

SNOW SWIMMING
2020 Fall Sprint Challenge
November 21, 2020

Dulles South Recreation and Community Center
24950 Riding Center Drive
South Riding, VA 20152

Supplemental Document/Information

In applying for this sanction, the Host, SNOW 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 [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 (10) feet of physical distance may be maintained between patrons not of the same household.
- The total number of attendees (including both participants and spectators) of recreational sports cannot exceed the lesser of 50% of the occupancy load on the certificate of occupancy, if applicable, or 250 persons
- Indoor and outdoor recreational sports should maintain ten (10) 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.

Participant, Spectator Ingress and Egress

Please see the attached map.

Planned Number of Individuals

Pool Allowed Occupancy: 1206
50% Pool Allowed Occupancy: 603

Spectator Allowed Occupancy: 100 at 6 ft distance

Estimated Total Attendees (maximum/session)

WARM-UP	
Pool*	95
Pool Deck	
Swimmers	0
Coaches	5
Officials	8
Marshals	10
Volunteers	4
Facility Staff	6
Spectator Area	0
TOTAL	128

COMPETITION	
Pool*	53
Pool Deck	
Swimmers	0
Coaches	5
Officials	8
Timers	9
Marshals	10
Volunteers	4
Facility Staff	6
Spectator Area	42
TOTAL	137

*includes an estimated 25 swimmers in the section of the pool not being used for competition.

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 via Facebook Live via the following link: [SNOW Swimming Facebook Live](#)

Meet Specific COVID-19 Protocols

- Before entering your young swimmer, please consider that they can manage themselves for the duration of the meet with only their swim coach and meet staff overseeing them, including being able to visit the bathroom independently.
- 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 at the pool.
- Athletes should bring one (1) full water bottle to the meet.
- Face masks should remain dry; therefore, all athletes should bring multiple masks.
- 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 competing or warming up/cooling down.
- Each athlete should bring a small, plastic Ziplock or similar bag to place each mask in while the athlete is in the water.
- All coaches, officials and volunteers will be required to wear both a face mask and face shield (to be provided) at all times when on the pool deck.
- All attendees should maintain a minimum of six (6) feet distance from all other participants whenever possible.
- Session 1 will be limited to a maximum of seventy (70) swimmers. Sessions 2 and 3 will be limited to a maximum of forty-five (45) swimmers.
- All attendees will be required to complete and submit a health attestation prior to entering the facility.
 - [Athlete Health Attestation](#)
 - [Officials, Timers, Volunteers Health Attestation](#)
- Prior to facility entry, all attendees will receive a touchless temperature screening. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted to enter the facility.
- 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.
- 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.
- An athlete's failure to comply with these Protocols will result in his/her being scratched from the entire meet.
- No spectators will be permitted. The meet will be live-streamed via Facebook Live via the following link: [SNOW Swimming Facebook Live](#)

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 must be on time. Any swimmer arriving more than 5 (five) minutes after their designated warmup time will not be allowed into the facility.
- Swimmers will be dropped off in the front of the facility.
- Wearing masks at all times, swimmers will lineup six (6) feet apart on the sidewalk in front of the building. An official will confirm each swimmer has submitted his/her health attestation and conduct a touchless temperature screen, as described above.
- Maintaining a six (6) feet distance, swimmers will enter the front door of the facility and proceed past the front desk to the leisure pool hallway.

- Swimmers will enter the pool deck, immediately turn left and proceed to the spectator bleachers and their designated area.
- A space for each swimmer will be marked in the bleachers.
- For distancing purposes, swimmers will be divided by training site (Claude Moore, Dulles South and Ida Lee).
- Swimmers must depart the facility immediately upon the completion of their race(s) or immediately after counting for a teammate.
- Marshalls will monitor the team area to ensure safety and proper distancing.

Pre-Meet Warm-Up

- For Session 1, fourteen (14) lanes will be used for warm-up. For Sessions 2 and 3, ten (10) lanes will be used for warm-up.
- For warm-ups, a maximum of five (5) swimmers per lane maintaining appropriate distance as required by applicable local guidelines and in accordance with USA Swimming guidelines will be allowed.
- Lanes designated for cool-down are NOT accessible for pre-meet warm-up during Sessions 2 and 3.
- Swimmers will be assigned to specific lanes for warm-up as well as an “entry” number into that lane.
- Wearing face masks and 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 dive-end of the pool.
- Swimmers will each place their face mask in a Ziploc or similar bag and place it in the box on the chair behind the blocks of their assigned lanes.
- Warm-up distancing conducted in accordance with USA Swimming guidelines and SNOW Swimming protocols.
- 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 in front of the bleachers to the staircase at the **dive-end** of the pool and return to their designated spots in the bleachers.

Competition

- To prepare for competition, eight (8) 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 standing well back from the edge of the pool to provide safe distancing for all athletes.
- At the finish, timers should stand on the non-step side of the blocks (i.e., the right side of the block).
- To start competition, sixteen (16) swimmers (the first two heats) will move from their designated areas to the staging area as shown on the map. Swimmers will be lined up based on their seeded heat and lane.
- Heat 1 swimmers will line up on every other step and when directed by the Clerk of Course, will then proceed to directly to 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 then move to the stairs and await instruction from the Clerk of Course
- When Heat 2 moves to the stairs, Heat 3 swimmers will line up following the same procedure.
- Upon completion of Heat 1, the swimmers will exit the pool on the step-side of the blocks (i.e., right side when in the water), immediately put on their masks, retrieve their belongings and proceed down the pool deck in front of the bleachers to the staircase at the far end of the pool and return to their designated spot in the bleachers.
- Heat 2 swimmers will not approach the blocks or remove their masks until 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.
- The above procedures will be followed by all subsequent heats.

Continuous Cool-Down

- Four (4) lanes on the other side of the bulkhead will be available during Session 1 for cool-down only. Two (2) lanes on the other side of the bulkhead will be available during the Sessions 2 and 3 for cool-down only.
- Before returning to the bleachers, swimmers may enter one of the cool-down lanes immediately upon exiting the competition pool.
- All swimmers must place their masks in a plastic bag prior to entry into the cool-down lane. Boxes will be provided.
- No more than five (5) swimmers will be allowed in the warm-up/cool-down lanes at any time.
- Cool-down will be limited to one heat of swimmers at a time, for a maximum of five (5) minutes. Upon hearing the short whistles announcing the second heat after the heat in which the swimmer participated, swimmers should immediately exit the cool-down lanes to allow entry for the heat exiting the pool.
- Marshals/coaches will supervise the cool-down lanes.
- Cool-down distancing will be in accordance with USA Swimming guidelines and SNOW Swimming protocols.

In-Meet Warm-up

- No continuous warm-up lanes will be provided.
- At least one (1) break will be taken during each session to make the competition pool available for warm-up.
- In-meet warm-up will be conducted in accordance with pre-meet warm-up procedures.
- Swimmers in the last heat prior to the break will exit the pool in accordance with the above procedures and proceed directly to their assigned pre-meet warm-up lane.

