

Occoquan Swimming DMV Senior Showcase

February 19-21, 2021

Freedom Aquatic & Fitness Center
Central Park Aquatic Center

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, George Mason University, Freedom Aquatic & Fitness Center, 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 and Participant Ingress and Egress

Spectators not working in a capacity to operate the swim meet will not be permitted. At Freedom Center, entry and exit for all participants, volunteers, and coaches will be through the patio side entrance. At Central Park Aquatic Center, entry for all participants, volunteers, and coaches will be through the main pool entrance; exit will be through the Bistro doors or any pool door exit. 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 (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.

Planned Number of Individuals

FC: Pool Allowed Occupancy: 1485

CPAC: Pool Allowed Occupancy: 354

75% Pool Allowed Occupancy: 1113

75% Pool Allowed Occupancy: 265

Warm Ups		
	FC	CPAC
Pool	105	48
Pool Deck		
Athletes	15	0
Coaches	20	20
Officials	10	10
Marshals	4	4
Volunteers	4	4
Facility Staff	4	4
Spectator area		
Athletes	0	48
Marshals	2	2
TOTAL	164	140

Competition		
	FC	CPAC
Pool (competition)	10	8
Pool (warm up)	50	25
Pool Deck		
Swimmers	30	16
Coaches	20	20
Officials	10	10
Timers	12	9
Marshals	4	4
Volunteers	4	4
Facility Staff	4	4
Spectator area		
Athletes	30	47
Marshals	2	2
TOTAL	176	149

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.

Meet Specific COVID-19 Protocols

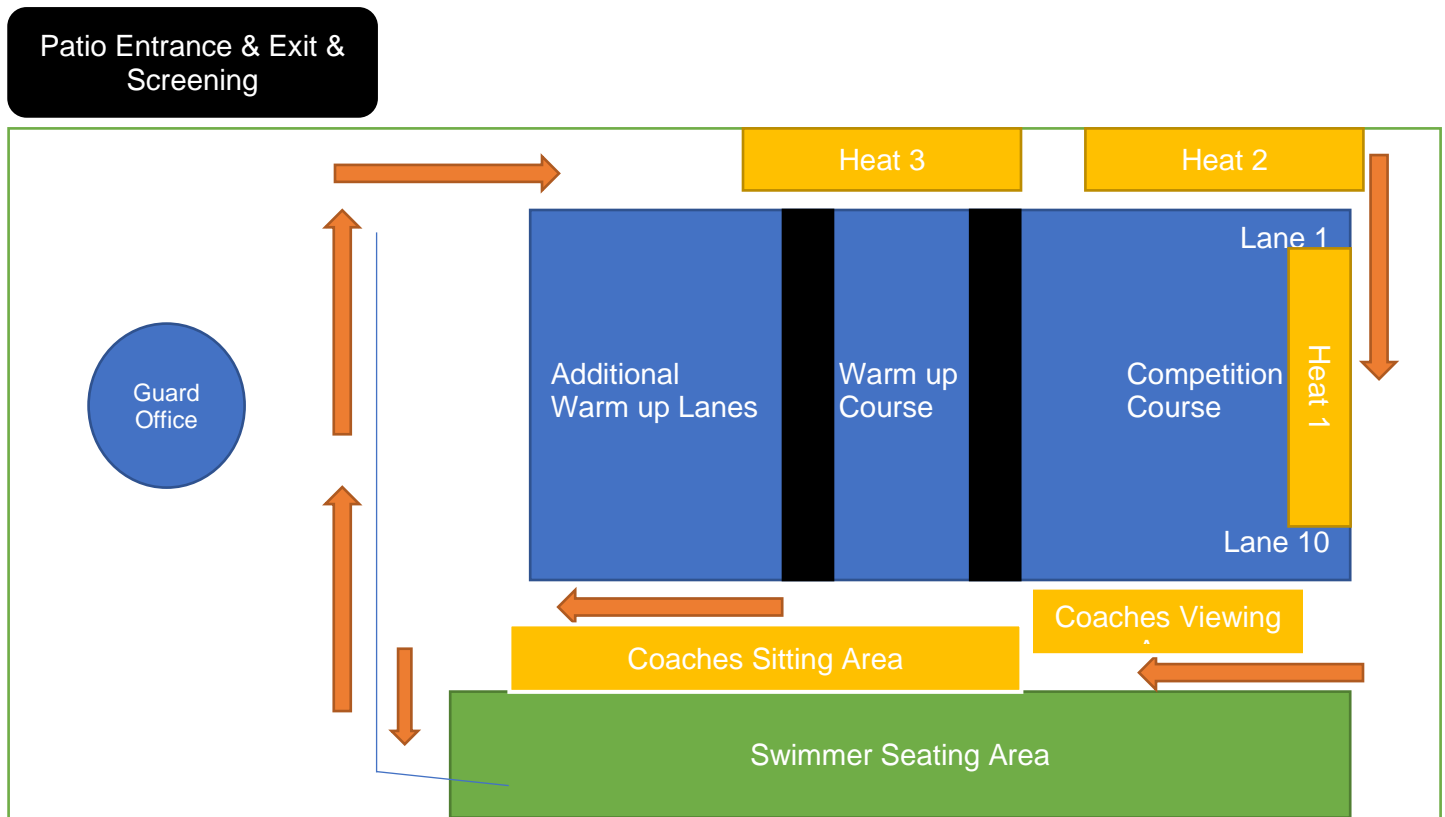
- All attendees (athletes, coaches, officials, volunteers, spectators) must wear a mask to enter the facility and throughout the facility, with the exception of athletes when competing or warming up/cooling down.
- Swimmers should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.
- 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](#).
- Each session will be limited to 120 swimmers. Swimmers will be assigned to a seating area. Seating areas are marked to allow for social distancing.
- Before entering the facility, participants 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 symptoms of 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've been in contact with been diagnosed with COVID-19 or been in contact with someone who has the past 14 days?
- Temperature readings will be taken for every person that enters the facility. Anyone with a temperature over 100.4 will not be permitted in the facility.
- All adults entering the facility as coaches, officials, and volunteers are required to submit a health screening form and entrance waiver before entering the facility each day. The form and waiver must be completed no more than 12 hours prior to arrival at the facility.
- 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.
- 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.
- Chlorine is used to disinfect the water and adjacent surfaces 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 COVID-19 after attending the meet.

Meet Specific COVID-19 Protocols – Freedom Center

- Entry and exit for all participants, volunteers, and coaches will be through the patio side entrance. Athletes will enter from the 2nd patio door; coaches, officials, and volunteers will enter through the 1st patio door.
- For warm-ups, swimmers for each session will be assigned to one of two warmup groups, no more than 105 swimmers in each group (5 swimmers/lane). 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.
- During warm-ups, swimmers will wear their masks until they reach their assigned warm up lane and entry end and just before they enter the pool. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on as soon as they exit the pool.
- During competition, swimmers will wear their masks until they reach the starting blocks. They will place their mask in their waterproof holder to store their mask while they swim. They will put their mask back on before leaving the starting area.

- Staging for swimmers during competition will be:
 - Heat 1 is at the blocks and will swim
 - Heat 2 is along the race course on deck 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 is staging under the scoreboard/warm up pool until directed to move to where Heat 2 is standing (after Heat 1 is done swimming and out of the way and Heat 2 proceeds to the starting blocks).



Meet Specific COVID-19 Protocols – Central Park Aquatic Center

- 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.
- 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 to one of two warm-up groups, 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.
- During warm-ups, swimmers will wear their masks until they reach the end of the pool. Just before entering the pool, they will hang their mask on a hook on the starting block or on the wall or they may bring their own plastic bag to store their mask while they swim. They will put their mask back on as soon as they exit the pool.
- 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 is staging under the flag until directed to move to under the scoreboard (after Heat 1 is done swimming and out of the way and Heat 2 proceeds to the starting blocks).