

POTOMAC VALLEY SWIMMING
PVS 2021 LC Junior Championships
Hosted for PVS by Arlington Aquatic Club
July 15-18, 2021

Claude Moore Recreation Center
46105 Loudoun Park Lane
Sterling, VA 20164

Supplemental Document/Information

In applying for this sanction, the Host, Arlington Aquatic 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 Claude Moore Recreation 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. All attendees will enter the facility from doors in the back of the building, behind the child care center. See attached map. Separate entrances will be used for athletes and coaches, officials, and volunteers. 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. Athletes will proceed directly to their assigned area.

Planned Number of Individuals

Pool Allowed Occupancy: 573

Spectator Allowed Occupancy: 565

Estimated Total Attendees

WARM-UP	
Pool	250
Pool Deck	
Swimmers	0
Coaches	40
Officials	30
Marshals	6
Volunteers	2
Facility Staff	6
Spectator Area	
Swimmers	0
Marshals	3
TOTAL	337

COMPETITION	
Pool	10
Pool Deck	
Swimmers	10
Coaches	40
Officials	30
Timers	12
Marshals	6
Volunteers	2
Facility Staff	6
Spectator Area	
Swimmers	230
Marshals	3
Clerks of Course	2
TOTAL	351

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 on the SNOW Swimming 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 family bathrooms for restroom purposes. Athletes will use the locker rooms for restroom purposes.
- Spectators will not be permitted into the facility. The meet will be live-streamed; live-streaming details will be provided before the meet on the [Potomac Valley Swimming website](#).
- Swimmers will be assigned to a seating area.
- Entry and exit for all participants, volunteers, and coaches will be through the 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':
 - Have you experienced any of the following symptoms in the past 48 hours:
fever or chills cough nausea or vomiting shortness of breath or difficulty breathing
fatigue headache muscle or body aches new loss of taste or smell
sore throat diarrhea congestion or runny nose
 - Are you isolating or quarantining because you tested positive for COVID-19 or are worried that you may be sick with COVID-19?
 - If not fully vaccinated OR recovered from a documented COVID-19 infection in the last 3 months:
 - ◇ Have you been in close physical contact in the last 14 days with anyone who is known to have laboratory-confirmed COVID-19 or anyone who has any symptoms consistent with COVID-19?
 - ◇ Are you currently waiting on the results of a COVID-19 test (other than for pre-travel or post-travel)?
 - ◇ Have you traveled overnight AND on public transportation or overnight AND with people who are not in your household in the past 10 days?
- 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.
- One-way traffic flow will be implemented. Swimmers will enter the pool deck from the start end of the pool. Stairwells will be one-way traffic only.
- 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.
- 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 staged behind the blocks, near the wall
 - Heat 3 is staged in the stairwell at the start end of the course until directed to move to where Heat 2 is standing (after Heat 1 has started and Heat 2 steps forward 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.

Map of Claude Moore Recreation Center



