

**Nation's Capital Swimming**  
**NCAP Tyson's Turkey Bowl**  
**November 21, 2020**  
**NCAP - Tysons**

**Supplemental Document/Information**

**In applying for this sanction, the Host, Nation's Capital Swimming, Inc, 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 NCAP - Tysons Facility.**

**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.
- 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.

**Participant Ingress and Egress**

- Please refer to the attached map.
- All participants (coaches, officials, volunteers, swimmers, etc.) will arrive at the NCAP - Tysons location through back entrance parking lot where they will be directed to the designated seating area by site.
- Athletes will remain in their areas until called by Heat/Lane to the Clerk of Course area, in the NCAP - Tyson's Main Lobby.
- Marshals will direct athletes out the Parking lot door, through the fenced area, and on deck.
- No more than 3 heats will be waiting on deck, with a 4<sup>th</sup> heat behind the blocks or swimming
- Athletes will swim, exit their lanes, replace their masks, and exit the pool through the outside door by the pump room.
- Athletes will then enter the seating areas through the doors on the fenced play area, and report to their designated places.
- Only meet volunteers will be permitted into the pool area. All others must wait outside.
- Only meet volunteers will be permitted in the swimmer areas. Parents may wait in the parking lot for return at the end of the meet.
- For athlete management a total of nine (9) volunteers will be needed in the athlete area.

The breakdown of workers is as follows:

- 2 Volunteers for Check-In (at back door seating area)
- 3 Volunteers for Door Marshalling to ensure only swimmers access the seating areas and maintaining proper social distancing. (1 at each door)
- 2 Volunteers to call the swimmers for the heat/ event and send them to the clerk of course area. Swimmers remain in their spot until they are called.
- 1 Volunteer for Clerk of Course
- 1 Volunteer to be direct athletes through the fence and on deck

- For the deck and flow of swimmers we will require up to fourteen (14) volunteers. The breakdown of workers is as follows:
  - 2 Volunteers for inside clerk of course
  - 1 Volunteer by the Admin table to ensure swimmers are safe going behind the admin table.
  - 5 Timers - (1 per lane & 1 back up head timer)
  - Up to 6 Officials

**Planned Number of Individuals**

**Pool Allowed Occupancy:** 100

**50% Pool Allowed Occupancy:** 50

**Estimated Total Attendees**

<b>WARMUPS</b>	
<b>Pool</b>	30
<b>Pool Deck</b>	
<b>Coaches</b>	4
<b>Officials</b>	6
<b>Marshals</b>	2
<b>Volunteers</b>	0
<b>Facility Staff</b>	0
<b>Athlete Seating Area</b>	
<b>Athletes</b>	36
<b>Marshals</b>	9
<b>TOTAL</b>	<b>87</b>

<b>COMPETITION</b>	
<b>Pool</b>	4
<b>Pool Deck</b>	
<b>Swimmers</b>	12
<b>Coaches</b>	4
<b>Officials</b>	6
<b>Timers</b>	5
<b>Marshals</b>	3
<b>Volunteers</b>	0
<b>Facility Staff</b>	0
<b>Athlete Seating Area</b>	
<b>Athletes</b>	50
<b>Marshals</b>	9
<b>TOTAL</b>	<b>93</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 by NCAP via the [NCAP Tyson’s Facebook page](#).

**Meet Specific COVID-19 Protocols**

- Athletes must arrive and depart in their suits. Locker room use will be for emergency use only and will be cleaned between each use by the facility staff.
- All attendees (athletes, coaches, marshals, and officials) must wear masks, with the exception of athletes when warming up, cooling down, and competing.
- Swimmers should bring a minimum of 2 masks.
- All athletes will complete the NCAP wellness check [link](#) (same as practices) within four (4) hours of arriving at the facility. Green Check from the health screening must be shown before they are permitted in the facility.
- All coaches, officials, and volunteers must complete this [health screening form](#) within four (4) hours of arriving at the facility and will have their temperature checked upon entering the facility.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag or container on the chair behind their lane. Swimmers will immediately put their masks back on at the completion of their swims before they leave the start end.
- Swimmers must follow all directions as posted and adhere to all marshal directions.

