

Potomac Marlins October Meet

October 24 & 25, 2020

Cub Run RECenter

Supplemental Document/Information

In applying for this sanction, the Host, Potomac Marlins, 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 Cub Run RECenter.

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.
- 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
- Indoor and outdoor recreational sports should maintain ten feet of physical distance between all instructors, participants, and spectators, where practicable.
- Health screening prior to entry

Participant Ingress and Egress

- Entry and exit for all participants, volunteers, and coaches will be through the main building entrance.
- Swimmers and volunteers should arrive no later than 6:00 a.m.
- Before entering the facility all attendees (athletes, coaches, officials, and volunteers) are required to fill out the health questionnaire within 4 hours of their arrival to the pool and turn it in before entering the building. All attendees will submit to a temperature check upon entry to the facility.
- 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. Swimmers not participating in warm-up will remain on the deck at their assigned spot.
- Swimmers must remain at their assigned spot when not warming up, cooling down, competing, or preparing to compete.

Planned Number of Individuals

Pool Allowed Occupancy: 375

50% Pool Allowed Occupancy: 187

Estimated Total Attendees

WARMUPS	
Pool	55
Pool Deck	
Swimmers	55
Coaches	12
Officials	8
Marshals	3
Volunteers	3
Facility Staff	5
TOTAL	141

COMPETITION	
Pool	18
Pool Deck	
Swimmers	92
Coaches	12
Officials	8
Timers	9
Marshals	3
Volunteers	3
Facility Staff	5
TOTAL	150

Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. The meet will be streamed via Facebook Live at the [Potomac Marlins Facebook page](#).

Meet Specific COVID-19 Protocols

- Swimmers not in the same family must sit 10 feet apart on the pool deck. The leisure pool area will be used for athlete seating. Seating areas on the pool deck will be marked at 10' intervals.
- Athletes should arrive and depart in their suits. Locker room use is not permitted.
- All attendees (athletes, coaches, officials, and volunteers) must wear masks, with the exception of athletes when warming up, cooling down, and competing.
- Bathroom use is allowed in emergencies, but all individuals must use the family changing rooms and wipe down all surfaces touched.
- Before entering the facility all attendees (athletes, coaches, officials, and volunteers) are required to fill out the health questionnaire within 4 hours of their arrival to the pool and turn it in before entering the building. All attendees will submit to a temperature check upon entry to the facility.
- One timer will be assigned to each lane as a back-up timer. Markings on the pool deck will separate the swimmers from the timers while staging and entering/exiting the pool.
- One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the turn end of the pool, down the lane 8 side of the pool, and continue behind the blocks.
- For warm-ups, swimmers will be assigned to one of two warm-up groups, no more than 55 swimmers in each group. Each group will have 20 minutes to warm-up.
- 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. Swimmers not participating in warm-up will remain on the deck at their assigned spot.
- Coaches and Marshals will monitor warm-up lanes to ensure no more than 5 swimmers are in a lane at once.
- Staging for swimmers during competition will be:
 - Heat 1 is at the blocks and will swim
 - Heat 2 is lined up along the wall by lane 8 spaced by 6 feet and will remain there until heat 1 is done swimming, exits the pool and exits the area behind the blocks.
 - Heat 3 is staging on the turn end of lane 8 until directed to move to middle of pool on the lane 8 side (after heat 1 is done swimming and out of the way and heat 2 proceeds to the starting blocks).
- Swimmers will wear their masks until they reach the starting blocks. They will place their mask in a plastic bag on the bench behind the starting block just prior to competing. They will put their mask back on before leaving the starting area.
- Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- UV Light is used along with chlorine to disinfect the water constantly.
- 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.

Covid-19 Swim Meet Health Questionnaire

Are you currently experiencing a fever of 100.4 degrees Fahrenheit or higher?

Y N

Do you feel a sense of having a fever?

Y N

Do you have diarrhea, nausea or vomiting?

Y N

Do you have a new cough that cannot be attributed to another health condition?

Y N

Do you have a new shortness of breath that cannot be attributed to another health condition?

Y N

Are you experiencing new chills that cannot be attributed to another health condition?

Y N

Do you have a new sore throat that cannot be attributed to another health condition?

Y N

Do you have new muscle aches that cannot be attributed to another health condition or specific activity such as physical exercise?

Y N