



## FXFX Summer Solstice

June 12-13, 2021

The St. James

### Supplemental Document/Information



In applying for this sanction, the Host, Fairfax Foxes, 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 The St. James Sports Wellness & Entertainment 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 for 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.

#### 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. Swimmers 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 60 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 not be permitted into the stands to watch the meet.
- Only meet volunteers will be permitted into the stands.
- Swimmers seated in the stands will enter the pool deck through the stairwell on the shallow end of the pool. They will return to their assigned area via the same stairwell. Volunteers will ensure one-way traffic on the stairwell at all times. Swimmers seated in the splash park area will access the competition area directly from the splash park.

## 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	90
Pool Deck	
Coaches	14
Officials	12
Marshals	8
Facility Staff	6
Spectator Area	
Athletes	0
Marshals	4
Splash Park Area	
Athletes	0
Marshals	4
<b>TOTAL</b>	<b>138</b>

COMPETITION	
Pool	18
Pool Deck	
Swimmers	16
Coaches	14
Officials	12
Timers	9
Marshals	8
Facility Staff	6
Spectator Area	
Athletes	28
Marshals	4
Splash Park Area	
Athletes	28
Marshals	4
<b>TOTAL</b>	<b>147</b>

## 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 on the [St James Swimming Facebook page](#).

## Meet Specific COVID-19 Protocols

- All attendees will enter the facility from the main entrance. Swimmers may only be present 10 minutes prior to their scheduled warm up time.
- Athletes must arrive and depart in their suits. Locker room use will be for emergencies only and no showering or changing will be allowed.
- Coaches, officials, and volunteers will use the family locker rooms for restroom purposes.
- Athletes must shower prior to arrival at the pool.
- Before registering 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.
- All attendees should bring a filled, reusable (non-glass) water bottle to the meet.
- All attendees (athletes, coaches, volunteers, officials, etc.) must wear masks to enter the facility and at all times when inside the facility, with the exception of athletes when warming up, cooling down, and competing. Masks must be affixed to the face without hands and must cover nose and mouth.
- All attendees (athletes, coaches, volunteers, officials, 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.
- Face masks should remain dry; therefore, all athletes should bring multiple masks.
- Each athlete should bring a small, plastic zipper bag (Ziplock or similar), clearly labeled with the athlete's name, to place each mask in while the athlete is in the water. Bags containing masks will be placed on chairs behind the starting blocks during competition and warm-up/cool-down.
- All attendees shall maintain a minimum of six (6) feet distance from all other participants whenever possible.
- Each session will be limited to 90 swimmers. Swimmers will be assigned a seating area in either the stands or water park. Seating areas are marked to allow for social distancing.
- The number of coaches allowed per team may be limited based on facility requirements.

- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- Swimmers must follow all directions as posted and adhere to all marshal directions. Any attendee failing or refusing to comply with any of these protocols will be prohibited from entering the facility and/or asked to leave the facility.
- Swimmers seated in the stands will enter the pool deck through the stairwell on the shallow end of the pool. They will return to their assigned area via the same stairwell. Volunteers will ensure one-way traffic on the stairwell at all times. Swimmers seated in the splash park area will access the competition area directly from the splash park area. Upon completion of their race swimmers will return directly to the splash park area.
- All swimmers must remain in their designated area until they are called for their event and they must return to their area immediately following their event and after cooling down.
- Swimmers may not enter another swimmer's "square" of seating.
- For the 50M events, marshals will transport swimmers' masks to the turn end of the pool. Swimmers will exit the pool at the turn end.
- Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.
- Limited hospitality may be offered for coaches and officials.
- We request that all attendees notify the Meet Director as soon as possible if they have tested positive for COVID-19 or shown symptoms after attending the meet.

### **Arrival, Departure, and Swimmer Location**

- Swimmer drop off and pick up will occur at the front of the building.
- If swimmers arrive early, they must wait in their cars until time to enter the facility.
- Spaces for swimmers will be marked in the stands and waterpark areas.
- Swimmers must depart the facility immediately upon completion of their race(s).
- Marshals will monitor the team area to ensure safety and proper distancing.

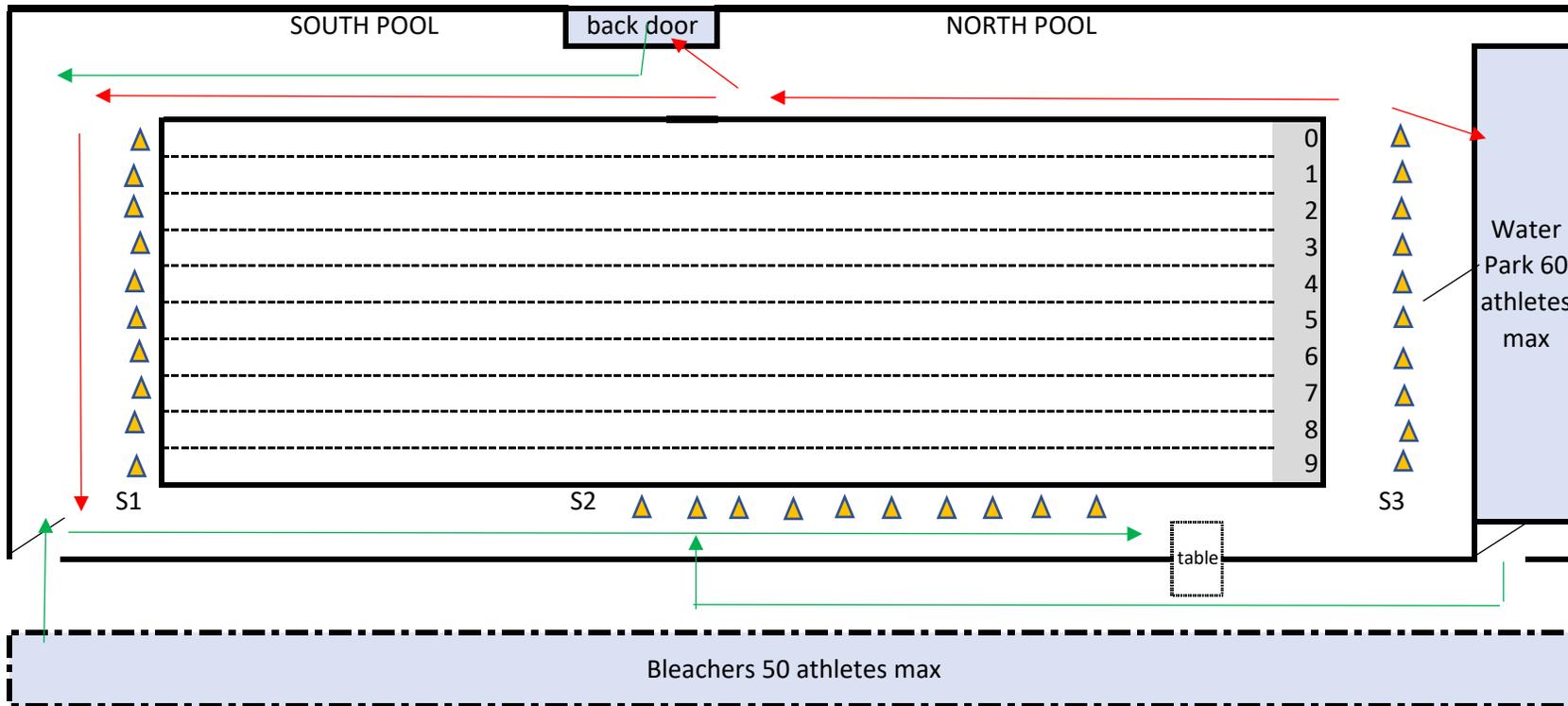
### **Pre-meet Warm-up**

- 10 long course lanes will be available for warm-up, with a maximum of ten (10) swimmers per lane and maintaining appropriate distance as required by applicable local guidelines and in accordance with USA Swimming guidelines.
- Swimmers will be assigned to specific lanes for warm-up as well as an "entry" number into that lane.
- After warm-up, coaches will direct swimmers to exit the pool one at a time by lane.

### **Competition**

- To prepare for competition, 8 lane timers and one (1) head timer will enter the pool deck and move to their designated lanes. Additional officials, if any, will enter the pool deck and take up their positions around the pool.
- At the start and finish of each race, timers will stand 6' back from the edge of the pool to provide safe distancing for all athletes.
- To start competition, sixteen (16) swimmers (the first two heats) will move from their designated areas to the starting area. Swimmers will be lined up based on their seeded heat and lane.
  - Heat 1 swimmers will line up behind the block for their assigned lane. They will place their masks on chairs behind their block.
  - Heat 2 swimmers will be against the wall to the left of the blocks.
  - Heat 3 swimmers will proceed down the stairs or from the waterpark area and begin to line up behind Heat 2 as they begin to approach the blocks.
- The above procedures will be followed by all subsequent heats.
- One (1) long course lane will be available during the meet for cool-down.
- Before returning to the stands or waterpark, swimmers may enter the cool-down lane immediately upon exiting the competition pool.
- Marshals/coaches will supervise the cool-down lane and ensure that only 10 swimmers are in it at a time.

### RACING POOL NORTH SIDE LAYOUT



- ▲ = staging area (Staging area 1,2,3)
- = exit flow
- = entry flow