

Nation's Capital Swim Club
November 14-15, 2020
The St. James: Sports, Wellness & Recreation Complex

Supplemental Document/Information

In applying for this sanction, the Host, Nation's Capital Swimming Inc, 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 St. James: Sports, Wellness and Recreation 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 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

- All participants (coaches, officials, volunteers, swimmers, parents, etc.) will arrive at the St. James through the main entrance where they will submit to a health screening and temperature check before they are permitted in the facility. Non-members of The St. James must complete the [St. James - Self-Health Assessment and Participation Terms & Conditions](#) no earlier than 12 hours before attending (specify STJ Swimming Rental as "Sport").
- Swimmers will immediately proceed to the stands where they will go to their assigned "section". Each section will have no more than 40 swimmers and total of 80 swimmers per session. Each section will have seating markers within the stands to indicate each swimmer's area and ensure proper social distancing.
- Parents will be not be permitted into the stands to watch the meet.
- Only meet volunteers will be permitted into the stands.
- For athlete management a total of eight (8) volunteers will be needed in the stands. The breakdown of workers is as follows:
 - 2 Volunteers for Check- In (outside the stands)
 - 2 Volunteers for Door Marshalling to ensure only swimmers access the stands and athletes maintain proper social distancing.
 - 2 Volunteers to call the swimmers for the event and line them up along the wall (2 heats lined up at all times). Swimmers remain in their spot until they are called
 - 2 Volunteers to man the stairwell (radioed) to ensure one-way traffic up and down the stairs at all times.
- For the deck and flow of swimmers we will require sixteen (16) volunteers. The breakdown of workers is as follows.
 - 3 Volunteers for Clerk of Course to escort the heat coming down the stairwell to the bulkhead. These volunteers will rotate as we keep the event moving.
 - 1 Volunteer by the Admin table to ensure swimmers are safe going behind the admin table.
 - 8 Timers - 1 per lane
 - 2 Head Timers to back up the timers.

Planned Number of Individuals

Pool Allowed Occupancy: 335

50% Pool Allowed Occupancy: 167

Spectator Allowed Occupancy: 206

50% Spectator Allowed Occupancy: 103

Estimated Total Attendees

WARMUPS	
Pool*	110
Pool Deck	
Coaches	8
Officials	8
Marshals	2
Volunteers	0
Facility Staff	4
Spectator Area	
Swimmers	0
Marshals	3
TOTAL	135

COMPETITION	
Pool*	68
Pool Deck	
Swimmers	24
Coaches	8
Officials	8
Timers	10
Marshals	4
Volunteers	0
Facility Staff	4
Spectator Area	
Swimmers	28
Marshals	3
TOTAL	157

*includes a maximum of 60 swimmers in the section of the pool not being used for competition, not associated with the event.

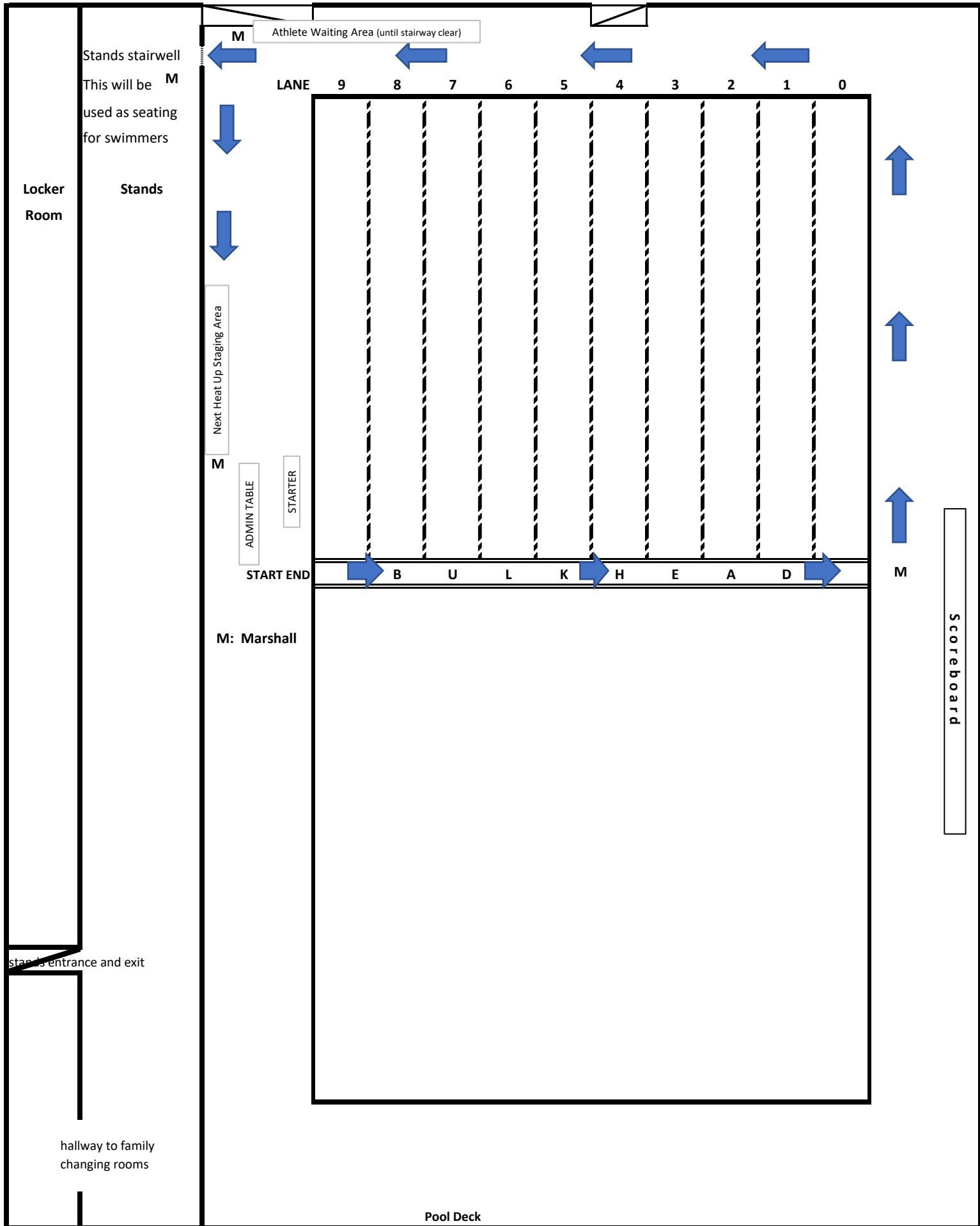
Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. The meet will be live streamed by the St. James via the [St. James Swimming Facebook page](#).

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 St. James.
- All attendees (athletes, coaches, marshals, and officials) must wear masks, with the exception of athletes when warming up, cooling down, and competing.
- All participants (coaches, officials, volunteers, swimmers, parents, etc.) will submit to a health screening and temperature check before they are permitted in the facility. Non-members of The St. James must complete the [St. James Self-Health Assessment and Participation Terms & Conditions](#) no earlier than 12 hours before attending (specify STJ Swimming Rental as "Sport").
- Each session will be limited to 60 swimmers.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Swimmers will wear their masks until they arrive at their lane and they will take it off and hang it on the hook on the starting block. Swimmers will immediately put their masks back on at the completion of their swims before they leave the bulkhead.
- Swimmers must follow all directions as posted and adhere to all marshal directions.
- Swimmers will walk around the pool deck and line back up in the designated area with proper social distancing until they are cleared to go up the stairs back to their seated area.
- 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 not following the meet protocols will be subject to immediate removal from the meet.
- All coaches, officials, and volunteers must bring their own water bottle and snacks. Hospitality is not permitted per 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 COVID19 after attending the meet.
- No spectators will be permitted. Competition will be live-streamed via the [St. James Swimming Facebook page](#).

NCAP November Gold Rush
11/14/2020 - 11/15/2020



Stands stairwell
This will be used as seating for swimmers

Locker Room

Stands

LANE 9 8 7 6 5 4 3 2 1 0

Next Heat Up Staging Area

M

ADMIN TABLE

STARTER

START END

B U L K H E A D

M

M: Marshall

Scoreboard

stands entrance and exit

hallway to family changing rooms

Pool Deck