

**The FISH**  
**FISH Intra-squad Meet**  
**October 11<sup>th</sup> and 18<sup>th</sup>, 2020**  
**Tuckahoe Recreation Club**

**Supplemental Document/Information**

In applying for this sanction, the Host, The FISH, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, Fairfax County, and Tuckahoe Recreation Club.

**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
- 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.
- The total number of attendees (including both participants and spectators) of recreational sports cannot exceed the lesser of 50% of the occupancy load on the certificate of occupancy, if applicable, or 250 persons
- 10’ spacing on pool deck and spectator area between persons who are not members of the same household
- Health screening prior to entry

**Spectator Ingress and Egress**

- Spectators will not be allowed. However, athlete/coach/official/timer entrance will be through the main building and up the stairs, through the door that leads directly to the pool deck. All participants will exit directly from the pool deck.

**Planned Number of Individuals**

**Pool Allowed Occupancy:** 100  
**75% Pool Allowed Occupancy:** 75

**Spectator Allowed Occupancy:** 0  
**75% Spectator Allowed Occupancy:** 0

**Estimated Total Attendees**

<b>WARMUPS</b>	
<b>Pool</b>	30
<b>Pool Deck</b>	
<b>Coaches</b>	1
<b>Officials</b>	6
<b>Marshals</b>	2
<b>Volunteers</b>	1
<b>Facility Staff</b>	0
<b>Spectators</b>	0
<b>TOTAL</b>	<b>40</b>

<b>COMPETITION</b>	
<b>Pool</b>	6
<b>Pool Deck</b>	
<b>Swimmers</b>	24
<b>Coaches</b>	1
<b>Officials</b>	6
<b>Timers</b>	7
<b>Marshals</b>	2
<b>Volunteers</b>	1
<b>Facility Staff</b>	0
<b>Spectators</b>	0
<b>TOTAL</b>	<b>47</b>

## 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 to The FISH's Facebook feed.

## Meet Specific COVID-19 Protocols

- Athletes must arrive and depart in their suits. Locker room use must be minimized. Restrooms will be available for emergency situations with occupancy limited to one person at a time.
- Athletes must wear masks while not in the water warming up, cooling down, or racing.
- Coaches, officials, volunteers, and spectators must wear masks at all times.
- All attendees will be required to complete a health attestation in addition to the completing the Sparrow Occupational Health Screening tool (<https://www.sparrow.org/OccHealthScreening>) no more than four (4) hours before entry into the facility. A coach or marshal will be stationed at the entry point to screen swimmers and volunteers for completion of the survey. No swimmer will be allowed entry after 7:05 a.m. and no volunteers will be allowed entry after 7:35 a.m.
- Swimmers will be assigned a space on deck and non-family members will be spaced 10' apart. Swimmers will receive their deck space assignments prior to arrival to the meet.
- Entry and Exit will be through separate doors. Entrance is through the building and up the stairs, exit is through the outdoor pool entrance.
- No Spectators will be permitted. The meet will be live streamed to the FISH's Facebook page.
- 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.