



## **MAKO WINTER INVITATIONAL**

**January 9-10, 2021**

**The St. James: Sports, Wellness and Recreation Center Springfield, VA**

### **Supplemental Document/Information**

**In applying for this sanction, the Host, Mason Makos Swim Team, 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 the St. James: Sports, Wellness and Entertainment Complex.**

#### **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.
- 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**

- All participants (coaches, officials, volunteers, swimmers, etc.) will arrive at the St. James through the main entrance where they will submit to a health screening and temperature check before they are permitted in the facility. Non-members of The St. James must complete the [St. James - Self-Health Assessment and Participation Terms & Conditions](#) no earlier than 12 hours before attending (specify STJ Swimming Rental as "Sport").
- Swimmers will immediately proceed to the stands where they will go to their assigned "section". Each section will have no more than 40 swimmers and total of 80 swimmers per session. Each section will have seating markers within the stands to indicate each swimmer's area and ensure proper social distancing.
- Parents will not be permitted into the stands to watch the meet.
- Only meet volunteers will be permitted into the stands.
- Coaches, officials, and volunteers will enter the pool deck via the family changing room hallway.
- Swimmers will enter the pool deck through the stairwell on the shallow end of the pool. They will return to their assigned area via the same stairwell. Volunteers will ensure one-way traffic on the stairwell at all times.

## Number of Individuals

Pool Allowed Occupancy: 335

75% Pool Allowed Occupancy: 251

Spectator Allowed Occupancy: 206

75% Spectator Allowed Occupancy: 154

## Estimated Total Attendees

	Warmups session (*1)	Warmups session (*2)	Competition (7 lanes)	Competition (10 lanes)
Pool (*)	95 (*)	100 (*)	67 (**)	70 (**)
Pool Deck				
Swimmers			7	10
Coaches	8	8	10	10
Officials	9	9	9	9
Timers	0	0	8	11
Marshals	6	6	6	6
Volunteers	0	0	0	0
Facility Staff	4	4	4	4
Spectator Area				
Swimmers	0	40	66	60
Marshals	4	4	4	4
<b>TOTAL</b>	<b>126</b>	<b>171</b>	<b>181</b>	<b>184</b>

\*includes a maximum of 15 swimmers in the section of the pool not being used for warmups

\*\*includes a maximum of 60 swimmers in the section of the pool not being used for competition.

(\*1): sessions with ONE warmup sessions: sessions 1, 2, 6, 7, 8, 9 and 10 (in 18 lanes)

(\*2): sessions with TWO warmup sessions: sessions 3, 4 and 5 (in 10 lanes)

## Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Competition will be live-streamed via the [St. James Swimming Facebook page](#).

## Meet Specific COVID-19 Policies and Procedures

- Athletes should arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed.
- Athletes must shower prior to arrival at the pool.
- 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
- All attendees (athletes, coaches, officials, and volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when warming up, cooling down, and competing.
- All attendees (athletes, coaches, officials, and volunteers) will submit to a health screening and temperature check before they are permitted in the facility. Non-members of The St. James must complete the [St. James Self-Health Assessment and Participation Terms & Conditions](#) no earlier than 12 hours before attending (specify STJ Swimming Rental as "Sport"). Per CDC guideline, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the facility. Members of the St. James may complete this via The St. James app.
- All attendees should maintain a minimum of ten (10) feet distance from all other participants whenever possible.
- Each session will be limited to no more than 80 swimmers.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- During warm-ups, swimmers will wear their masks until they arrive at their lane. They will put it in a plastic

zipper bag behind their lane. Once warm-ups are completed, swimmers will immediately put their masks back on.

- During competition, swimmers will wear their masks until they arrive at their lane and they will take it off and hang it on the hook on the starting block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the bulkhead.
- For the 25 yd events which will start at the far end, the swimmers will put their masks in a plastic zipper bag and place it behind their lane. A marshal will collect the bags and transport them to the finish end of the pool. The swimmers will retrieve their masks and immediately put their masks back on.
- Swimmers must follow all directions as posted and adhere to all marshal directions.
- Swimmers will walk around the pool deck and line back up in the designated area with proper social distancing until they are cleared to go up the stairs back to their seated area.
- All swimmers must remain in their designated area for their group until they are called for their event and they must return to their area immediately following their event.
- Swimmers may not enter another swimmer's "square" of seating.
- Any swimmer not following the meet protocols will be subject to immediate removal from the meet.
- All coaches, officials, and volunteers must bring their own water bottle and snacks. Hospitality is not permitted per the facility.
- 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 COVID19 after attending the meet.
- No spectators will be permitted. Competition will be live-streamed via the [St. James Swimming Facebook page](#).

