

**Rockville Montgomery Swim Club**  
**2022 RMSC Frosty Pentathlon Mini Meet**  
**January 9, 2022**  
**Germantown Indoor Swim Center**

**Supplemental Document/Information**

In applying for this sanction, the Host, Rockville Montgomery Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Potomac Valley Swimming, the State of Maryland, Montgomery County, and the Germantown Indoor Swim Center.

**Local Protocols and Requirements**

All local and state protocols will be followed per [Montgomery County COVID-19 Information Portal](#) and [USA Swimming COVID-19 Guidance](#). This guidance includes:

- All individuals over the age of two must cover their mouth and nose with a mask.
- Athletes should arrive and depart in their suits. Locker room use should be minimized (*i.e.*, emergencies only and no showering will be allowed).
- 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

**Attendee Ingress and Egress**

- All attendees will enter and exit the facility using the main entrance.
- Spectators will enter the facility using the main facility entrance and proceed to the spectator area in the lobby.
- Athletes and Coaches will enter the facility using the main entrance and proceed down the stairs to the pool deck.
- Officials will enter the facility using the main entrance and proceed to the Officials briefing room.
- Meet volunteers will enter the facility using the main entrance and proceed to the volunteer check-in table.

**Planned Number of Individuals**

WARMUPS	
Competition Pool	60
Recreation Pool	40
Pool Deck	
Swimmers	200
Coaches	20
Officials	4
Marshals	4
Volunteers	0
Facility Staff	6
Spectators	300
<b>TOTAL</b>	<b>634</b>

COMPETITION	
Pool	10
Recreation Pool	10
Pool Deck	
Swimmers	280
Coaches	20
Officials	20
Timers	22
Marshals	4
Volunteers	15
Facility Staff	6
Spectators	263
<b>TOTAL</b>	<b>650</b>

## **Safe Sport Considerations**

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Parents, who are not meet volunteers, are permitted to watch from the spectator lobby above the pool. There is a limit of one spectator for each participating athlete.

## **Meet Specific COVID-19 Protocols**

- Before entering the facility, all attendees (athletes, coaches, officials, and volunteers) are required to assess their own health for symptoms and exposure to COVID-19. Attendees will only be permitted entrance if answering “no” to the following questions:
  - 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 in the past 14 days?
  - Has someone you’ve been in contact with been diagnosed with COVID-19 or been in contact with someone who has in the past 14 days?
- All attendees (athletes, coaches, officials, volunteers, etc.) MUST wear masks at all times, with the exception of athletes when warming up, cooling down, and competing. Masks must be affixed to the face without hands and must cover the nose and mouth.
- There is a limit of one spectator for each participating athlete. Spectator viewing will be from the facility lobby. The meet will be live streamed on the RMSC YouTube channel.
- 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.
- Locker room use should be minimized.
- Athletes should arrive and depart in their suits if possible.
- Mask runners will be used for the 25 yard events.