



## **Arlington Aquatic Club**

### **October Racing**

**October 3, 2020**

**The St. James Sports, Wellness and Recreation Center  
Springfield, VA**

### **Supplemental Document/Information**

**In applying for this sanction, the Host, Arlington Aquatic Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, Fairfax County, and the St. James Sports, Wellness and Entertainment Complex.**

#### **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
- 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.
- 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
- 10' spacing on pool deck and spectator area between persons who are not members of the same household
- Health screening prior to entry

#### **Spectator Ingress and Egress**

See map attached. All participants involved in the meet will enter the facility through the main entrance. When on the pool level, participants will enter the pool area through the Family changing room hallway to the competition pool. All participants will exit immediately after the meet through the hallway and back out through the facility's main entrance.

The spectator seating area will be used for swimmer seating. Swimmers will enter through the stairwell on shallow end of pool, up the stairs and through the door to the bleachers. They will exit the seating area through the same door, down the stairs to the pool deck.

## Number of Individuals

Pool Allowed Occupancy: 250  
75% Pool Allowed Occupancy: 187

Spectator Allowed Occupancy: 206  
75% Spectator Allowed Occupancy: 154

## Estimated Total Attendees

WARMUPS	
Pool	50
Pool Deck	
Coaches	5
Officials	8
Marshals	2
Volunteers	0
Facility Staff	4
Spectators	30
<b>TOTAL</b>	<b>99</b>

COMPETITION	
Pool*	32
Pool Deck	
Swimmers	30
Coaches*	7
Officials	8
Timers	9
Marshals	2
Volunteers	0
Facility Staff	4
Spectators	40
<b>TOTAL</b>	<b>132</b>
*includes members of the St. James Swim Team practicing on the other half of the pool.	

## Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Competition will be live-streamed via the St. James website ([thestjames.com](http://thestjames.com))

## Meet Specific COVID-19 Policies and Procedures

- All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the Complex and throughout the Complex, with the exception of athletes when competing or warming up/cooling down.
- Athletes should arrive and depart in their suits. Locker rooms use will be limited.
- Lead coaches will be responsible for instructing swimmers on procedures the week of the meet.
- A designated staff member, official, or volunteer will be in place to observe/marshall COVID19 guidelines and report back to the coaches and Officials on concerns or improvements.
- All attendees will be required to complete a health attestation. Members of the St. James may complete this via The St. James app. Non-members will be required to fill out a form.
- Prior to Complex entry, all attendees will receive a touch-less temperature screening. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex.
- 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.
- Spectators, outside of family members of competing athletes, are not permitted.
- Contact information for all volunteers will be collected.

2020 AAC October Racing  
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