

# Rockville-Montgomery Swim Club

## NTG Showdown

October 10 – 11, 2020

Martin Luther King, Jr. Swim Center

### Supplemental Document/Information

In applying for this sanction, the Host, Rockville-Montgomery Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the State of Maryland, and Montgomery County.

#### Local Protocols and Requirements:

All local and state protocols will be followed per [Maryland Back to Business](#) and Reopening Montgomery County [Guidance for Montgomery County Public Pools](#). This guidance includes:

- limit of 1 patron per 200 sq. ft. of indoor space
- The maximum of people in a pool at any given time is the square footage surface area of the pool by 36
- Masks must be worn by everyone in the facility except when swimming
- Maximum of 4 swimmers per lane under the supervision of USA Swimming certified coaches (as specified by the waiver issued to USA Swimming member clubs by Montgomery County Department of Health and Human Services)
- Letter of Approval from the Montgomery County Department of Health and Human Services

#### Participant Ingress and Egress

See attached maps.

#### Planned Number of Individuals

Facility Allowed Occupancy: 85

Estimated Total Attendees

WARMUP 1	
Pool	40
Pool Deck	
Coaches	6
Swimmers	0
Officials	3
Marshals	0
Volunteers	0
Facility Staff	1
Outdoor Area	
Swimmers	20
Coaches	3
Marshals	0
<b>TOTAL</b>	<b>73</b>

WARMUP 2	
Pool	40
Pool Deck	
Coaches	6
Swimmers	0
Officials	3
Marshals	0
Volunteers	0
Facility Staff	1
Outdoor Area	
Swimmers	20
Coaches	3
Marshals	0
<b>TOTAL</b>	<b>73</b>

COMPETITON	
Pool	8
Pool Deck	
Coaches	4
Swimmers	24
Officials	5
Timers	8
Marshals	0
Volunteers	0
Facility Staff	1
Outdoor Area	
Swimmers	28
Coaches	3
Marshals	0
<b>TOTAL</b>	<b>81</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 by on the [RMSC Facebook page](#).

## Meet Specific COVID-19 Protocols

- Athletes should arrive and depart in their suits. Locker room use should be minimized.
- Coaches, officials, and athletes must wear masks except when swimming.
- Health screening will be pursuant to RMSC Return to Swimming (COVID-19 Information) Precautions. Please see <https://www.rockvillemd.gov/DocumentCenter/View/38188/RMSC-Rockville-Fall-2-2020-Program-Information-Packet?bidId=>
- Coaches, officials, and athletes should maintain a minimum of 6 feet of distancing from all other participants whenever possible.
- No spectators will be permitted. The meet will be livestreamed on the RMSC Facebook Page.
- No more than 50 individuals will be on the pool deck at any one time.
- Team areas are set up in order to maintain adequate distancing at all times.

## Warm Ups

- Teams will be composed of a maximum of 20 athletes and 3 coaches
- Three teams will compete in each competitive session – boys at 2:00 pm, girls at 5:00 pm
- Team areas will be located in three distinct areas in the outdoor pool area. Each area will be tented and have chairs provided to designate proper social distancing.
  - Team “Red”: Team Area 1
  - Team “White”: Team Area 2
  - Team “Blue”: Team Area 3
- At least one coach from each team will monitor team areas to ensure safety and proper distancing.
- During pre-meet warmup period #1 – 20 Athletes (5 lanes) from Team White along with 20 athletes (5 lanes) from Team Red will use competition pool and warmup pool with standard 4 swimmers/lane configuration as approved by Montgomery County DHHS. 6 coaches will also be on deck, along with 3 meet officials and 1 pool staff. Total on deck during warmup: 20 Team White + 20 Team Red + 6 coaches + 3 meet officials + 1 pool staff.
- During pre-meet warmup period #2 – 20 Athletes (5 lanes) from Team Blue as well as any late arrivals will use the competition pool and warmup pool with standard 4/lane configuration as approved by DHHS. 6 coaches will also be on deck along with 3 meet officials and 1 pool staff. Total on deck during warmup 20 Team Blue + 20 Team Red + 6 coaches + 3 meet officials + 1 pool staff.
- After pre-meet warmup – Teams will move to their designated team areas.

## Competition

- To prepare for competition, 8 timers will enter facility and move to their designated lanes, 2 additional meet officials will enter facility and take up their positions around the pool. Total on deck prior to competition: (18) 8 timers, 5 meet officials, 4 coaches 1 pool staff.
- To start competition, up to 32 swimmers will move from their team areas to their staging locations according to the “staged” map. designated areas on the deck based on their seeded heat and lane. Swimmers will then move to their designated locations as identified in “warmup” map in the pool for a short 5 minute warmup. There will be a maximum of three swimmers per lane in the competition pool, and two swimmers per lane in the warmup pool during this period. Once that warmup period is over, swimmers will move to their designated locations as identified in the “heat 1” map. After heat 1 swims, swimmers will move to their designated locations as identified in the “heat 2” map. After heat 2 swims, swimmers will move to their designated locations as identified in the “heat 3” map. After heat 3 swims, swimmers will move to their designated locations as identified in the “heat 4” map. After the completion of the final heat, swimmers will be allowed a short warmdown period using the lanes designated in the “warmdown” map. Once the warmdown period is complete, all swimmers will exit the pool area, and the process will begin again with the athletes prestaged for the next event. At the start, timers will be standing well back from the edge of the pool in order to provide safe distancing for all athletes. After the completion of the heat, timers will again step back, athletes will get out of the water, put on their masks and move to their designated deck location. The next heat will then move to the starting area and repeat the process.
- Maximum on deck during competition (50): 32 swimmers, 8 timers, 5 meet officials, 1 pool staff, 4 coaches. NOTE: if less than 32 swimmers are competing, more coaches will be permitted to be on deck, but never to exceed the 50 person limit.

← Entrance Pool  
to ensure  
✓

Exit

Exit

8 7 6 5 + 3 2 1 Heat 4

Heat 1 2 3 + 5 6 7 8


Coaches Area

SAT

1
2
3
4
5
6
7
8

SAT

Officials

← ← ← ← ← ← ← ←

Pre Staged  
Next Event  
waiting to enter  
Pool (During warmDown)

Staged (Prior to Warmup)

Exit

HEAT 4 (5-8)


HEAT 4  
(1-4)

Exit

Coaches Area

SEAT

1
2
3
4
5
6
7
8

SEAT

Officials

HEAT 1

T T T T T T T T

HEAT 3

HEAT 2

# WARM UP (POOR TO EVENT)

Exit

Exit

Coaches Area

Officials

SAT

	HEAT 4 5-8	
	HEAT 4 1-4	

1			
2			
3	HEAT 3	HEAT 1	HEAT 2
4			
5			
6			
7			
8			

SAT

T T T T T T T T

WARM DOWN

Exit

Exit

Coaches Area

Officials

SAT

HEAT 1			
(5-8)			
HEAT 1			
(1-4)			

1							
2							
3	HEAT 1						
4	HEAT 1						
5	HEAT 1						
6	HEAT 1						
7							
8							

SAT

T T T T T T T T

Swim Heat 1

Exit

Exit

HEAT 4 (5-8)


HEAT 4  
1-4

Coaches Area

Officials

50T

1
2
3
4
5
6
7
8

50T

HWCT -

T T T T T T T

HEAT 3

HEAT 2

Swim HEAT 2

Exit

Exit

HEAT 1 (5-8)


HEAT 1  
(1-4)

Coaches Area

5-8

1
2
3
4
5
6
7
8

5-8

Officials

HWAT 2

T T T T T T T T

HEAT 4

HEAT 3

# Swim HEAT 3

Exit

Exit

HEAT 1 (5-8)

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HEAT 1  
(1-4)

Coaches Area

59T

1	
2	
3	
4	
5	
6	
7	
8	

59T

Officials

HEAT 3

T T T T T T T

HEAT 2

HEAT 4

# Swim HEAT 4

Exit

Exit

HEAT 1 (5-8)

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HEAT 1 (1-4)

Coaches Area

Officials

SQT

1	
2	
3	
4	
5	
6	
7	
8	

SQT

HEAT 4

T T T T T T T T

HEAT 2

HEAT 3

**From:** COVID.Plans <[COVID.Plans@montgomerycountymd.gov](mailto:COVID.Plans@montgomerycountymd.gov)>  
**Sent:** Wednesday, September 30, 2020 10:38 AM  
**To:** Sasse, Melanie <[Melanie.Sasse@montgomerycountymd.gov](mailto:Melanie.Sasse@montgomerycountymd.gov)>  
**Subject:** Montgomery County Recreation - Rockville Montgomery Swim Club

Dear Ms. Sasse,

Thank you for your request for a letter of approval for the Swim Meet event at MLK Jr. Swim Center. We appreciate your hard work in putting together this proposal.

I am pleased to report that your proposal has been reviewed by staff at the Department of Health and Human Services and has been **approved with conditions**. Aside from abiding by the safety measures outlined in your proposal, you must do as much as you can to prevent competitors from congregating with each other when they are not in the pool.

Please do not hesitate to contact us if you have any questions or concerns. Thank you for your inquiry and we hope you stay safe.

Montgomery County Department of Health and Human Services

This is the letter of approval from DHHS for 4 swimmers per lane for USA Swimming teams.

-----Original Message-----

From: Beil, Clark <[Clark.Beil@montgomerycountymd.gov](mailto:Clark.Beil@montgomerycountymd.gov)>

To: Gies, Mary <[Mary.Gies@montgomerycountymd.gov](mailto:Mary.Gies@montgomerycountymd.gov)>; Katz, Sidney

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Sent: Mon, Aug 24, 2020 10:13 am

Subject: Potomac Valley Swimming

Thank you for for submitting the plans for safely operating competitive swimming activities under Potomac Valley Swimming (PVS). Based upon the review of your plan and associated supporting documents and video, Montgomery County is approving your plan to operate as described. A ny club affiliated with PVS that meets the association-established guidelines will be approved for revised training protocols. This includes the allowance for supervised lane swimming up to a maximum of 4 concurrent competitive swimmers in a lane. Please note that if this plan is modified in the future, you will be required to submit it for review for the duration of the Maryland State of Emergency. If you have any questions please feel free to contact me directly via cell or email.

Clark R. Beil, MHA, FACHE

Sr. Administrator

Licensure and Regulatory Services

Montgomery County Dept. of Health and Human Serv.

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**For COVID-19 Information and resources, visit: [www.montgomerycountymd.gov/COVID19](http://www.montgomerycountymd.gov/COVID19)**