

Nation's Capital Swim Club Hearts to Heart
February 22, 2021
The St. James: Sports, Wellness & Recreation Complex
Supplemental Document/Information

In applying for this sanction, the Host, Nation's Capital Swimming, Inc, 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 [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 their assigned seating area in the stands or in the splash park. Swimmers who are assigned to the stands will proceed to the stands area. Athletes that are assigned to the splash park will proceed down the stairs and across the pool deck to the splash park area. The stands area will not exceed 50 swimmers. The splash park area will have seating for 40 swimmers. The stands will have seating markers to indicate each swimmer's area and ensure proper social distancing. The splash park area will have individual chairs per swimmer and each chair will have a taped off 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 seven (7) volunteers will be needed in the stands. The breakdown of workers is as follows:
 - 1 Volunteer for Check- In (outside the stands)
 - 4 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 athlete management in the splash park, a total of four (4) volunteers will be needed. The breakdown of workers is as follows:
 - 2 Volunteers for deck marshalling inside the splash park to ensure swimmers 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.
- For the deck and flow of swimmers we will require eighteen (18) volunteers. The breakdown of workers is as follows:
 - 3 Volunteers for Clerk of Course to escort the heat coming down the stairwell and play pool to the start end of the pool. 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.
 - 2 Volunteers for Deck Marshalling to ensure athletes properly exit the pool to assigned seating areas.

- 10 Timers - 1 per lane
- 2 Head Timers to back up the timers.

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	
Pool*	110
Pool Deck	
Coaches	8
Officials	8
Marshals	2
Volunteers	0
Facility Staff	4
Spectator Area	
Swimmers	30
Marshals	3
Splash Park Area	
Swimmers	0
Marshals	4
TOTAL	169

COMPETITION	
Pool*	70
Pool Deck	
Swimmers	20
Coaches	8
Officials	8
Timers	12
Marshals	4
Volunteers	0
Facility Staff	4
Spectator Area	
Swimmers	30
Marshals	3
Splash Park Area	
Swimmers	20
Marshals	4
TOTAL	183

*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

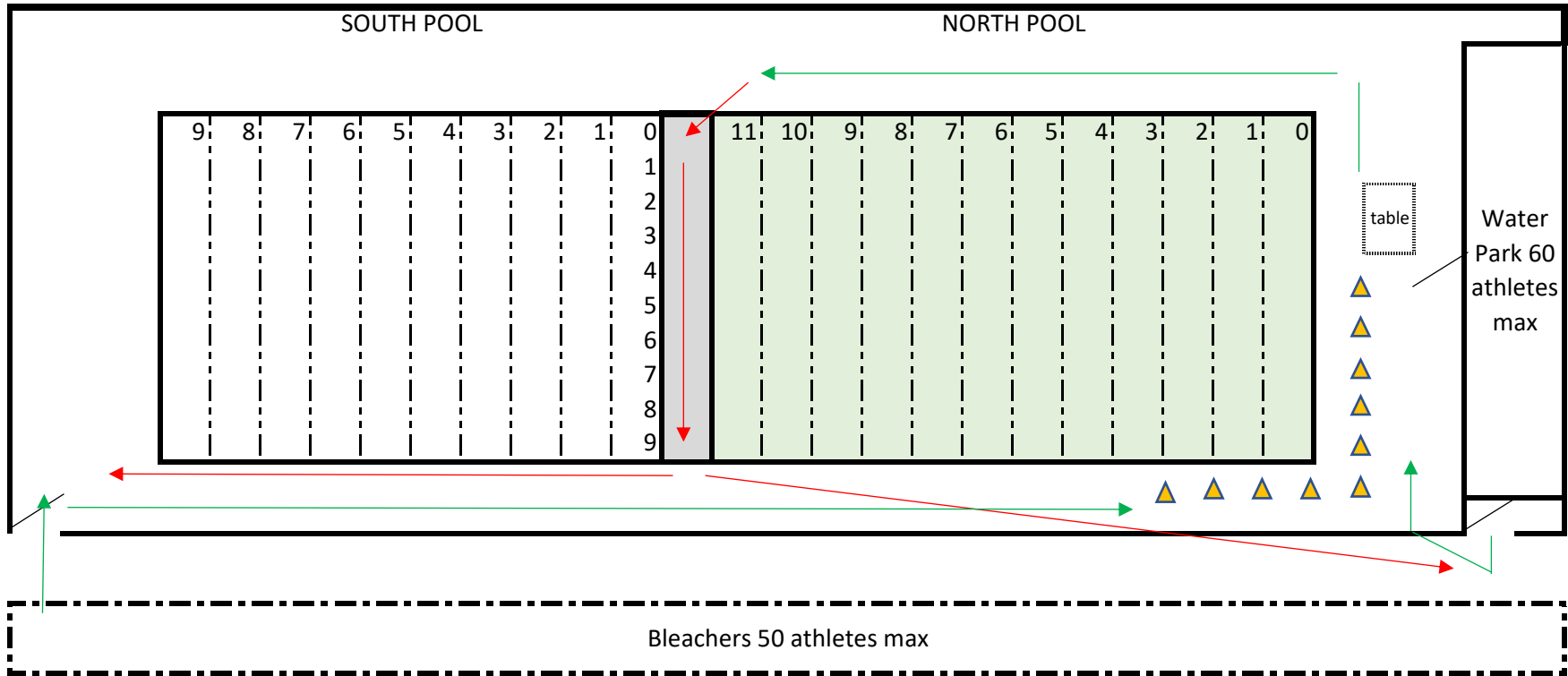
In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. The meet will be live streamed by the St. James via the [St. James Swimming Facebook page](#).

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 at all times, 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").
- Each session will be limited to 80 swimmers.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- 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 start area. Following marshal directions, swimmers will return to their seating areas (bleachers or Splash Park) via the bulkhead.
- 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 seating area. See attached map for deck flow.
- 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.
- 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.
- No spectators will be permitted. Competition will be live-streamed via the [St. James Swimming Facebook page](#).

RACING POOL NORTH SIDE LAYOUT



- ▲ = staging area
- = exit flow
- = entry flow