

Potomac Marlins Spring Fever Championships

March 5-7, 2021

PWCS Aquatics Center

Supplemental Document/Information

In applying for this sanction, the Host, Potomac Marlins, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, Prince William County, and the PWCS Aquatics 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 Ingress and Egress

- All participants (coaches, officials, volunteers, swimmers, etc.) will arrive at the PWCS Aquatic Center through the main entrance at Door #25 where they will submit to a health screening and temperature check before they are permitted in the facility. Participants, Coaches, and Volunteers will also fill out the Potomac Marlins COVID-19 Health Assessment no earlier than 8 hours before attending the meet.
- **Swimmers** will enter the pool thru the **left side lobby doors** and will immediately proceed to the stands by going up the lobby stairs where they will go to their assigned “section”. Each Section will have seating markers within the stands to indicate each swimmer’s area and ensure proper social distancing.
- **Coaches, officials, and volunteers** will enter the pool deck via **the right-side lobby doors**.
- Parents will not be permitted into the stands to watch the meet.
- Only meet volunteers will be permitted into the stands.
- To access the pool deck from the bleachers, swimmers will go down the stairs on the opposite side of the stands from where they came up and then enter the pool deck through the door on the deep end (turning end) of the pool, underneath the bleachers.
- To return to the bleachers from the pool deck, swimmers will exit the starting area to their right (clockwise flow). Swimmers will exit the pool deck on the other side of the guard office, below the bleachers, from where they came in, turn left to go to the lobby and then go up the lobby stairs. This ensures one-way traffic flow. (see facility map). There will also be traffic flow signs posted.

Planned Number of Individuals

Pool Allowed Occupancy: 365
75% Pool Allowed Occupancy: 273
Facility Limit on Pool Occupancy: 45

Mezzanine Occupancy: 465
75% Mezzanine Occupancy: 348
Facility Limit on Mezzanine Occupancy: 79

Estimated Total Attendees:

WARMUPS	
Pool	45
Pool Deck	
Swimmers	11
Coaches	15
Officials	8
Marshals	5
Volunteers	0
Facility Staff	4
Spectator Area	
Swimmers	34
Marshals	1
TOTAL	123

COMPETITION	
Pool	29
Pool Deck	
Swimmers	20
Coaches	15
Officials	8
Timers	9
Marshals	5
Volunteers	2
Facility Staff	4
Spectator Area	
Swimmers	41
Marshals	1
TOTAL	134

Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. The meet will be streamed via Facebook Live at the [Potomac Marlins Facebook page](#).

Meet Specific COVID-19 Protocols

- Athletes should arrive and depart in their suits. Locker rooms are currently closed. Family changing rooms located in the hallway will be available for use.
- Athletes must shower prior to arriving at the pool or use the deck shower.
- 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 face 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, volunteers) are required to fill out the health questionnaire no more than 8 hours before their arrival to the pool and turn it in before entering the facility. All attendees will submit to a temperature check before they are permitted in the facility. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the facility.
- All attendees should maintain a minimum of 10 feet distance from all other participants whenever possible.
- Each session will be limited to no more than 90 swimmers. There are 79 spaces in the bleachers and 11 spaces on the pool deck bleachers.
- 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 and then put it in a zip lock plastic bag behind their lane. Once warm-ups are completed, swimmers will immediately put their mask back on and return to their seating area.
- During competition, swimmers will wear their masks until they arrive at their lane and they will take it off and put it in a plastic zip lock bag and place it behind their starting block. Swimmers will immediately put their mask back on after the completion of their swim before they leave the bulkhead.

- Staging for competition will be as follows. Traffic will move in a clockwise rotation:
 - Heat 1 will be at the blocks and will swim
 - Heat 2 will be under the mezzanine
 - Heat 3 will be will be on the side of the pool
- Swimmers must follow all directions as posted and adhere to all marshal instructions.
- 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. Most athletes will sit upstairs in the bleacher area with a few select seats on pool level. Seating areas have been marked to ensure social distancing.
- To access the pool deck from the bleachers, swimmers will go down the stairs on the opposite side of the stands from where they came up and then enter the pool deck through the door on the deep end (turning end) of the pool, underneath the bleachers.
- To return to the bleachers from the pool deck, swimmers will exit the starting area to their right (clockwise flow). Swimmers will exit the pool deck on the other side of the guard office, below the bleachers, from where they came in, turn left to go to the lobby and then go up the lobby stairs. This ensures one-way traffic flow. (see facility map). There will also be traffic flow signs posted.
- Swimmers may not enter the “square” of another swimmer’s area.
- Swimmers in the 500 freestyle must provide their own counter (if desired). Counter must be a swimmer, coach, or volunteer already in attendance.
- 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 COVID-19 after attending the meet.
- No Spectators will be permitted. Competition will be live streamed via the [Potomac Marlins Facebook page](#).



**ATHLETES AND
COACHES**

**OFFICIALS AND
VOLUNTEERS**

25

ATTENTION
DO NOT
ENTER
THANK YOU

ATHLETICS CENTER

PWCS Aquatics Center Swim Meet Traffic Flow

