

Nation's Capital Swimming

2021 NCAP Summer Splash

May 22-23, 2021

Freedom Aquatic & Fitness 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, Commonwealth of Virginia, Prince William County, George Mason University, 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. Entry and exit for all athletes, coaches, officials, and volunteers will be through the patio entrance. Athletes will enter using the second patio door; coaches, officials, and volunteers will enter using the first patio door. 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

Warm Ups	
Pool	105
Pool Deck	
Athletes	15
Coaches	25
Officials	15
Marshals	10
Volunteers	6
Facility Staff	6
Spectator area	
Athletes	0
Marshals	4
TOTAL	186

75% Pool Allowed Occupancy: 1113

Competition	
Pool (competition)	10
Pool (warm up)	50
Pool Deck	
Athletes	20
Coaches	25
Officials	15
Timers	12
Marshals	10
Volunteers	6
Facility Staff	6
Spectator area	
Athletes	40
Marshals	4
TOTAL	198

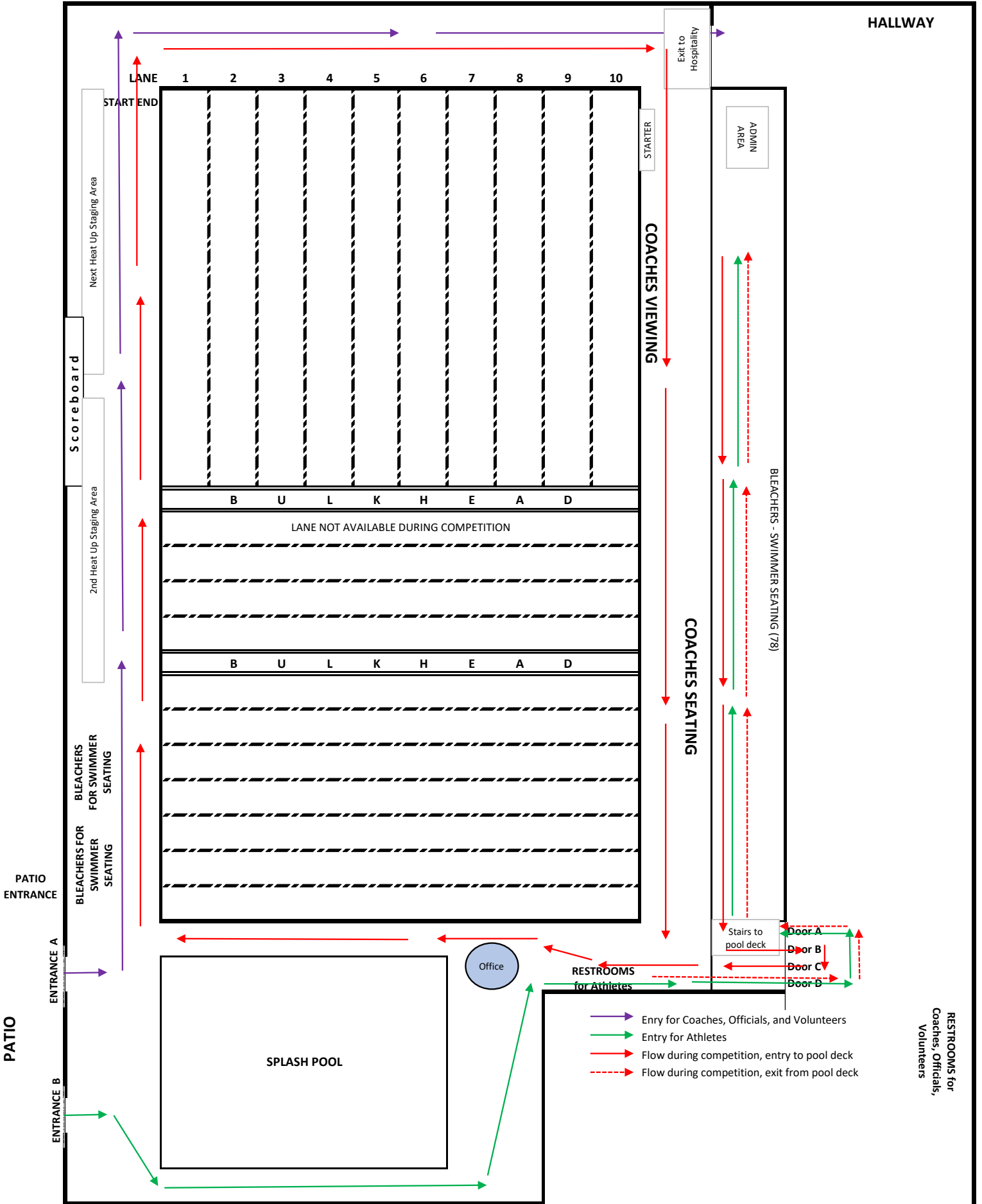
Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. The meet will be live-streamed 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 emergencies only and no showering or changing will be allowed.
- Athletes must shower prior to arrival the pool.
- All attendees should bring a filled, reusable water bottle to the meet.
- All attendees (athletes, coaches, volunteers, officials, etc.) 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 nose and mouth.
- **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.**
- All attendees will be required to complete and submit a health attestation prior to entering the facility. Health Attestation should be completed no more than four hours prior to entering the facility.
 - Athletes should complete the same check in as daily practices, and will be confirmed by coaches.
 - [Coach, Official, Timer and Volunteer Health Attestation](#)
- All attendees (athletes, coaches, officials, and volunteers) will enter and exit the facility via the patio entrances that lead directly to the pool deck. Athletes will enter using the second patio door (Entrance B). Coaches, officials, and volunteers will enter using the first patio door (Entrance A). Refer to map for additional details. Athletes will proceed directly to their assigned area.
- Confirmation of completion of the health attestation and a touchless temperature check will be conducted for all attendees prior to facility entry. Anyone answering “Yes” to any of the health attestation questions or with a temperature over 100.4 will not be admitted to the facility.
- Face masks should remain dry; therefore, all athletes should bring multiple masks.
- Each athlete should bring a small, plastic zipper bag (Ziplock or similar) clearly labeled with the athlete’s name to place each mask in while the athlete is in the water. Bags containing masks will be placed on chairs behind starting blocks during competition and warm-ups for swimmers in the competition course. During warm-ups for swimmers in the non-competition lanes and during continuous warm-ups during the meet, bags containing masks will be placed on benches at the edge of the continuous warm-up lanes.
- Warm Up will be assigned per group to ensure no more than 5 swimmers per lane for warm-up.
- All attendees shall maintain a minimum of six (6) feet distance from all other participants whenever possible.
- Each session will be limited to **120** swimmers.
- The number of coaches allowed per team will be limited based on entries. The limit of total number of Coaches will be determined after entries are received.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Swimmers must follow all directions as posted and adhere to all marshal directions. Any attendee failing or refusing to comply with any of these protocols will be prohibited from entering the facility and/or asked to leave the facility.
- Two heats will be staged along the pool deck on the scoreboard side of the pool.
- All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following cooling down after their event.
- Swimmers may not enter another swimmer’s “square” of seating.
- Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.
- Limited hospitality may be offered for coaches and officials.
- Athletes will use the family locker rooms for restroom purposes. Coaches, volunteers, and officials will use the hallway restrooms.
- One-way traffic flow will be implemented on the pool deck. Refer to map for additional details.
- 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 COVID-19 after attending the meet.
- No spectators will be permitted. Competition will be live-streamed on the [NCAP Livestreams Facebook Page](#).

FREEDOM AQUATIC FITNESS CENTER



HALLWAY

LANE 1 2 3 4 5 6 7 8 9 10

START END

Next Heat Up Staging Area

Scoreboard

2nd Heat Up Staging Area

COACHES VIEWING

COACHES SEATING

ADMIN AREA

BLEACHERS - SWIMMER SEATING (78)

B U L K H E A D

LANE NOT AVAILABLE DURING COMPETITION

B U L K H E A D

PATIO ENTRANCE

BLEACHERS FOR SWIMMER SEATING

ENTRANCE A

PATIO

ENTRANCE B

SPLASH POOL

Office

RESTROOMS for Athletes

Stairs to pool deck
Door A
Door B
Door C
Door D

- Entry for Coaches, Officials, and Volunteers
- Entry for Athletes
- Flow during competition, entry to pool deck
- - - → Flow during competition, exit from pool deck

RESTROOMS for Coaches, Officials, Volunteers