

2021 NCAP 10&Under Candy Cane Mini Meet

December 19, 2021

Freedom Aquatic & Fitness Center

Supplemental Document/Information

In applying for this sanction, the Host, Nation's Capital Swim Club (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](#) and [USA Swimming COVID-19 Guidance](#). This guidance includes:

- All individuals in the Commonwealth aged five and older must cover their mouth and nose with a mask in accordance with the Centers for Disease Control and Prevention guidance linked [here](#).
- Athletes should arrive and depart in their suits. Locker room use should be minimized (*i.e.*, emergencies only and no showering will be allowed).
- 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.

Attendee Ingress and Egress

Swimmers, coaches, and all volunteers will enter and exit the facility using the patio doors. Before entry to the facility, all visitors are required to complete the [Mason COVID Health](#)™. Any answers to the questions in the affirmative will result in not being permitted into the facility. 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

Warm Ups	
Pool (max load)	120
Pool Deck (max load)	
Athletes	0
Coaches	20
Officials	20
Marshals	6
Volunteers	6
Facility Staff	4
Spectator area	
Athletes	230
Marshals	6
TOTAL	412

Competition	
Pool (competition)	10
Pool Deck (max load)	
Swimmers	20
Coaches	20
Officials	20
Timers	22
Marshals	6
Volunteers	6
Facility Staff	4
Spectator area	
Athletes	320
Marshals	6
TOTAL	434

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 either the [NCAP Livestreams FB page](#) or the [NCAP Youtube Page](#). Spectators may view the competition pool through the windows of the facility, while outside.

Meet Specific COVID-19 Protocols

- **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.**
- Before entering the facility participants, coaches, and volunteers are asked to assess their own health by answering the following questions and only enter the facility if they are confident they have not been in contact with anyone or are themselves feeling any of the symptoms of COVID-19 as described by the US CDC.
 - Do you feel any of the symptoms that fall under the symptoms of 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?
- All attendees are required to complete the [Mason COVID Health✓™](#) prior to each visit.
- Athletes must arrive and depart in their suits. Locker room use will be for emergency use only; no showers may be used.
- All attendees (swimmers, coaches, officials and volunteers) must bring their own water bottle and snacks. Limited hospitality may be provided.
- Attendees will enter and exit the facility through the patio door. 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.
- 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.
- For the 25 yard events, volunteers will move masks to the finish end of the pool where the swimmers will immediately put them back on after exiting the pool.
- Athletes will bring a plastic zipper bag with their name on it in which to place their masks when they are in the water.
- 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 (or three) warmup groups, no more than 120 swimmers in each group (12 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 behind the timers
 - Heat 3 is along the race course on deck 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 4 is staging under the scoreboard/warm up pool until directed to move to where Heat 3 is standing (after Heat 1 is done swimming and out of the way and Heat 3 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.
- Each session will be limited to a maximum of 350 swimmers.

- A clerk of course will be used to organize each heat of swimmers for all events offered.
- No spectators will be permitted. Competition will be live-streamed on the [NCAP Youtube Page](#).
- 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 quickly as possible should they test positive for COVID-19, show symptoms or have been in contact with anyone exposed or tested positive for 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.**

