

NATIONS CAPITAL SWIM CLUB

2021 NCAP Bronze Bash

January 16-17, 2021

Dulles South Recreation and Community Center

24950 Riding Center Drive

South Riding, VA 20152

Supplemental Document/Information

In applying for this sanction, the Host, NATION'S CAPITAL SWIM CLUB, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, Virginia Swimming, the Commonwealth of Virginia, Loudoun County, and Dulles South Recreation and Community 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 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.
- All shared items must be disinfected between each use to the extent practicable.

Participant, Spectator Ingress and Egress

Please see the attached map.

Planned Number of Individuals

Pool Allowed Occupancy: 1206

75% Pool Allowed Occupancy: 904

Spectator Area Allowed Occupancy: 100 (at 6ft distance)

Estimated Total Attendees

WARM-UP	
2 warm up sessions	
Pool (4 per lane)	40
Pool Deck	
Swimmers	0
Coaches	4
Officials	8
Marshalls	12
Volunteers	0
Facility Staff	6
Public Patrons	25
Spectator Area	40
TOTAL	135

COMPETITION	
Pool	10
Pool Deck	
Swimmers	0
Coaches	4
Officials	8
Timers	12
Marshalls	12
Volunteers	0
Facility Staff	6
Public Patrons	25
Spectator Area	70
TOTAL	147

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 via Facebook Live via the [NCAP Dulles South](#) Facebook page.

Meet Specific COVID-19 Protocols

- Before entering your young swimmer, please consider that they can manage themselves for the duration of the meet with only their swim coach and meet staff overseeing them, including being able to visit the bathroom independently.
- Swimmers must arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed.
- Swimmers must shower prior to arrival at the pool.
- Swimmers should bring one (1) full water bottle to the meet.
- All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when competing or warming up/cooling down.
- Face masks should remain dry; therefore, all swimmers should bring multiple masks.
- Each swimmer should bring a small, plastic Ziploc or similar bag to place each mask in while the swimmer is in the water.
- All coaches, officials and volunteers will be required to wear a mask at all times when on the pool deck.
- All attendees should maintain a minimum of six (6) feet distance from all other participants whenever possible.
- All attendees will be required to complete and submit a health attestation prior to entering the facility.
[NCAP Swimmer Daily Check In](#) [Official, Timer, Volunteer Health Attestation](#)
- Each session will be limited to a maximum of eighty (80) swimmers.
- Prior to facility entry, all attendees will receive a touchless temperature screening. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted to enter the facility.
- We request that all attendees notify the NCAP Director of Operations, Karyn McCannon, (kmccannon@nationscapitalswimming.com), 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.
- Any attendee failing or refusing to comply with any of these Protocols will be prohibited from entering the facility and/or asked to leave the facility.
- An athlete's failure to comply with these Protocols will result in his/her being scratched from the entire meet.

Arrival, Departure and Swimmer Location (see attached map)

- Swimmers should arrive no more 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 must be on time. Any swimmer arriving more than 5 (five) minutes after their designated warmup time will not be allowed into the facility.
- Swimmers will be dropped off in the front of the facility.
- Wearing masks at all times, swimmers will line up six (6) feet apart on the sidewalk in front of the building. An official or coach will confirm each swimmer has completed their health check in on the app.
- Maintaining a six (6) feet distance, swimmers will enter the front door of the facility and proceed past the front desk to the leisure pool hallway.
- Swimmers will enter the pool deck, immediately turn left and proceed to the spectator bleachers and their designated area.
- A space for each swimmer will be marked in the bleachers.
- For distancing purposes, swimmers will be assigned seating areas in advance.
- Swimmers must depart the facility immediately upon the completion of their race(s).
- Marshalls will monitor the team area to ensure safety and proper distancing.

Pre-Meet Warm-Up

- Ten (10) lanes will be used 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. See attached spreadsheet for specific warm up lane assignments.
- Wearing face masks and 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 dive-end of the pool.
- Swimmers will each place their face mask in a Ziploc or similar bag and place it on the bench/chair behind the blocks and proceed directly to their assigned lane.
- Warm-up distancing conducted in accordance with USA Swimming guidelines and NCAP Swimming protocols.
- There will be two (2) twenty minute warm up periods, with a ten minute gap between to allow for cleaning and clearing of all athletes from the area.
- 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 in front of the bleachers to the staircase at the far end of the pool and return to their designated spot in the bleachers.

Competition

- To prepare for competition, ten (10) lane timers and two (2) head timers 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 standing well back from the edge of the pool to provide safe distancing for all athletes.
- Athletes will file to their lanes from the staging area (clerk of course), maintaining social distancing. Athletes must be ready to swim, with only their suit, cap, goggles, and mask on. A marshal will monitor the flow of swimmers from clerk of course to their lanes.
- At the finish, timers should stand on the non-step side of the blocks (i.e., the right side of the block).
- To start competition, twenty (20) swimmers (the first two heats) will move from their designated areas to the staging area as shown on the map. Swimmers will be lined up based on their seeded heat and lane.
- Heat 1 swimmers will line up on every other step and when directed by the Clerk of Course, will then proceed directly to their assigned lane. They will place their masks in a plastic zipper bag directly behind their assigned lanes.
- Heat 2 swimmers will then move to the stairs and await instruction from the Clerk of Course.
- When Heat 2 moves to the stairs, Heat 3 swimmers will line up following the same procedure.
- Upon completion of Heat 1, the swimmers will retrieve their mask from the end of their lane and put it on. The athletes will then proceed down the pool deck in front of the bleachers to the staircase at the far end of the pool and return to their designated spot in the bleachers.
- Heat 2 swimmers will not approach the blocks or remove their masks until Heat 1 has finished and is at the far side of the pool. The Clerk of Course will signal when swimmers can leave this “ready” area.
- The above procedures will be followed by all subsequent heats.
- At the conclusion of their events, the swimmer will return to the bleachers to retrieve their belongings, and exit the pool deck from the shallow side bleacher stairs, making their way to the pool exit, and follow exit signs to the main entrance of the facility to be picked up by their parents.

Expectations for Coaches

- Coaches working at a session should arrive on deck 15-20 minutes before the first athlete check-in time of that session. We will need all coaches helping out with the athlete check-in, their movement to seating, and flow to the pool deck for warm-ups.
- Coaches will be asked to run the check-in for the athletes, helping to get athletes to their seating areas, and making sure your athletes come onto the deck if they miss their announced time to come on deck for their event. Coaches will have a brief opportunity to talk to the athlete after they finish their race before they head back to their seats.
- There will NOT be hospitality for this meet. Coaches are encouraged to bring their own beverages and snacks.

Check-In for Officials, Timers, & Marshals

- All volunteers will check-in at the main entrance. They will get their temperature check and then sign in at the main desk. Officials and Marshals will then head down onto the deck to prepare to do their duties. Timers will remain in the main lobby until an official comes to bring them for their timer briefing. Masks must be worn at all times inside the building.

Officials

- Officials will utilize the family locker room for bathroom purposes.

Timers

- There will be 1 timer per lane plus two (2) head timers.
- Timers will utilize the family locker room for bathroom purposes.

Marshalls

There will be 12 Marshalls spread around the facility...

- 3 Marshals will be placed upstairs in the bleachers to ensure that the athletes are maintaining social distancing, wearing their masks at all times and helping to send athletes downstairs when their heat is called to line up on deck.
- 1 Marshall will be stationed at the bulkhead by the bleachers to monitor the flow of swimmers exiting the pool.
- 1 Marshal will be placed upstairs in the bleachers to help the 3 mentioned above. This Marshal's main duty will be to announce the next heat of swimmers to head onto the deck to line up for their heat. We will have a megaphone for the athletes to hear announcements in the bleachers.
- 2 Marshalls will be placed by the pool entrance to monitor athletes using the bathroom. One marshal will guide the swimmer to the bathroom, and wait outside until the swimmer returns from the bathroom, and then they will walk back to the pool. The other marshal will monitor the pool entrance.
- 5 Marshalls will be placed on the pool deck (our "clerk of the course") to help with the following:
 - 1 will be situated at the bottom of the stairs at the entrance to the pool deck area to control the traffic of athletes entering the deck to line up for their heat and the athletes leaving the deck to return to their seats.
 - 2 will be lining the athletes up in the 2 heats before their race.
 - 2 will work together to trade off every other heat of walking the heat of athletes behind the blocks to the athletes' assigned lanes.
- Marshalls will utilize the family locker room for bathroom purposes.
- There will NOT be hospitality for this meet. Volunteers are encouraged to bring their own beverages and snacks.

Seating for Athletes

- There will be about 80 seats upstairs in the bleachers. Seating assignments will be made in advance with 40 swimmers on each side. Seats will be marked. After warm-up and competition, swimmers will return to their seats until their next event is called.
- Athletes will NOT be allowed to bring chairs into the facility.

