

FISH
Intrasquad Meet 3
Saturday, December 12 & 19, 2020
Spring Hill RECenter

Supplemental Document/Information

In applying for this sanction, the Host, 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 Spring Hill 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 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.
- 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

Spectators not working in a capacity to operate the swim meet will not be permitted. Swimmers, coaches, and all volunteers will enter the facility via the service ramp through the back door by the bleachers and exit using the door by the starting blocks.

Planned Number of Individuals

Pool Allowed Occupancy: 150
75% Pool Allowed Occupancy: 112

Estimated Total Attendees

WARMUPS	
Pool	50
Pool Deck	
Coaches	6
Officials	4
Marshals	4
Volunteers	0
Facility Staff	1
Spectators	0
TOTAL	65

COMPETITION	
Pool	8
Pool Deck	
Swimmers	42
Coaches	6
Officials	8
Timers	9
Marshals	4
Volunteers	0
Facility Staff	1
Spectators	0
TOTAL	78

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 Instagram.

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.
- Before signing up 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.
- Athletes must wear masks while not in the water warming up, cooling down, or racing.
- Coaches, officials, and volunteers must wear masks.
- 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 6:05 p.m. and no volunteers will be allowed entry after 6:20 p.m.
- Swimmers will be assigned a space on deck or in the bleachers and non-family members will be spaced 6' apart. Swimmers will receive their deck space assignments prior to arrival to the meet.
- One-way traffic will be maintained on deck at all times.
- Swimmers will exit the pool at the starting end and proceed around the diving board side of the pool deck. Once the swimmers have cleared the area, the next heat of swimmers will be led to the blocks.
- Masks will be worn by swimmers until they reach the blocks where they will place their masks in personalized plastic zipper bags.
- For the 25y events, athletes will start from the opposite end of the pool (end without starting blocks). Upon completion of the race, the athletes will swim back to the opposite end of the pool where they will retrieve their masks and immediately place them back on.
- Entry and Exit of the facility will be through separate doors. Entrance is down the service ramp through the back door by the bleachers, exit is out the door by the starting blocks.
- No Spectators will be permitted. The meet will be live streamed to the FISH's Instagram Feed.
- 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.