

**Nation's Capital Swim Club
2021 NCAP Hibernation Celebration
January 23-24, 2021
Freedom Aquatic & Fitness Center**

Supplemental Document/Information

In applying for this sanction, the Host, Nation's Capital Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the Commonwealth of Virginia, Prince William County, and the Freedom Aquatic & Fitness Center.

Local Protocols and Requirements

All local and state protocols will be followed per Virginia's [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

- Spectators not working in a capacity to operate the swim meet will not be permitted.
- Swimmers, coaches, and all volunteers will enter and exit the facility at the side door by the Leisure Pool.
- All coaches, officials and volunteers must answer the [HEALTH SCREENING](#) after 8 pm each night prior to arrival at the facility for competition.
- Officials, coaches and volunteers will have their temperature taken upon entry to the facility.
- All athletes must complete the [NCAP Health questionnaire](#) no earlier than 8pm the night prior to their assigned session.

Planned Number of Individuals

Pool Allowed Occupancy: 1485

75% Pool Allowed Occupancy: 1113

Estimated Total Attendees

WARMUPS	
Pool	100
Pool Deck	
Coaches	8
Officials	8
Marshals	10
Volunteers	0
Facility Staff	2
Spectator Area	
Marshals	6
Athletes	0
TOTAL	130

COMPETITION	
Pool	10
Pool Deck	
Swimmers	0
Coaches	8
Officials	8
Timers	12
Marshals	10
Volunteers	0
Facility Staff	2
Spectator Area	
Marshals	6
Athletes	90
TOTAL	142

Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. This event will be live streamed on the NCAP Livestreams [Facebook page](#)

Meet Specific COVID-19 Protocols

- **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.**
- Athletes must arrive and depart in their suits. Locker room use must be minimized. All athletes will be escorted to the restroom for emergency use only. Facility housekeeping will be on site to clean as necessary.
- Coaches, officials, volunteers, and athletes must wear masks at all times, with the exception of athletes warming up, cooling down, or competing.
- Swimmers should bring a minimum of 2 masks, and a container or Ziploc style bag to put them in when swimming.
- All athletes will complete the [NCAP wellness check link](#) (same as practices) prior to arrival. It can be completed no earlier than 8pm the night prior to the assigned session. Coaches will be on hand to assist with athlete check in. Green Check from the health screening must be shown before they are permitted in the facility.
- All coaches, officials, and volunteers must complete this [health screening form](#) after 8 pm the night prior to arrival at the facility and will have their temperature checked upon entering the facility.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Timers for Session 4 (Distance Session) will complete the health screening upon arrival.
- Sessions 1-3 will be limited to 100 athletes/session. Session 4 will be limited to 190 athletes, however, no more than 100 athletes will be in attendance at any point in time.
- During Session 4, athletes must enter the pool no more than 10 minutes prior to either their warm up session or their assigned counting session. Athletes must LEAVE THE POOL at the end of their cool down period.
- Swimmers will wear their masks until they arrive at their lane and they will take it off and place it in a plastic bag or container on the chair behind their lane. Swimmers will immediately put their masks back on at the completion of their swims before they leave the start end.
- Traffic on the pool deck, including the bleachers, will be in one direction only.
- Swimmers must follow all directions as posted and adhere to all marshal directions.
- No spectators will be allowed in the facility. This event will be livestreamed on the NCAP Livestreams [Facebook page](#).
- We request that all attendees notify the NCAP Director of Operations, KARYN MCCANNON, (kmccannon@nationscapitalswimming.com) 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.

ENTRANCE INTO FACILITY- ATHLETES

- Athletes should report to the door and line up outside, spaced at least 6 feet apart, no more than 15 minutes prior to warm up for each session. Athletes that arrive more than 10 minutes AFTER the beginning of each warm up session will not be allowed to enter the facility.
- Two (2) marshals will direct athletes through the door by the locker rooms, and up into the bleachers. Spaces will be marked to facilitate social distancing. Masks MUST be worn while in the bleacher area. Four (4) Marshals will be stationed in the bleachers to watch athletes.

ENTRANCE INTO FACILITY- Coaches, Volunteers, Officials

- Coaches should report no more than 20 minutes prior to their assigned session. Coaches should have completed the health screening in advance. Temperatures will be checked by two (2) marshals stationed at the door for this purpose. Coaches will then check in athletes as they filter into the facility, and then report to the deck for their assigned warm up lanes.
- Officials should report at their assigned time, as discussed during the officials briefing the night prior to the meet. Health screening will be completed in advance, temperatures will be checked upon arrival. Officials can then report to their assignments.
- Volunteers – Including Timers, Marshals and Clerk of Course- please read the VOLUNTEER SIGN UP carefully. Exact arrival times for each position are detailed in this document. Health screening will be completed in advance. Temperatures will be checked upon arrival. All Volunteers should sign in at the admin table near the starting block end of the pool for further information before reporting to their assignment. Masks must be worn at all times.

DURING WARM UP

- All warm ups will have assigned lanes, with no more than 5 athletes per lane. Coaches will direct athletes from the bleacher area to their assigned lanes. Athletes should bring a plastic ZIPLOC BAG OR CONTAINER to seal their masks during warm up and competition. Masks can then be placed on the floor or on chairs behind blocks as available.
- The last 10 minutes of warm up will be available for one way starts in the competition portion of the pool in ODD NUMBER LANES ONLY. EVEN NUMBER LANES will be available for athletes to swim back to the blocks, grab their masks, put them on, and then follow the ONE WAY traffic towards the windows, and back around to the bleacher seating. Four (4) Marshals will be available to assist with this process.

DURING COMPETITION

- Two (2) Clerk of Course marshals will be in the stands to line TWO heats of athletes in advance of their racing. The four (4) marshals in the bleachers for monitoring social distancing will assist with calling for athletes as needed.
- Athletes will then be directed on deck by two (2) deck clerk of course marshals. The marshals will facilitate the heat lining up, competing, exiting the water, reminding athletes to replace their masks back on their faces, and then direct athletes to follow the one way traffic around the deck.
- During sessions where cool down lanes are being used, marshals will be on hand to remind athletes of the short cool down period, and the 5 athlete per lane spacing required. Athletes will then continue back to the bleachers.

ANY ATHLETE, COACH OR VOLUNTEER FOUND TO BE WILLFULLY DISREGARDING ANY OF THESE PROCEDURES OR NOT FOLLOWING MARSHAL DIRECTIONS WILL BE REMOVED FROM THE FACILITY WITHOUT RECOURSE.