

**Nation's Capital Swimming  
2021 NCAP June LC Open #2  
June 27, 2021**

**Dulles South Recreation Center  
24950 Riding Center Drive  
South Riding, VA 20152**

**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, Loudoun County, and Dulles South Recreation and Community 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](#).

**Attendee Ingress and Egress**

- All attendees will enter the facility from the main entrance. Please see attached map.

**Planned Number of Individuals**

**Pool Allowed Occupancy:** 1206

**Spectator Allowed Occupancy:** 200 at 3ft distance  
**Additional Athletes on Deck:** 100 at 3 ft distance

**Estimated Total Attendees:**

<b>WARMUPS</b>	
<b>Pool</b>	150
<b>Pool Deck</b>	
Coaches	10
Officials	12
Marshals	4
Volunteers	4
Facility Staff	6
<b>Spectator Area</b>	
Swimmers	150
Marshals	4
<b>TOTAL</b>	<b>340</b>

<b>COMPETITION</b>	
<b>Pool</b>	10
<b>Pool Deck</b>	
Swimmers	110
Coaches	10
Officials	12
Timers	22
Marshals	4
Volunteers	4
Facility Staff	6
<b>Spectator Area</b>	
Swimmers	180
Marshals	4
Clerks of Course	2
<b>TOTAL</b>	<b>364</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 live-streamed on the [NCAP Livestreams Facebook Page](#).

## Meet Specific COVID-19 Protocols

- Athletes should arrive and depart in their suits. Locker room use will be minimized (i.e., emergencies only and no showering will be allowed).
- Coaches, volunteers, and officials will use the family locker rooms for restroom purposes.
- Athletes must shower prior to arrival at the pool.
- All attendees should bring a filled, reusable (non-glass) water bottle to the meet.
- All attendees will enter the facility from the main entrance. All attendees will proceed past the front desk, around the fitness area, turn left down the hallway to the aquatics area, and left at the end of the hallway to the pool. Swimmers will turn left onto the pool deck and proceed to their assigned area. See attached map.
- Each session will be limited to **300** swimmers.
- All attendees (athletes, coaches, officials, volunteers) should 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.
- Before entering the facility, participants are required to be able to answer the following questions and will only be permitted entrance if answering with 'no':
  - Have you experienced any of the following symptoms in the past 48 hours:  
fever or chills    cough    nausea or vomiting    shortness of breath or difficulty breathing  
fatigue    headache    muscle or body aches    new loss of taste or smell  
sore throat    diarrhea    congestion or runny nose
  - Are you isolating or quarantining because you tested positive for COVID-19 or are worried that you may be sick with COVID-19?
  - If not fully vaccinated OR recovered from a documented COVID-19 infection in the last 3 months:
    - ◇ Have you been in close physical contact in the last 14 days with anyone who is known to have laboratory-confirmed COVID-19 or anyone who has any symptoms consistent with COVID-19?
    - ◇ Are you currently waiting on the results of a COVID-19 test (other than for pre-travel or post-travel)?
    - ◇ Have you traveled overnight AND on public transportation or overnight AND with people who are not in your household in the past 10 days?
- Face masks should remain dry; therefore, all athletes should bring multiple masks.
- Each athlete should bring a small, plastic zipper bag (Ziploc 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 the starting blocks during competition and warm-ups for swimmers in the competition course.
- All attendees should maintain a minimum of three (3) feet distance from all other participants whenever possible.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Unless otherwise directed by officials or meet staff, one-way traffic flow will be implemented. Swimmers will enter the bleachers from the stairs at the shallow end of the pool and exit the bleachers from the stairs at the deep end (start end) of the pool. At the completion of their races, swimmers will walk around the pool, along the scoreboard side wall, to return to their assigned area.
- 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.

- All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following their event or warming up/cooling down.
- 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.
- We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19 or shown symptoms after attending the meet.
- No spectators will be permitted. Competition will be live-streamed on the [NCAP Livestreams Facebook Page](#).

### **Arrival, Departure and Swimmer Location (see attached map)**

- Swimmers should arrive no more than fifteen (15) minutes prior to their scheduled warm-up times. If swimmers arrive early, they must wait in their cars until time to enter the facility.
- Swimmers will be dropped off in the front of the facility.
- Wearing masks at all times, swimmers will line up three (3) feet apart on the sidewalk in front of the building. A meet volunteer will let athletes in at the appropriate time.
- Maintaining a three (3) foot distance, swimmers will enter the facility from the main entrance, proceed past the front desk, around the fitness area, turn left down the hallway to the aquatics area, and left at the end of the hallway to the pool. Swimmers will turn left onto the pool deck and proceed to their assigned area. See attached map (blue arrows).
- Swimmers will enter the pool deck, immediately turn left, and proceed to the spectator bleachers and their designated area.

### **Pre-Meet Warm-Up**

- Ten (10) lanes will be used for warm-up.
- Swimmers will be assigned to specific lanes for warm-up.
- Wearing face masks and with cap, goggles, and a plastic zipper (Ziploc or similar) bag only, swimmers will exit the bleachers, form a single-file line and proceed down the staircase at the dive-end of the pool.
- Swimmers will each place their face mask in a plastic zipper (Ziploc or similar) bag and place it on the bench/chair behind the blocks and proceed directly to their assigned lane.
- Warm-up distancing will be conducted in accordance with local regulations and USA Swimming guidelines.
- After warm-up, coaches will direct swimmers to exit the pool one at a time by lane. Swimmers will immediately retrieve their masks, proceed down the pool deck on the scoreboard side, around the shallow end, to the stairs at the far end of the pool, and return to their designated spot.

## Competition

- To prepare for competition, twenty (20) lane timers and two (2) head timers will enter the pool deck and move to their designated lanes. Additional officials, if any, will enter the pool deck and take up their positions around the pool.
- At the start, timers will be three (3) feet 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 staging area along the top of the bleachers and down the stairs to the pool deck. 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, three (3) feet apart, on the stairs.
  - Heat 3 swimmers will line up in the spectator area, maintaining three (3) feet of social distance.
- Heat 2 swimmers will enter the pool deck after Heat 1 has started. The Clerk of Course will signal when swimmers can leave this “ready” area.
- Heat 1 swimmers will remain in the water. Once the Heat 2 swimmers have started their race, Heat 1 swimmers will exit the pool.
- Heat 3 swimmers will proceed down the stairs to the pool deck once Heat 1 swimmers have exited the starting area.
- The above procedure will be followed by all subsequent heats.
- All 50-meter events will start from the deep end of the pool. Prior to the start of a 50-meter event, the timers will walk single-file to the finish end of their assigned lanes. Swimmers will place their masks in a plastic bag and place the bag into the basket on the chair behind their assigned lanes. A Marshal or other volunteer will walk the baskets to the finish end of the pool and place the baskets on a chair behind the corresponding lane. Upon completion of the heat, swimmers will exit the pool, immediately put their masks back on, and proceed up the stairs to their designated areas.

## Warm-Up/Cool-Down Breaks

- No continuous warm-up/cool-down will be available during the meet. There will be breaks after certain events during each session for swimmers to warm-up/cool-down.
- During the breaks, ten (10) lanes will be used for the warm-up/cool-down.
- Wearing face masks and with cap, goggles, and a plastic zipper (Ziploc or similar) bag only, swimmers will exit the bleachers, form a single-file line and proceed down the staircase at the dive-end of the pool.
- Swimmers will each place their face mask in a plastic zipper (Ziploc or similar) bag and place it on the bench/chair behind the blocks and proceed directly to their assigned lane (the same lanes assigned for the pre-meet warm-up).
- After warm-up/cool-down, coaches will direct swimmers to exit the pool one at a time by lane. Swimmers will immediately retrieve their masks, proceed down the pool deck on the scoreboard side, around the shallow end, to the stairs at the far end of the pool, and return to their designated spots.
- Marshals/coaches will supervise the pool lanes.
- Warm-up/cool-down distancing will be in accordance with USA Swimming guidelines.

