

**Nation's Capital Swimming
NCAP Bronze Bonzai meet
April 23-25, 2021
Lakewood Country Club**

Supplemental Document/Information

In applying for this sanction, the Host, Nation's Capital Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the State of Maryland, Montgomery County, and Lakewood Country Club.

Local Protocols and Requirements

All local and state protocols will be followed per [Maryland Back to Business](#) and Reopening Montgomery County [Guidance for Montgomery County Public Pools](#). This guidance includes:

- Face coverings required by everyone in the facility except when swimming.
- The maximum of people in a facility at any given time is the square footage surface area of the pool by 36
- Maximum of 6 swimmers per lane under the supervision of USA Swimming certified coaches (as specified by the waiver issued to USA Swimming member clubs by Montgomery County Department of Health and Human Services).
- Letter of Approval from the Montgomery County Department of Health and Human Services
- Health screening prior to entry

Spectator Ingress and Egress

All participants (coaches, officials, volunteers and athletes) will be checked in outside the entrance, by the ramp. Once health screen and temperature check has been confirmed and completed, participants will be allowed to enter through the office, and follow the pathway down the stairs. Marshals will be placed to direct everyone around the one way traffic pattern

Planned Number of Individuals

Facility Allowed Occupancy: 318

50% Facility Allowed Occupancy: 159

Estimated Total Attendees

WARMUPS	
Pool	40
Pool Deck	
Coaches	6
Officials	3
Marshals	5
Volunteers	0
Facility Staff	1
Spectator Area	
Athletes	40
Marshals	5
TOTAL	105

COMPETITION	
Pool	8
Pool Deck	
Swimmers	16
Coaches	6
Officials	8
Timers	10
Marshals	5
Volunteers	0
Facility Staff	1
Spectator Area	
Athletes	56
Marshals	5
TOTAL	115

Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Every effort will be made to live stream the meet on the [NCAP Livestreams Facebook Page](#).

Meet Specific COVID-19 Protocols

- Athletes must arrive and depart in their suits. Locker room use will be for emergency use only.
- All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks, with the exception of athletes when warming up, cooling down, and competing.
- All non-athlete attendees (coaches, volunteers, officials, etc.) will be required to complete and submit a [health attestation](#) and temperature check prior to entering the facility.
- Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex.
- Athletes must complete the NCAP team check in, as used for practices. Athletes that have not completed this in advance will not be allowed to participate; there will be no on-site athlete check in by coaches.
- Health Screening will be pursuant to the NCAP Standard Operating Procedures Maryland version 6, dated December 18, 2020.
- 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.
- Coaches, officials, and athletes should maintain a minimum of 6 feet of distancing from all other participants whenever possible.
- No spectators will be permitted. The meet will be livestreamed on the [NCAP Livestreams Facebook Pages](#).
- Team areas are set up in order to maintain adequate distancing at all times.

Warm Ups

- 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.
- Groups of 40 athletes from NCAP Sites at American University, Georgetown Prep, and Holton Arms will be divided into sessions by Coaches.
- Site areas will be located in three distinct areas in the outdoor pool area. Each area will be marked and have spaces marked to designate proper social distancing.
- Warm ups will last for 25 minutes during which coaches will direct swimming and starts off blocks. Coaches and marshals will ensure that no more than 6 athletes per lane.
- After warm up, athletes will move to designated site areas for clerk of course line up.

Competition

- To prepare for competition, 10 timers will enter the facility and move to their designated lanes, 5 additional officials will take their positions around the pool.
- 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 start area.
- To start competition, up to 24 swimmers will move from their team areas to the staging areas, labeled Area 1, Area 2, and Area 3. Swimmers will be correctly placed into line based on their seeded heat and lane, up to 3 heats at a time.

- Marshals will move 8 swimmers at a time, following a marked path along the deck with 6' markers, to their place behind the blocks. Swimmers will keep masks on at all times during the clerk of course procedure. Athletes will arrive at the block for their race, place their mask in a plastic bag provided at the meet, swim, and then place the mask back on their face before proceeding around the far side of the pool and returning to their team designated site. ALL MOVEMENTS AROUND THE DECK, with the exception of Officials, WILL OCCUR IN A COUNTERCLOCKWISE DIRECTION.
- For 25 meter events, athletes will be escorted to their lanes. All timers will be at the shallow end. A marshal will collect the zip lock bags with athlete masks in a plastic container, and will walk them to the far end, one heat at a time. Athletes will leave from the shallow end and walk directly to their assigned seating.



LAKWOOD COUNTRY CLUB

