one of two warmup groups. Each group will be assigned an arrival time. Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines.
- During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool.
- Staging for swimmers during competition will be:
 - Heat 1 is at the blocks and will swim
 - Heat 2 is along the race course on deck spaced by 3' and will remain there until Heat 1 is starts
 - Heat 3 is staging under the scoreboard until directed to move to where Heat 2 is standing (after Heat 1 starts and Heat 2 proceeds to the starting blocks).
- During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area.
- For 50m events, runners will transport swimmers' masks to the finish end of the pool.
- Counters for 800m and 1500m Freestyle events will be provided by swimmers already entered in the meet session.
- Limited hospitality may be offered for coaches and officials.

- Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- Chlorine is used to disinfect the water and adjacent surfaces constantly.
- Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.
- 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.