

Occoquan Swimming Speedo Spring Splash

April 30 – May 2, 2021

Freedom Aquatic & Fitness Center

Supplemental Document/Information

In applying for this sanction, the Host, Occoquan Swimming (OCCS), agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, Virginia Swimming, Commonwealth of Virginia, Prince William County, George Mason University and Freedom Aquatic & Fitness 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.

Spectator and Participant Ingress and Egress

Spectators not working in a capacity to operate the swim meet will not be permitted. Swimmers, coaches, and all volunteers will enter the facility using the patio doors. On entry all visitors are required to answer the COVID symptom check. Any answers to the questions in the affirmative will result in not being permitted into the facility. Masks must be worn by all attendees and wear masks while entering and exiting the facility. All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.

Planned Number of Individuals

Pool Allowed Occupancy: 1485

75% Pool Allowed Occupancy: 1113

Warm Ups	
Pool (max load)	150
Pool Deck (max load)	
Athletes	
Coaches	20
Officials	12
Marshals	4
Volunteers	4
Facility Staff	4
Spectator area	
Athletes	
Marshals	2
TOTAL	196

Competition	
Pool (competition)	9
Pool (warm up)	30
Pool Deck (max load)	
Swimmers	52
Coaches	20
Officials	12
Timers	9
Marshals	4
Volunteers	4
Facility Staff	4
Spectator area	
Athletes	60
Marshals	2
TOTAL	206

Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. We will be streaming the swim meet live on YouTube. Spectators may also view the competition pool through the windows of the facility.

Meet Specific COVID-19 Protocols

- Some outside seating may be required. Exact plans will be provided after the entry deadline.
- All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.
- Swimmers should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.
- Athletes must arrive and depart in their suits. Locker room use is minimized to emergency use only. Hallway bathrooms are for non-athlete use only.
- Spectators will not be permitted into the facility. The meet will be live streamed on [YouTube](#).
- 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.
- Each session will be limited to 150 athletes. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing.
- Entry and exit for all participants, volunteers and coaches will be through the patio side entrance
- Before entering the facility, all attendees (athletes, coaches, officials, and volunteers) are required to be able to answer the following questions and will only be permitted entrance if answering with 'no':
 - Do you feel any of the symptoms that fall under the symptoms of COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?
 - Has anyone in your family been sick or diagnosed with COVID-19?
 - Has someone you've been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days?
- One timer will be assigned to each lane as a backup timer. Markings will separate the swimmers from the timers while staging and entering/exiting the pool.
- One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the shallow end of the pool, down the lane 1 side of the pool, and continue behind the blocks stopping where designated prior to the start of races.
- For warm-ups, swimmers for each session may be assigned to one of two warmup groups, no more than 150 swimmers in each group (15 swimmers/lane). Each group will be assigned an arrival time. Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines.
- Staging for swimmers during competition will be
 - Heat 1 is at the blocks and will swim
 - Heat 2 is along the race course on deck spaced by 6 feet and will remain there until Heat 1 is done swimming, exits the pool, and exits the area behind the blocks.
 - Heat 3 is staging under the scoreboard/warm up pool until directed to move to where Heat 2 is standing (after Heat 1 is done swimming and out of the way and Heat 2 proceeds to the starting blocks).
- During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area.
- For the 50M events, the following protocols will be followed:
 - 12& under swimmers will wear their masks until they reach the starting blocks. They will place their mask in a plastic bag and then in a carrier. A designated meet marshal will transport the carriers

containing the masks to the finish end. Swimmers must put their masks back on immediately as soon as they exit the pool.

- At the conclusion of their race, 13& over swimmers will swim 50M to return to the start end of the pool where they will immediately put their masks back on as soon as they exit the pool.
- Counters for 800 free will be provided by swimmers already entered in the meet session.
- Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- Chlorine is used to disinfect the water and surrounding surfaces constantly.
- 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.

