

# NCAP June LC #1

June 20, 2021

Freedom Aquatic & Fitness Center

## Supplemental Document/Information

In applying for this sanction, the Host, Nation's Capital Swimming Inc (NCAP) 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 [Virginia Executive Order Number Seventy Nine](#). This guidance includes:

- All individuals in the Commonwealth aged five and older should cover their mouth and nose with a mask in accordance with the Centers for Disease Control and Prevention guidance linked [here](#).

### Spectator and Participant Ingress and Egress

Swimmers, coaches, and all volunteers will enter and exit 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. All attendees (athletes, coaches, officials, and volunteers) should 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 (max load)	150
Pool Deck (max load)	
Athletes	0
Coaches	20
Officials	15
Marshals	4
Volunteers	4
Facility Staff	4
Spectator area	
Athletes	150
Marshals	2
<b>TOTAL</b>	<b>349</b>

Competition	
Pool (competition)	10
Pool Deck (max load)	
Swimmers	20
Coaches	20
Officials	15
Timers	22
Marshals	4
Volunteers	4
Facility Staff	4
Spectators area	
Athletes	270
Marshals	2
<b>TOTAL</b>	<b>371</b>

## 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 the [NCAP Livestreams FB page](#). Spectators may 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) should 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 should arrive and depart in their suits. Locker room use should be minimized.
- Spectators will not be permitted into the facility. The meet will be live streamed on the [NCAP Livestreams FB page](#).
- 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 300 athletes. Teams will be assigned to a seating area.
- Entry & Exit for all participants, volunteers and coaches will be through the patio side entrance
- Before entering the facility participants, coaches 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 COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?
  - Has anyone in your family been sick or diagnosed with COVID-19 in the past 14 days?
  - 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?
- Two timers will be assigned to each lane as backup timers.
- Prior to each race, athletes will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks.
- For warm-ups, swimmers for each session may be assigned to one of two warmup groups, no more than 150 swimmers in each group (20 swimmers/lane). Each group will be assigned an arrival time. Swimmers may 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.
- During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool.
- Staging for swimmers during competition will be
  - Heat 1 is at the blocks and will swim
  - Heat 2 is under the along the competition course along lane 1 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 tagging under the scoreboard until directed to move (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, masks will be delivered from the start end to the finish end.
- 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 COVID-19 after attending the meet.

