

Nation's Capital Swim Club
January 22, 2021
The St. James: Sports, Wellness & Recreation Complex

Supplemental Document/Information

In applying for this sanction, the Host, K&R Swimming, a member of 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, Fairfax County, and St. James: Sports, Wellness and Recreation Complex

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

- 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 seventeen (17) volunteers. The breakdown of workers is as follows.
 - 2 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.
 - 10 Timers - 1 per lane
 - 2 Head Timers to back up the timers.
 - 2 Marshals to be responsible for mask moving during the 25 yard events.

Planned Number of Individuals

Pool Allowed Occupancy: 335

75% Pool Allowed Occupancy: 251

Spectator Allowed Occupancy: 206

75% Spectator Allowed Occupancy: 154

Estimated Total Attendees

WARMUPS- 2 sessions	
Pool*	110
Pool Deck	
Coaches	8
Officials	8
Marshals	2
Volunteers	0
Facility Staff	4
Spectator Area	
Swimmers	30
Marshals	8
TOTAL	170

COMPETITION	
Pool*	70
Pool Deck	
Swimmers	10
Coaches	8
Officials	8
Timers	12
Marshals	5
Volunteers	0
Facility Staff	4
Spectator Area	
Swimmers	60
Marshals	8
TOTAL	185

*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 attendees (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"). Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted entry into the Complex.
- **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.**
- We request that all attendees notify Kristen Washburn (kwashburn@krswimming.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.
- Each session will be limited to 80 swimmers.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Swimmers should bring a minimum of 2 masks, and a container or Ziploc style bag to put them in when swimming.
- During warm-ups, swimmers will wear their masks until they arrive at their lane. They will put it in a plastic zipper bag behind their lane. Once warm-ups are completed, swimmers will immediately put their masks back on.
- During competition, 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.

- 8&UNDER ATHLETES SWIMMING 25 YARD EVENTS: Swimmers will wear their masks to the blocks on the bulkhead, and then place their mask in a Ziploc type bag. ONE marshal will collect the bagged masks and will transport them to the far end. Timers will move to the far end with watches- as 25 yard events do not enter into SWIMS, no official times are needed. Athletes will exit the water, and will immediately put their mask on.
- 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.
- No spectators will be permitted. Competition will be live-streamed via the [St. James Swimming Facebook page](#).