

# Occoquan Swimming New Year Distance Time Trial

January 23, 2021

Central Park Aquatic Center

10371 Central Park Drive, Manassas, VA 20110

## Supplemental Document/Information

In applying for this sanction, the Host, Occoquan Swimming (OCCS), agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, Virginia Swimming, Commonwealth of Virginia, Prince William County, and Central Park Aquatic Center.

### 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.
- All shared items must be disinfected between each use to the extent practicable.

### Spectator, Participant Ingress and Egress

Spectators not working in a capacity to operate the swim meet will not be permitted. Swimmers, coaches, and all volunteers will enter the facility at the main entrance and exit through the Bistro doors. On entry all visitors are required to answer the COVID symptom check. Any answers to the questions in the affirmative will result in not being permitted into the facility. All attendees must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.

### Planned Number of Individuals

Pool Allowed Occupancy: 354

75% Pool Allowed Occupancy: 265

Warm Ups	
Pool (max load)	48
Pool Deck (max load)	
Swimmers	0
Coaches	15
Officials	10
Marshals	3
Volunteers	2
Facility Staff	4
Spectators	0
<b>TOTAL</b>	<b>82</b>

Competition	
Pool (max load)	8
Pool Deck (max load)	
Participants	40
Coaches	15
Officials	10
Timers	9
Marshals	3
Volunteers	2
Facility Staff	4
Spectators	0
<b>TOTAL</b>	<b>91</b>

## Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. We will be streaming the swim meet live on YouTube as well as allow visual access through the windows of the facility. Spectators may also view the competition pool through the windows.

## Meet Specific COVID-19 Protocols

- 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.
- Athletes must arrive and depart in their suits. Locker room use is minimized to emergency use only.
- Spectators will not be permitted into the facility. The meet will be live streamed on YouTube. The link will be shared with participating families.
- Before signing up 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.
- Each session will be limited to no more than 48 swimmers. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing.
- Entry for all participants, volunteers and coaches will be through the main pool entrance, exit will be through the Bistro doors or out any pool door exit.
- Before entering the facility participants, coaches and volunteers are required to be able to answer the following questions and will only be permitted entrance if answering with 'no':
  - Do you feel any of the symptoms that fall under the COVID-19 (fever over 100.4, cough, shortness of breath, etc.)?
  - Has anyone in your family been sick or diagnosed with COVID-19?
  - Has someone you have been in contact with been diagnosed with COVID-19 or been in contact with someone who has in the past 14 days?
- One timer will be assigned to each lane as a backup timer. Markings will separate the swimmers from the timers while staging and entering/exiting the pool.
- One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the turn end of the pool, down the lane 1 side of the pool, and continue behind the blocks.
- For warm-ups, swimmers for each session will be assigned lanes for warm ups, no more than 48 swimmers in each group. Each group will be assigned an arrival time. Swimmers will not be permitted into the building prior to their arrival time. Swimmers will proceed to their assigned seating area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines.
- Staging for swimmers during competition will be
  - Heat 1 is at the blocks and will swim
  - Heat 2 is under the scoreboard spaced by 6 feet and will remain there until heat 1 is done swimming, exits the pool and exits the area behind the blocks.
  - Heat 3 will act as the counters for heat 1 (after heat 1 is done swimming and out of the way and heat 2 proceeds to the starting blocks, heat 3 will report to under the scoreboard).
  - Heat 4 will be in the stands or warming up.
- Counters will be provided by the swimmers that are entered in this event or by the coaches.
  - Heat 3 will count for Heat 1
  - Heat 4 will count for Heat 2
  - Heat 1 will count for Heat 3
  - Heat 2 will count for Heat 4
- Swimmers will wear their masks until they reach the starting blocks. They will hang their mask on a hook on

the starting block just prior to competing. They will put their mask back on before leaving the starting area.

- Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- HEPA Filtration system will be placed on the pool deck and in high traffic rooms for additional air purification.
- UV Light is used along with chlorine to disinfect the water constantly.
- 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.

In the case that a swimmer or coach does not have access to email, please see the meet director for assistance.