

**Fairfax Foxes Swimming
Winter Solstice
December 12-13, 2020
Claude Moore Recreation Center**

Supplemental Document/Information

In applying for this sanction, the Host, Fairfax Foxes, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, Loudon County, and Claude Moore Recreation Center.

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 for 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.
- 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.

Participant Ingress and Egress

No spectators will be permitted in the facility. Only registered and approved volunteers that have been screened will be permitted into the facility, along with athletes and coaches. All attendees (coaches, officials, volunteers and swimmers) will enter the facility using the doors in the back of the building behind the child care center. Athletes will proceed directly to their assigned area.

Planned Number of Individuals

Pool Allowed Occupancy: 573
75% Pool Allowed Occupancy: 429

Spectator Allowed Occupancy: 565
75% Spectator Allowed Occupancy: 423

Estimated Total Attendees

WARMUPS	
Pool*	93
Pool Deck	
Coaches	10
Officials	8
Marshals	12
Facility Staff	6
Spectator Area (athletes)	34
TOTAL	163

COMPETITION	
Pool*	63
Pool Deck	
Swimmers	20
Coaches	10
Officials	8
Timers	11
Marshals	12
Facility Staff	6
Spectator Area (athletes)	44
TOTAL	174

*includes up to 45 swimmers in part of pool not being used for competition

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 Fairfax Foxes Facebook page.

Meet Specific COVID-19 Protocols

- All attendees (athletes, coaches, officials, volunteers) must wear a mask to enter the facility and at all times when inside the facility, with the exception of athletes when competing or warming up/cooling down.
- Athletes must arrive and depart in their suits. Locker room use must be minimized to emergency use only.
- Spectators will not be permitted into the facility.
- The meet will be live streamed on the Fairfax Foxes Facebook page. The link will be shared with participating families.
- Before registering 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.
- Each session will be limited to 82 swimmers. Swimmers will be assigned a seating area. Seating areas are marked to allow for social distancing.
- Before entering the facility, all attendees (athletes, coaches, and volunteers) are required to be able to answer the following questions on an online [Health Attestation](#) and will only be permitted entrance if answering appropriately and with no symptoms of COVID-19. These include:
 - Fever (temperature of 100.4°F or higher) or Chills
 - Shortness of Breath or Difficulty Breathing
 - Muscle or Body Aches
 - New Loss of Taste or Smell
 - Congestion or Runny Nose
 - Nausea or Vomiting
 - Cough or Fatigue
 - Headache
 - Sore Throat
- Entry for all attendees (athletes, volunteers, and coaches) will be through the side entrance. A map of Claude Moore will be provided to all teams during the week of December 7.
- A designated staff member, official, or volunteer will be in place to observe/marshal COVID-19 guidelines and report back to the coaches and officials on concerns or improvements.
- 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.
- Each swimmer should bring a plastic zipper bag in which to place their mask when in the pool.
- Swimmers will wear their masks until they arrive at their lane and they will take them off and place them in a plastic bag. The bags will be placed on chairs behind the starting blocks during warm-ups and competition. Swimmers will immediately put their masks back on before they exit the pool deck.
- Swimmers must follow all directions as posted and adhere to all marshals' directions.
- All swimmers must remain in their designated space while in their seating area and while waiting in Clerk of Course.
- Swimmer may not enter another swimmer's "square" of seating.
- Any swimmer, coach, official and/or volunteer not following meet protocols will be subject immediate removal from the meet.
- Contact information for all volunteers will be collected.
- We request that all attendees notify the meet director as quickly as possible should they test positive for COVID-19, show symptoms or have been in contact with anyone exposed or tested positive for COVID-19 after attending the meet.

Arrival, Departure, and Swimmer Location

- Swimmers should arrive no later than fifteen (15) minutes prior to their scheduled warm-up times. If swimmers arrive early, they must wait in their cars until time to enter the facility.
- Swimmers will be dropped off in the back of the facility.
- Wearing masks at all times, swimmers will line up six (6) feet apart on the sidewalk in the back of the building along the windows to the fitness center. A meet volunteer will confirm each swimmer has submitted his/her health attestation.
- Maintaining a six (6) foot distance, swimmers will enter the facility and proceed up the stairs to the spectator area.
- Spaces for swimmers will be marked in the spectator area.
- Swimmers must depart the facility immediately upon completion of their race(s) or immediately after counting for a teammate.
- Marshals will monitor the team area to ensure safety and proper distancing.

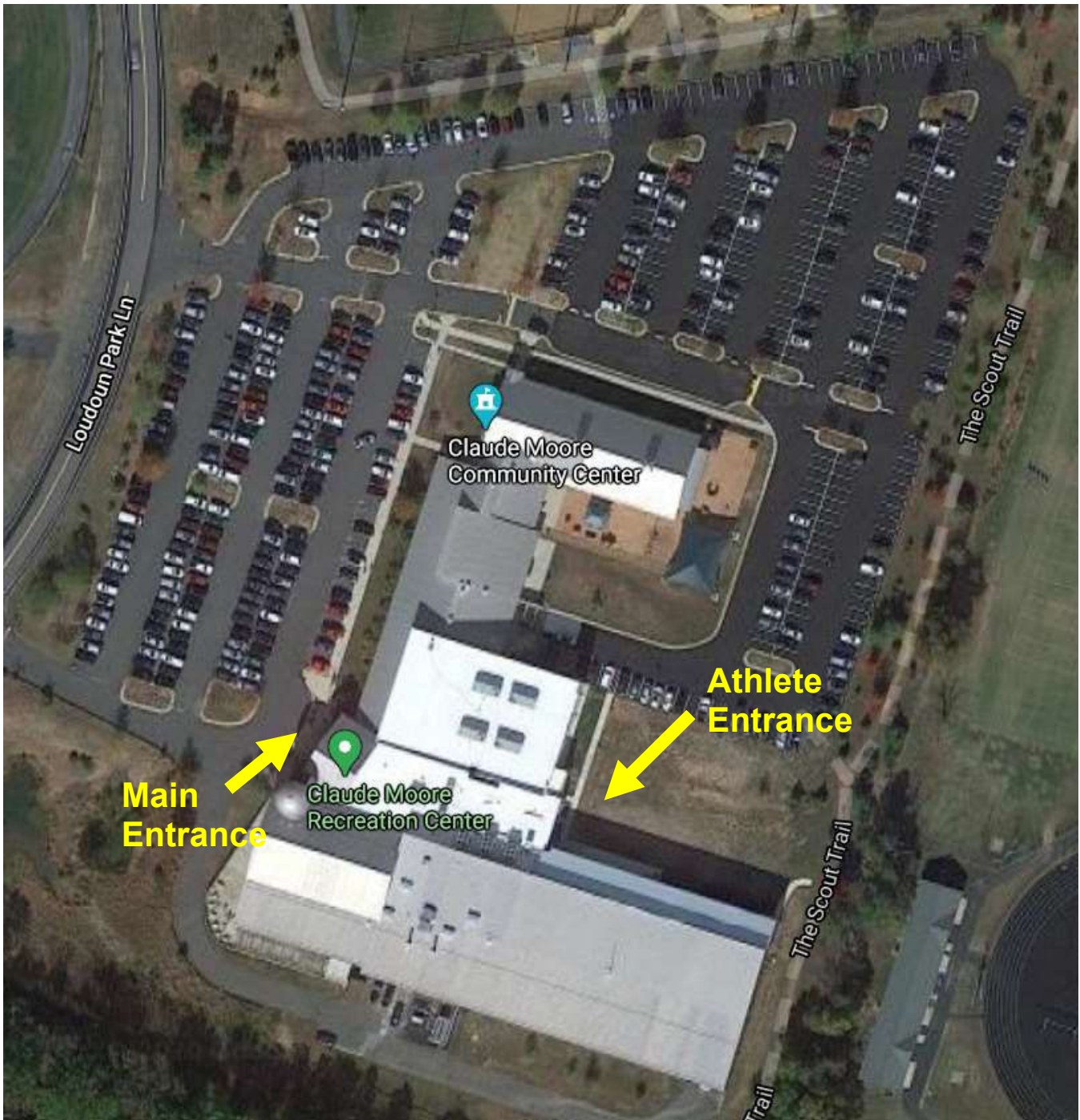
Pre-meet Warm-up

- 12 lanes will be available for warm-up, with a maximum of four (4) swimmers per lane and maintaining appropriate distance as required by applicable local guidelines and in accordance with USA Swimming guidelines.
- Swimmers will be assigned to specific lanes for warm-up as well as an “entry” number into that lane.
- Wearing face masks with cap and goggles only, swimmers will exit the bleachers section-by-section, form a single-file line and proceed down the staircase at the start end of the pool.
- Swimmers will place their mask in a plastic zipper bag and place it on the chair behind the block or in the box hanging on the wall behind the lane and proceed directly to their assigned lane.
- After warm-up, coaches will direct swimmers to exit the pool one at a time by lane. Swimmers will immediately retrieve their masks, proceed down the pool deck along the window side of the facility, around the pool to the staircase at the shallow end of the pool and return to their designated spot in the bleachers.

Competition

- To prepare for competition, 10 lane timers and one (1) head timer will enter the pool deck and move to their designated lanes. Additional officials, if any, will enter the pool deck and take up their positions around the pool.
- At the start, timers will be seated 6’ back from the edge of the pool to provide safe distancing for all athletes.
- At the finish, timers will stand to maximize the distance between timers and officials.
- To start competition, twenty (20) swimmers (the first two heats) will move from their designated areas to the starting area. Swimmers will be lined up based on their seeded heat and lane.
- Heat 1 swimmers will line up behind the block for their assigned lane. They will place their masks in the box labeled for their lane and their towel or parka, if any, in the chair directly behind their assigned lanes.
- Heat 2 swimmers will follow Marshals and Clerk of Course direction to line up along the wall behind their assigned lane.
- Heat 3 swimmers will proceed down the stairs and line up along the wall behind their assigned lane as Heat 2 swimmers approach the blocks.
- The above procedures will be followed by all subsequent heats.
- Two (2) lanes will be available for during the meet for cool-down.
- Before returning to the bleachers, swimmers may enter one of the cool-down lanes immediately upon exiting the competition pool. Entrance and exit from the cool-down pool is ONLY from the window side of the pool.
- All swimmers must place their masks in a plastic bag prior to entry into the warm-up/cool-down lanes at any time.
- Marshals/coaches will supervise the cool-down lanes.

Map of Claude Moore Recreation Center



Swimmer
exit



Swimmer
entrance

