

**FISH**  
**Spring Invitational**  
**May 7-9, 2021**  
**Claude Moore Recreation Center**

**Supplemental Document/Information**

In applying for this sanction, the Host, The FISH, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, Loudoun County, and Claude Moore Recreation 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 for 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, renewable every four (4) hours.
- All shared items must be disinfected between each use to the extent practicable.

**Participant Ingress and Egress**

- All attendees will enter the facility from doors in the back of the building, behind the child care center. See attached map. Separate entrances will be used for athletes and coaches, officials, and volunteers. Athletes will proceed directly to their assigned area

**Planned Number of Individuals**

**Pool Allowed Occupancy:** 573  
**Current Pool Allowed Occupancy:** 155

**Spectator Allowed Occupancy:** 565  
**75% Spectator Allowed Occupancy:** 423

**Estimated Total Attendees**

<b>WARMUPS</b>	
<b>Pool</b>	100
<b>Pool Deck</b>	
Coaches	12
Officials	16
Marshals	4
Volunteers	2
Facility Staff	4
Spectator Area	0
<b>TOTAL</b>	<b>138</b>

<b>COMPETITION</b>	
<b>Pool</b>	10
<b>Pool Deck</b>	
Coaches	12
Officials	16
Timers	11
Marshals	4
Volunteers	2
Facility Staff	4
Spectator Area	81
On deck bleachers	19
<b>TOTAL</b>	<b>159</b>

## Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. The meet will be livestreamed online via The FISH Facebook page.

## Meet Specific COVID-19 Protocols

- All attendees (athletes, coaches, officials, volunteers) must wear a mask to enter the facility and at all times when inside the facility, with the exception of athletes when competing or warming up/cooling down.
- Athletes must arrive and depart in their suits. Locker room use must be minimized to emergency use only.
- All coaches, officials, and volunteers must use the family locker rooms for restroom purposes.
- Spectators will not be permitted into the facility.
- The meet will be livestreamed online via The FISH Facebook page.
- Before registering 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 110 swimmers.
- Swimmers will be assigned a seating area. Seating areas are marked to allow for social distancing.
- Prior to entering the facility, all attendees (athletes, coaches, officials, and volunteers) must display a COVID health Screening checkmark from Sparrow: (<https://www.sparrow.org/occhealthscreening>). This screening is only valid for 4 hours after answering the questionnaire and must be revalidated to re-enter the building. A coach or marshal will be stationed at the entry point to screen swimmers and volunteers for completion of the survey.
- Entry for all attendees (athletes, volunteers, and coaches) will be through the side entrance.
- 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.
- One-way traffic flow will be implemented. Swimmers will enter the pool deck from the start end of the pool. Stairwells will be one-way traffic only.
- Each swimmer should bring a plastic zipper bag in which to place their mask when in the pool.
- Face masks should remain dry; therefore, all athletes should bring multiple masks.
- Swimmers will wear their masks until they arrive at their lane and they will take them off and place them in a plastic bag. The bags will be placed on chairs behind the starting blocks during warm-ups and competition. Swimmers will immediately put their masks back on before they exit the pool deck.
- For the 50-meter events, the athletes will place their mask in a bag and then place the bag into a basket numbered for their lane. A marshal will walk the baskets to the finish end of the pool and place the baskets on the chair corresponding with the proper lane.
- Swimmers must follow all directions as posted and adhere to all marshals' directions.
- All swimmers must remain in their designated space while in their seating area and while waiting in Clerk of Course. A coach must remain in the Team seating area at all times.
- Swimmer may not enter another swimmer's "square" of seating.
- **Any swimmer, coach, official and/or volunteer not following meet protocols will be subject immediate removal from the meet.**
- We request that all attendees notify the meet director as quickly as possible should they test positive for COVID-19, show symptoms or have been in contact with anyone exposed or tested positive for COVID-19 after attending the meet.

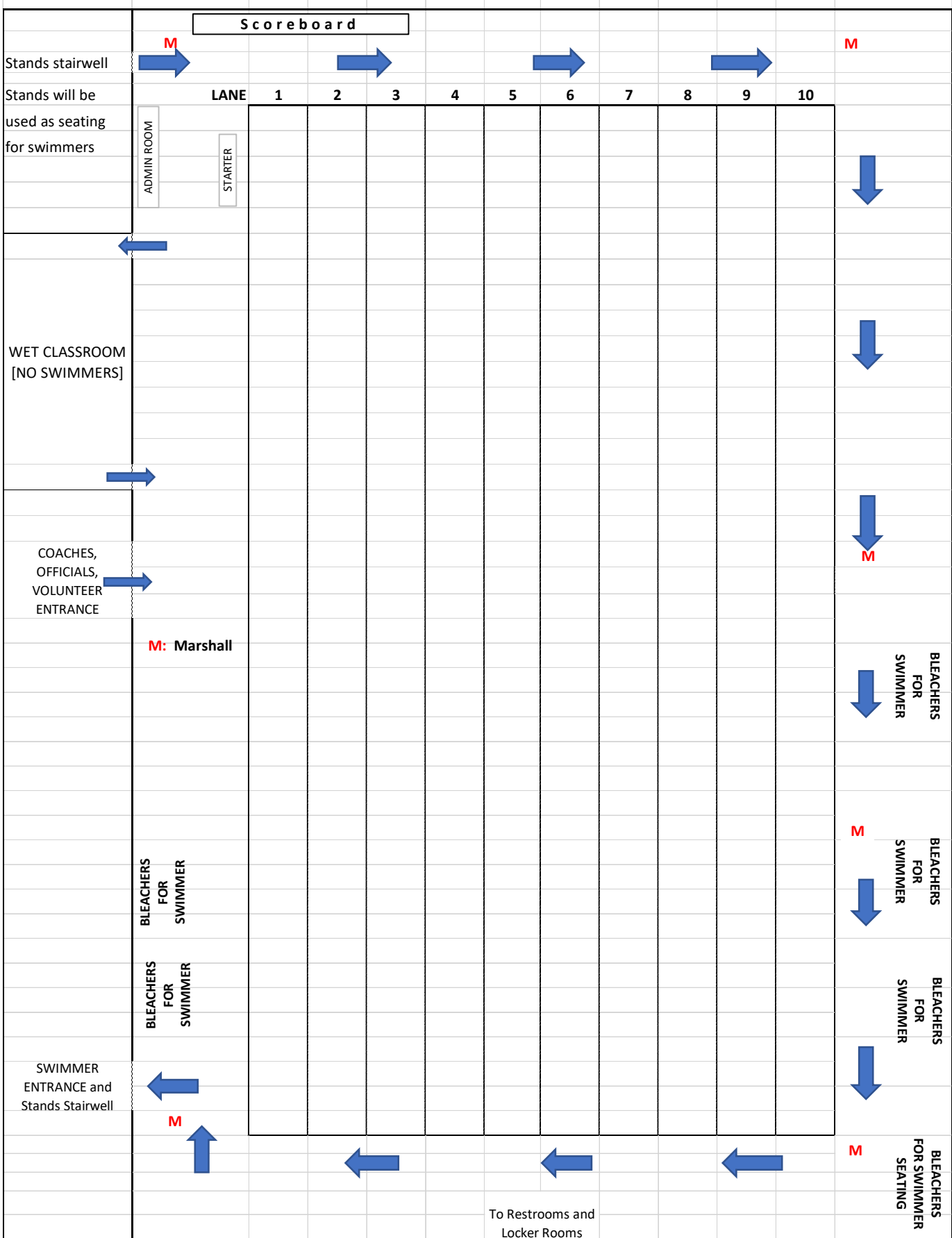
## Pre-meet Warm-up

- 10 lanes will be available for warm-up, with a maximum of ten (10) swimmers per lane and maintaining appropriate distance as required by applicable local guidelines and in accordance with USA Swimming guidelines.
- Wearing face masks 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 start end of the pool.
- Swimmers will place their mask in a plastic zipper bag and place it on the chair behind the block and proceed directly to their assigned lane.
- After warm-up, Swimmers will immediately retrieve their masks, proceed down the pool deck along the window side of the facility, around the pool to the staircase at the shallow end of the pool and return to their designated spot in the bleachers.

## Competition

- To prepare for competition, ten (10) lane timers and one (1) head timer will enter the pool deck and move to their designated lanes. Additional officials, if any, will enter the pool deck take up their positions around the pool.
- At the start, timers will be 6' back from the edge of the pool to provide safe distancing for all athletes.
- At the finish, timers will stand to maximize distance between timers and officials.
- To start competition, twenty (20) swimmers (the first two heats) will move from their designated areas to the starting area. Swimmers will be lined up based on their seeded heat and lane.
  - Heat 1 swimmers will line up behind the block for their assigned lane. They will place their masks in the box labeled for their lane and their towel or parka, if any, in the chair directly behind their assigned lanes.
  - Heat 2 swimmers will stage, 6' apart, in the stairwell.
  - Heat 3 swimmers will line up in the spectator area, maintaining 6' of social distance.
- Upon completion of Heat 1, the swimmers will exit the pool, immediately put on their masks, retrieve their belongings, and proceed down the pool deck on the window side of the pool (the lane 10 side), around the pool to the staircase at the far end of the pool and return to their designated spot in the bleachers. One-way traffic on the pool deck must be maintained.
- Heat 2 swimmers will enter the pool deck after Heat 1 has finished, exited the area behind the blocks, and the timers have moved back from the edge of the pool. The Clerk of Course will signal when swimmers can leave this "ready" area.
- Heat 3 swimmers will proceed down the stairs as Heat 2 swimmers approach the blocks.
- The above procedures will be followed by all subsequent heats.
- Timing for 50s will require timers to move to the opposite side. Masks (contained in their personal bags) for swimmers will be placed in a collection basket and brought to the finish end for swimmer retrieval.

### Claude Moore Recreation Center



Map of Claude Moore Recreation Center

