

MARCH SPRING FLING

March 19-21, 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.
- 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 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 their assigned seating area, either in the stands or splash park area. Swimmers who are assigned to the stands will proceed to the stands area. Swimmers who are assigned to the splash park will proceed down the stairs and across the pool deck to the splash park area. The stands area will not exceed 50 swimmers. The splash park area will have seating for 40 swimmers. The stands will have seating markers to indicate each swimmer's area and ensure proper social distancing. The splash park area will have individual chairs per swimmer and each chair will have a taped off area and ensure proper social distancing.
- Only meet volunteers and coaches will be permitted into the stands. The combined number of coaches and swimmers in the stands area shall not exceed 50.
- Coaches, officials, and volunteers will enter the pool deck via the family changing room hallway.
- Swimmers seated in the stands 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. For the sessions in the competition on Saturday and Sunday, swimmers seated in the splash park area will access the competition area while walking against the "scoreboard" wall and merge into the staging area by walking behind the turn end of the competition pool. Upon completion of their race, upon leaving the bulkhead, swimmers will return to the splash park area while walking against the scoreboard wall. The marshal at the end of the bulkhead will ensure that there are no swimmers walking in both directions at the scoreboard wall.

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 (*)	105 (*)	120 (**)	67 (**)	70 (**)
Pool Deck				
Swimmers	0		7	10
Coaches	10	10	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	30	43	40
Marshals	4	4	4	4
Splash Park Area				
Swimmers	0	0	33	30
Marshals	2	2	2	2
TOTAL	140	185	193	196

*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 4,5 (in 18 lanes)

(*2): sessions with TWO warmup sessions: sessions 6,7,8 (in 10 lanes); sessions 1,2,3, 9, 10, 11 and 12 (in 12 lanes)

Safe Sport Considerations

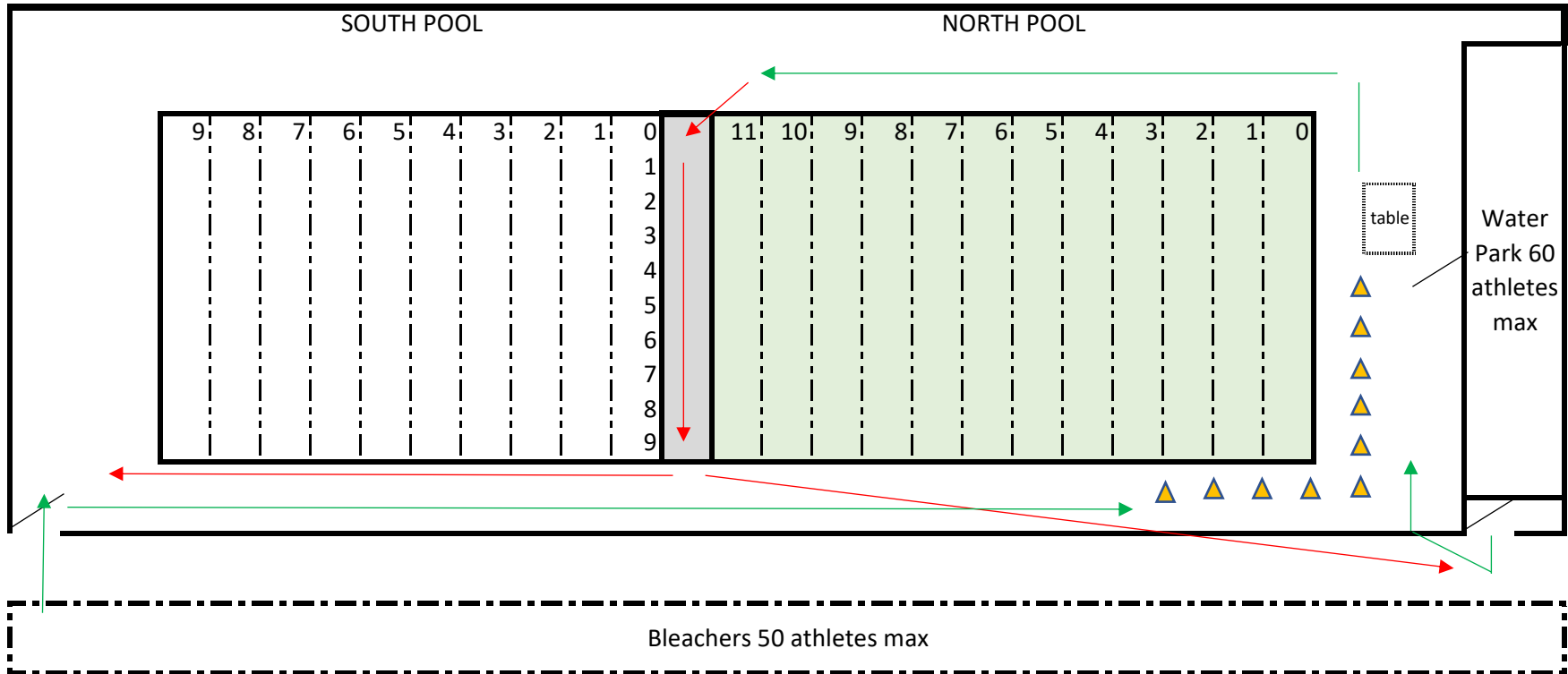
In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Competition will be live-streamed via [St. James Swimming Facebook page](#).

Meet Specific COVID-19 Policies and Procedures

- **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 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.
- 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 warming up, cooling down, and competing.
- All attendees (athletes, coaches, officials, 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 and 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 110 swimmers.

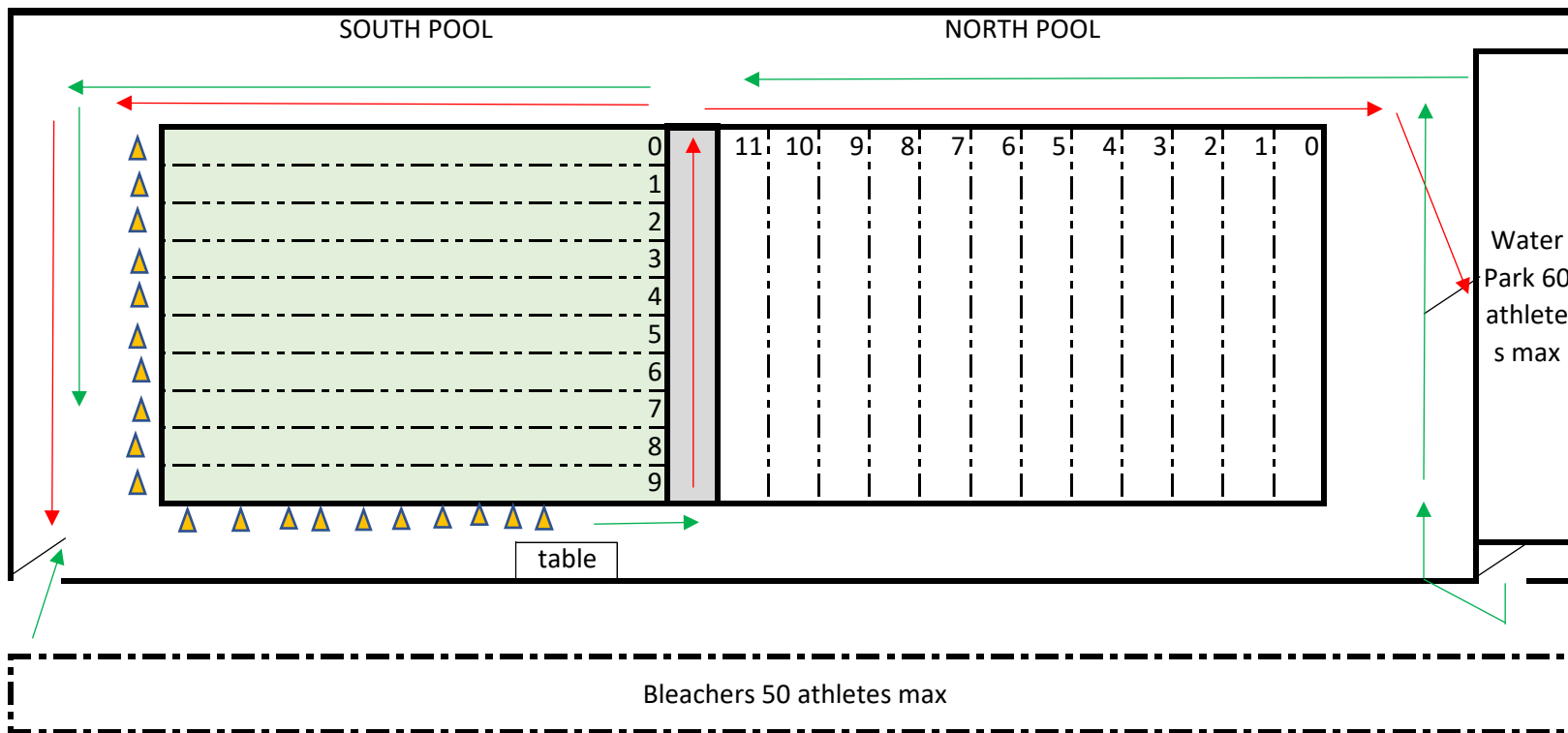
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- During warm-ups, swimmers will wear their masks until they arrive at their lane. They will put it in a plastic zipper bag behind their lane. Once warm-ups are completed, swimmers will immediately put their masks back on.
- During competition, swimmers will wear their masks until they arrive at their lane and they will take it off and put it in a plastic zipper bag. The zipper bag will be placed beneath their 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 hook the bag on a “holding stick” with labeled hooks. Upon collecting masks from all swimmers on the start (far) end, marshals will walk to the finish end of the race and place the masks and zipper bags on the lane for the swimmer. Upon completion of the race 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.
- For the sessions on Friday, competition will be in the northern end of the pool. Upon completion of their race, swimmers seated in the stands will turn left after leaving the bulkhead, 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 seating area. Swimmers seated in the splash park area will access the competition area while walking against the “scoreboard” wall and merge into the staging area by walking behind the turn end of the competition pool. Upon completion of their race, upon leaving the bulkhead, swimmers will return to the splash park area while walking against the scoreboard wall. The marshal at the end of the bulkhead will ensure that there are no swimmers walking in both directions at the scoreboard wall.
- For the sessions on Saturday and Sunday, competition will be held in the southern end of the pool. Swimmers seated in the stands 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. Swimmers seated in the splash park area will access the competition area while walking against the “scoreboard” wall and merge into the staging area by walking behind the turn end of the competition pool. Upon completion of their race, upon leaving the bulkhead, swimmers will return to the splash park area while walking against the scoreboard wall. The marshal at the end of the bulkhead will ensure that there are no swimmers walking in both directions at the scoreboard wall.
- 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 (stands or splash area) 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.
- Limited hospitality may be provided for coaches, officials, and volunteers.
- 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 (<https://www.facebook.com/stjswimming>).




RACING POOL NORTH SIDE LAYOUT



- ▲ = staging area
- = exit flow
- = entry flow

RACING POOL SOUTH SIDE LAYOUT



-  = staging area
-  = exit flow
-  = entry flow