

Nation's Capital Swim Club
2021 Elite Qualifier
May 14-16, 2021
Jeff Rouse Swim and Sport Center

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 Commonwealth of Virginia, Stafford County, and Jeff Rouse Swim and Sport 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. Anyone experiencing symptoms should not be permitted in the venue/establishment.
- All shared items must be disinfected between each use to the extent practicable.

Attendee Ingress and Egress

All attendees (athletes, coaches, officials, and volunteers) shall enter and exit the facility through the northeast corner. There will be signs in the circle for drop offs. The remainder of the facility is off limits to the swim meet participants.

Planned Number of Individuals

Pool Allowed Occupancy: 1500
Athlete Allowed Occupancy: 250
Dry Observer (Coach, Volunteer, Official) Allowed Occupancy: 100

Estimated Total Attendees

WARMUPS	
Pool	128
Pool Deck	
Coaches	20
Officials	15
Marshals	5
Volunteers	0
Facility Staff	7
Spectator Area	
Athletes	122
Marshals	5
TOTAL	302

COMPETITION	
Competition Pool	8
Warm Up Pool	36
Pool Deck	
Swimmers	16
Coaches	20
Officials	15
Timers	10
Marshals	5
Volunteers	5
Facility Staff	7
Spectator Area	
Athletes	190
Marshals	5
TOTAL	317

Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Due to facility protocols, spectators will not be permitted. Competition will be live streamed on the [JRSSC Swim Meet Facebook page](#).

Meet Specific COVID-19 Protocols

- Athletes must arrive and depart in their suits. Locker rooms are not available. Restrooms are available for emergency use only. Adults and dry personnel will use the restrooms in the lobby. Athletes will use the single stall bathrooms in the hallway.
- **All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.**
- All attendees (athletes, coaches, officials, and volunteers) shall enter and exit the facility through the northeast corner. There will be signs in the circle for drop offs. The remainder of the facility is off limits to the swim meet participants.
- 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. Masks must be affixed to the face without hands and must cover the nose and mouth.
- Coaches, officials, volunteers, and athletes must wear masks at all times, except when actively eating/drinking, or in the water.
- Due to facility protocols, spectators will not be permitted. Competition will be live streamed on the [JRSSC Swim Meet Facebook page](#).
- Each session will be limited to 250 athletes plus 100 additional “dry” participants.
- Swimmer seating will be located in the grandstands with social distancing in place.
- Swimmers will line up for their heats on the scoreboard side of the pool. Only one heat will be behind the blocks. The next heat will enter the starting area once the previous heat has cleared the area. There will be a maximum of 2 heats lined up on the deck ready. There will be a meet marshal in place to assist the swimmers. There will be markings on the floor spaced out 10 feet apart for 8 swimmers for the 2nd heat waiting to move behind the blocks. There will be similar markings on the floor for heats that begin in the east end of the pool. We ask that swimmers maintain 10 feet social distancing at all times and come to the staging area in their suit with cap and goggles. No clothes behind the blocks.
- The 50M events will start from the east end of the pool. For the 50M events, volunteers will collect the masks and move them to the finish end of the pool.
- All athletes will enter the short course warmup pool from the bleacher side of the pool deck. No more than 6 athletes per lane in the short course warmup pool.
- One way traffic will be maintained on the pool deck. All traffic will go around the entire pool unless the athlete is in a 50M event or an even number event (if chase starts are being used).
- Athletes must remain in their place in the grandstand when not competing or warming up or cooling down.
- Athletes shall wear their mask to the blocks. A PVC stand will be available to place the mask on during the event.
- Swimmers shall wear their mask when receiving feedback from coaches.
- Swimmers may not watch the meet from the deck, they must watch from their place in the grandstand.
- Warm ups are limited to 12 athletes per lane in the long course pool, and 6 athletes per lane in the short course pool. Athletes will place their mask in a plastic bag (ziplock or similar style) and place them in the baskets located at the end of each lane.
- Coaches must stay in the designated areas and may not stand in the walkway. These areas are designated with a

black "X" on the attached map.

- Meet Marshals will enforce masks, social distancing, swimmer safety in the warm-up/cool down pool and on deck.
- Meet Director, Meet Referee, and/or Facility Management reserves the right to place additional restrictions as may become necessary.
- We request that all attendees notify NCAP Director of Operations, [KARYN MCCANNON](#), 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.

Warm up Protocols

- Warm-up lanes and times will be assigned in advance. One way traffic will be maintained.
- Athletes in the first group will exit the stands for warm-up #1. Athletes for the second warmup will not leave the stands until the first group has returned and the deck is clear. All athletes will maintain proper social distancing at all times.

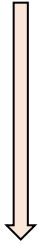
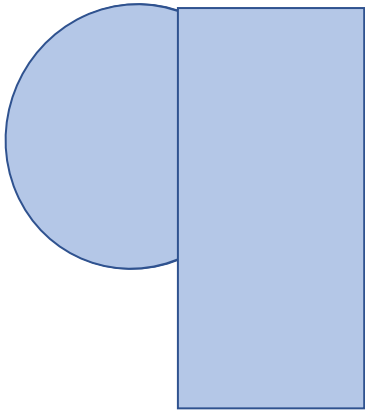
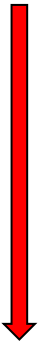
Competition Protocols

- A clerk of course will be used. 2 heats will be clerked on deck on the scoreboard side of the pool. Once the athletes have exited the pool, the next heat will move behind the start area.
- 8 Swimmers behind blocks - will place mask on stand and swim event
- No cool down will be available in the competition lanes. Upon completion of their event, swimmers will exit the pool and immediately place their mask back on and return to their seating area.
- The 50M events will start from the east end of the pool. For the 50M events, volunteers will collect the masks and move them to the finish end of the pool.

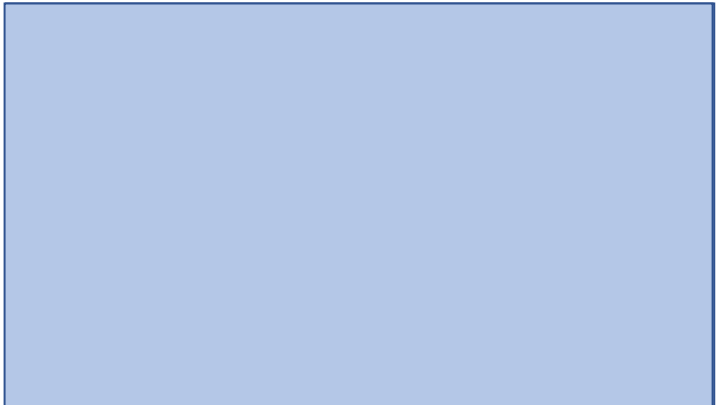
MAIN ENTRANCE
MAAPP Bathrooms

Athlete Bathrooms

ATHLETE BLEACHERS 250 MARKED SPACES



EVEN HEATS BEGIN THIS END



ODD HEATS BEGIN THIS END



Admin Table



2 HEATS CLERK OF COURSE

ATHLETE ENTRANCE