

Nation's Capital Swim Club
NCAP-WEST OCTOBER INTRASQUAD MEET
October 24-25, 2020
Warrenton Aquatic & Recreation Facility
Supplemental Document/Information

In applying for this sanction, the Host, Nation's Capital Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, Fauquier County, and the Warrenton Aquatic & Recreation Facility.

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 by 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 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 feet of physical distance between all instructors, participants, and spectators, where practicable.
- Health screening prior to entry

Participant Ingress and Egress

ATHLETES will enter the facility using the lower level (near the playground). After being cleared to enter the facility, athletes will be directed to their seating area (either upstairs in the spectator area or downstairs off the pool deck) by their coach. Areas have been marked for athletes to distance 6 – 10 feet while in the building. Areas have been marked for up to 80 athletes.

Athletes will be directed by marshals to and from the pool for competition and warm-up. Athletes will line up to compete 2 heats in advance.

COACHES, OFFICIALS, and DESIGNATED VOLUNTEERS will enter the facility using the main entrance.

SPECTATORS will NOT be permitted into the facility. Only athletes, coaches, officials, and designated volunteers. The facility will be closed to the general public.

Planned Number of Individuals

Pool Allowed Occupancy: 300
50% Pool Allowed Occupancy: 150

Spectator Allowed Occupancy: 214
50% Spectator Allowed Occupancy: 107

Estimated Total Attendees

WARMUPS	
Pool	40
Pool Deck	
Coaches	10
Officials	8
Marshals	12
Volunteers	0
Facility Staff	6
Spectator Area	40
TOTAL	116

COMPETITION	
Pool	8
Pool Deck	
Swimmers	16
Coaches	10
Officials	8
Timers	9
Marshals	12
Volunteers	0
Facility Staff	6
Spectator Area	56
TOTAL	125

Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. The competition will be live-streamed on the NCAP Facebook page. NCAP-West will provide this information to their families prior to the first day of the meet.

Meet Specific COVID-19 Protocols

- Athletes must arrive and depart in their suits. Locker room use will be for emergency use only and will be cleaned between each use by the WARF staff.
 - All attendees (athletes, coaches, officials and designated volunteers) must wear a mask to enter the WARF and throughout the facility, with the exception of athletes when they are warming up, cooling down, or competing.
 - Prior to WARF entry, all attendees (athletes, coaches, officials, and designated volunteers) will receive a touchless temperature screening and respond to health screening questions. Any person experiencing **any** of the following symptoms will not be permitted entry into the WARF:
 - Fever (temperature of 100.4°F or higher) or Chills
 - Shortness of Breath or Difficulty Breathing
 - Muscle or Body Aches
 - New Loss of Taste or Smell
 - Congestion or Runny Nose
 - Nausea or Vomiting
 - Cough or Fatigue
 - Headache
 - Sore Throat
- Any person who returns a higher-than-normal temperature reading from the thermal camera of 100.4°F or higher will not be permitted further access to the facility.
- 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 COVID-19 guidelines and report back to the coaches and officials on concerns or improvements.
 - Each session will be limited to 80 swimmers.
 - Only swimmers, coaches, officials, and designated volunteers will be permitted in the facility.
 - Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag behind the starting block in their lane. A meet marshal, wearing protective gloves, will gather the bags containing the swimmers' masks and place them at the opposite end of the lane that the swimmer is competing in. Upon completion of a heat, an official will direct the swimmers to swim to the opposite end and exit the pool. Swimmers will immediately put their masks back on before they exit the pool deck.
 - Swimmers must follow all directions as posted and adhere to all marshals' directions.
 - All swimmers must remain in their designated area for their group until they are called for their event and they must return to their area immediately following their event.
 - Swimmers may not enter another swimmer's "square" of seating.
 - Any swimmer, coach, official and/or designated volunteer not following meet protocols will be subject to immediate removal from the meet.
 - 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 will not be permitted. Competition will be live-streamed on the NCAP Facebook page. NCAP-West will provide this information to their families prior to the first day of the meet.
 - Contact information for all volunteers will be collected.