

NCAP
Ice Breaker Meet
December 5, 2020
Burke Racquet & Swim Club

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, Fairfax County, and Burke Racquet & Swim Club.

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
- Indoor and outdoor recreational sports should maintain ten (10) feet of physical distance between all instructors, participants, and spectators, where practicable.
- 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.

Participant & Spectator Ingress and Egress

- There will be no spectator seating inside the facility.
- There will an outside “watch & go” section through the pool window along Lane 1 outside of the facility. One spectator PER SWIMMER will be allowed in the “watch & go” area. Spectators in the “watch & go” area must wear a mask and respect social distancing.
- Refer to map for details on swimmer ingress and egress.

Planned Number of Individuals

Pool Deck Allowed Occupancy: 266
50% Pool Deck Allowed Occupancy: 133

Estimated Total Attendees

WARMUPS	
Pool	60
Pool Deck	
Coaches	4
Officials	6
Marshals	4
Volunteers	0
Facility Staff	1
Spectators	0
TOTAL	75

COMPETITION	
Pool	4
Pool Deck	
Swimmers	16
Coaches	4
Officials	6
Timers	5
Marshals	4
Volunteers	0
Facility Staff	1
Spectators	0
TOTAL	40

Safe Sport Considerations

- In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Parents may observe their swimmer race from the “**Watch & Go**” window outside the pool. One spectator PER SWIMMER will be allowed in the “watch & go” area. Spectators in the “watch & go” area must wear a mask and respect social distancing.

Meet Specific COVID-19 Protocols

- Prior to facility 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 facility:
 - 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.

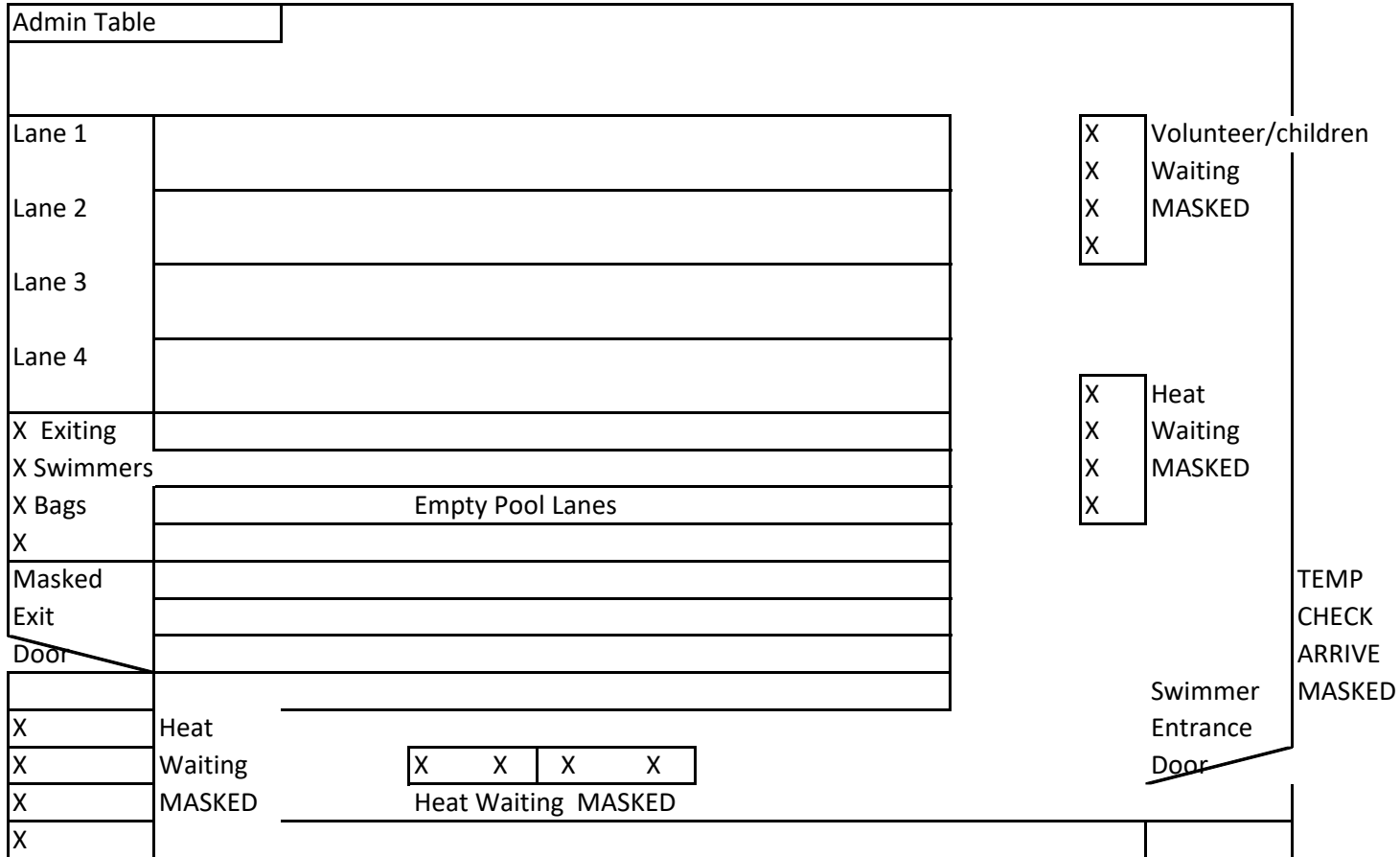
- Please consult the Facility Map for all traffic flow from entrance to race lanes to exit.
- Athletes must arrive in their RACING suits. Locker rooms will remain closed. Swimmers will remain in their cars in the parking lot when not in the pool for warm-ups or competition.
- All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.
- When swimmers approach the blocks, they will place their masks in a plastic bag and hang it on a hook provided behind the block.
- Swimmers will be pre-seeded and staged by heat assignment times at the front entrance utilizing Socially Distance markings before entry and inside prior to each swim. These locations will be monitored by marshals, with the flow of traffic heading towards the 4 competitive lanes from the swimmer/official entrance.
 - 1 Entrance location on Pool deck closest to lane 12 and indicated on Facility Map
 - The deck will have a queue of 3-4 heats waiting to race on pool deck socially distanced. Session 1 will have 4 heats queued and Session 2 will have 3 heats queued.
- Athletes and families are to remain outside the pool and must maintain proper social distancing. Participants and family members not adhering to this standard will be asked to leave the premises immediately. Participants asked to leave will not be allowed to race.
- There will be no spectator seating. There will an outside “watch and go” section through the Pool window along Lane 1 outside. One spectator PER SWIMMER will be allowed to the “watch & go” area while masked.
- Restroom facilities are for EMERGENCY USE ONLY for all. Restroom access will also be controlled. Disinfecting products will be available at the doors and must be used on any touched surface by each user.

PARKING
Rest in cars

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Outside window view



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Rest in cars

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Parents: we still need volunteers for the Marshalling positions
 Swimmers need to follow the heat sheet "report times" to show up at the Entrance Door 1 minute ahead
 Swimmers should arrive at entrance in a mask and wait for temp check and marshal entrance to the "Heat Waiting Chairs"
 Swimmers should bring a plastic bag to place their mask while racing (keeping it dry)
 After each race is finished, swimmers need to put masks on and exit to the parking lot
 Swimmers will rest in their cars in between races