

**The Capitol Sea Devils**  
**Polar Bear**  
**January 9-10, 2021 -- South Run RECenter**  
**Supplemental Document/Information**

In applying for this sanction, the Host, TCSD, 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 South Run RECenter.

**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.
- Indoor and outdoor recreational sports should maintain ten 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.
- All shared items must be disinfected between each use to the extent practicable.

**Participant Ingress and Egress**

No spectators will be permitted in the facility. Only registered and approved volunteers, athletes, officials, and coaches that have been screened will be permitted into the facility. Athletes will enter the facility through the main front door and proceed directly to the bleachers. Coaches, officials, and volunteers will enter the facility through the back patio door closest to the shallow end, directly onto the pool deck. Completion of [Health Attestation](#) will be confirmed and temperature check will be performed before an athlete is permitted to enter the facility. Athletes will proceed to spots marked in the bleachers 6 feet apart. All participants will exit up the stairs and from the bleachers through the facility designated exit.

**Planned Number of Individuals:**

**Facility Allowed Occupancy:** 86

**Estimated Total Attendees**

WARMUPS	
Pool	50
Pool Deck	
Coaches	8
Officials	10
Marshals	8
Volunteers	0
Facility Staff	
<b>TOTAL</b>	<b>76</b>

COMPETITION	
Pool	8
Pool Deck	
Swimmers	8
Coaches	4
Officials	10
Timers	10
Marshals	8
Volunteers (clerk)	2
Facility Staff	
Spectator Area (athletes)	34
<b>TOTAL</b>	<b>84</b>

## Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. A live stream will be provided on the Sea Devil Swimming Facebook page.

## Meet Specific COVID-19 Protocols

- Athletes must arrive and depart in their suits. Locker room use is not permitted.
- Before registering your young swimmer, please consider that they can manage themselves for the duration of the meet with just their swim coach overseeing them, including being able to visit the bathroom independently.
- All attendees (athletes, coaches, officials, and volunteers) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.
- Each session will be limited to no more than 50 swimmers.
- Spectators are not permitted into the facility.
- All warm-up sessions will have no more than 5 swimmers per lane and swimmers, coaches, and volunteers must remain 10 ft socially distanced while in the water and on the deck.
- Bleachers and deck will be marked to identify where swimmers and coaches are permitted to sit to ensure that social distance guidelines are maintained.
- One-way traffic will be observed on the pool deck at all times. Traffic will flow clockwise around the pool. Marshals will ensure that traffic on the stairs to and from the bleachers will be one-way only at any point in time.
- Before entering the facility, all attendees (athletes, coaches, and volunteers) are required to be able to answer the following questions on an online [Health Attestation](#) and will only be permitted entrance if answering appropriately and with no symptoms of COVID-19. These include:
  - 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
- Bathroom use is allowed in emergencies and must be cleaned following use.
- Each swimmer should bring a plastic zipper bag in which to place their mask when in the pool.
- Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a bag. The bags will be placed on chairs behind the starting blocks during warm-ups and competition. 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.
- Any swimmer, coach, official and/or designated volunteer not following meet protocols will be subject to immediate removal from the meet.
- Contact information for all volunteers will be collected.
- 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.

## **Arrival, Departure, and Swimmer Location (see attached map)**

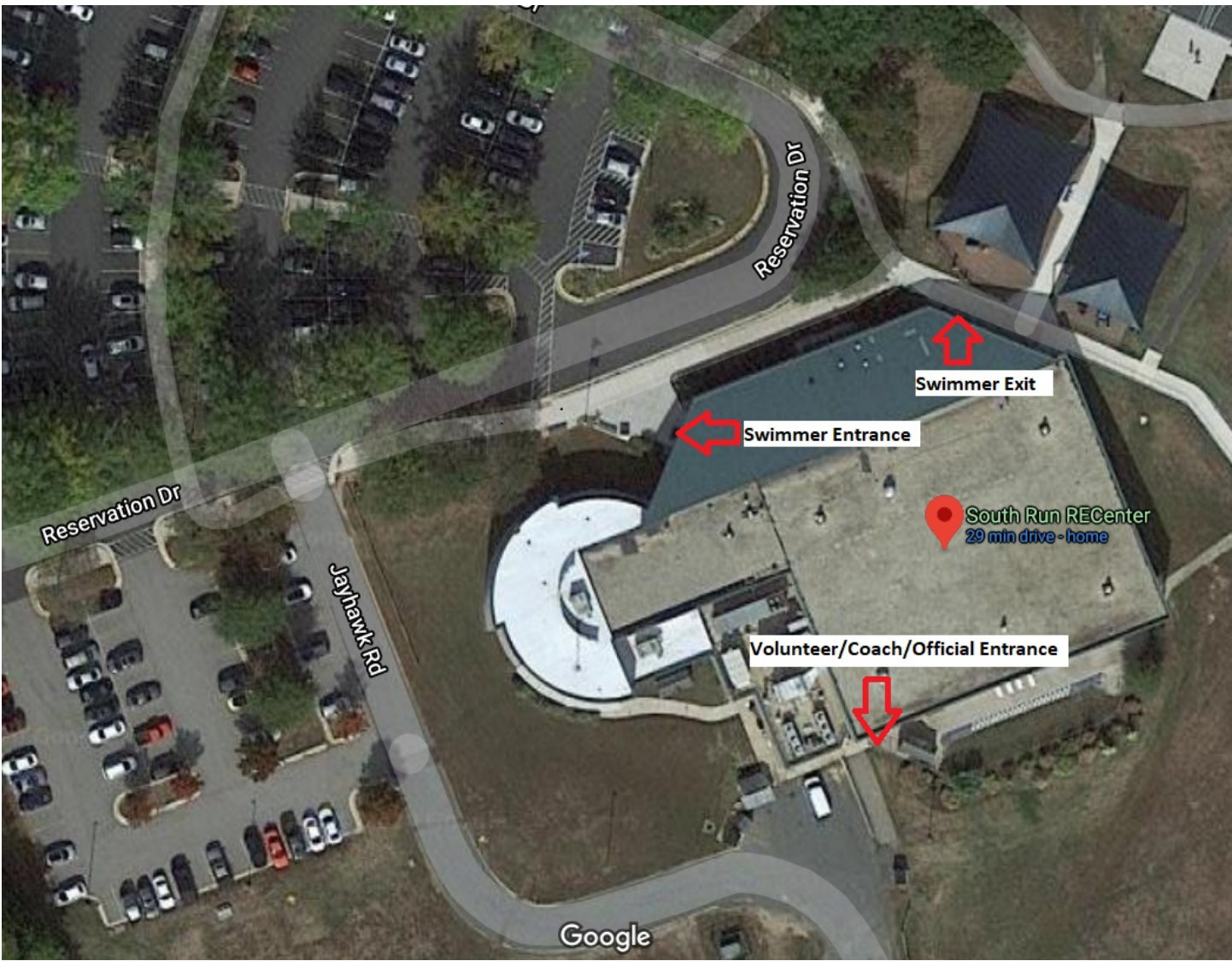
- Swimmers should arrive no more than fifteen (15) minutes prior to their scheduled warm-up times. If swimmers arrive early, they must wait in their cars until time to enter the facility.
- Swimmers must be on time. Any swimmer arriving more than 5 (five) minutes after their designated warmup time will not be allowed into the facility.
- Swimmers will be dropped off in front of the facility.
- Wearing masks at all times, swimmers will lineup six (6) feet apart. A volunteer will confirm each swimmer has submitted his/her health attestation and conduct a touchless temperature screen.
- Maintaining ten (10) feet distance, swimmers will enter the facility on the concourse level. Upon entry, swimmers will proceed directly across the concourse and into the spectator seating area. Swimmers will be directed by marshals to spots marked in the bleachers six (6) feet apart.
- For distancing purposes, bleacher areas will be assigned by training site.
- Swimmers must depart the facility immediately upon the completion of their race(s).
- Marshalls will monitor the team area to ensure safety and proper distancing.

## **Pre-Meet Warm-up**

- Swimmers will be ushered from the bleachers to the pool deck in small groups.
- No more than 5 swimmers will be permitted in any lane during warm-ups.
- Swimmers will place their face mask in a plastic zipper (Ziploc or similar) bag and place it on the chair behind the blocks of their assigned lane.
- Warm-up distancing conducted in accordance with USA Swimming guidelines and TCSD Swimming protocols.
- After warm-up, coaches will direct swimmers to exit the pool one at a time by lane. Swimmers will immediately retrieve their masks, proceed down the pool deck along the window side of the pool, around the shallow end, and to the stairs at the deep end of the pool. Swimmers will proceed up the stairs and return to their spot in the bleachers.

## **Competition**

- To prepare for competition, eight (8) lane timers and two (2) head timers will enter the pool deck and move to their designated lanes. Additional officials, if any, will enter the pool deck take up their positions around the pool.
- At the start, timers will be standing well back from the edge of the pool to provide safe distancing for all athletes.
- Swimmers will be called to Clerk of Course by heat. Swimmers will line up while maintaining ten (10) feet of social distance.
- At the conclusion of a heat, swimmers will exit the pool and proceed down the pool deck along the window side of the pool, around the shallow end, and to the stairs at the deep end of the pool. Swimmers will proceed up the stairs and return to their spot in the bleachers. Marshalls will ensure that traffic on the stairs to and from the bleachers will be one-way only at any point in time.
- As the swimmers exit the start area, the next heat will proceed down the stairs and behind the blocks.



Reservation Dr

Reservation Dr

Jayhawk Rd

Swimmer Exit

Swimmer Entrance

South Run RECenter  
29 min drive - home

Volunteer/Coach/Official Entrance

Google