

Nation's Capital Swim Club
New Year's Splash and Dash
January 22-23, 2022

The St. James: Sports, Wellness & Entertainment Complex

Supplemental Document/Information

In applying for this sanction, the Host, Nation's Capital Swim Club on behalf of Potomac Valley 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 The St. James: Sports and Wellness & Entertainment Complex.

Local Protocols and Requirements

All local and state protocols will be followed per [Virginia Executive Order Number Seventy Nine](#) and [USA Swimming COVID-19 Guidance](#). This guidance includes:

- Face coverings must be worn by all attendees and support staff of the meet.
- 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.

Participant Ingress and Egress

- All attendees (athletes, coaches, officials, and volunteers) will enter the facility through the main entrance. Athletes will proceed to their assigned seating area, either in the stands or down the stairs, through the family restroom hallway, onto assigned pool deck seating.
- Spectators will not be permitted into the stands or allowed on the pool deck to watch the meet.
- Only meet volunteers will be permitted into the stands.
- Coaches, officials, and volunteers will enter the pool deck via the family changing room hallway.

Planned Number of Individuals

| WARM UP | |
|----------------|------------|
| Pool | 150 |
| Pool Deck | |
| Swimmers | 25 |
| Coaches | 20 |
| Marshals | 6 |
| Volunteers | 8 |
| Facility Staff | 4 |
| Bleachers | |
| Swimmers | 150 |
| TOTAL | 363 |

| COMPETITION | |
|----------------|------------|
| Pool | 10 |
| Pool Deck | |
| Swimmers | 95 |
| Coaches | 20 |
| Officials | 20 |
| Timers | 22 |
| Marshals | 6 |
| Volunteers | 8 |
| Facility Staff | 4 |
| Bleachers | |
| Swimmers | 180 |
| TOTAL | 365 |

Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Competition will be live-streamed on the [NCAP Livestreams Facebook Page](#).

Meet Specific COVID-19 Protocols

- **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.**
- 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 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 the past 14 days?
- All attendees (athletes, coaches, officials, and volunteers) will enter the facility through the main entrance. Athletes will proceed to their assigned seating area, either in the stands or on the pool deck.
- 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. Coaches, officials, and volunteers will use the family locker rooms for restroom purposes.
- 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. Masks must be affixed to the face without hands and must cover the nose and mouth.
- All attendees should bring a filled, reusable (non-glass) water bottle to the meet.
- Athletes should bring a minimum of two masks and a container or waterproof type bag to place their mask in while swimming.
- All coaches, officials, and volunteers should bring their own water bottle and snacks. Limited hospitality is not permitted per the facility.
- Only swimmers, coaches, meet volunteers, and officials will be permitted on the pool deck.
- 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.
- All swimmers must remain in their designated area until they are called for their events, and they must return to their area immediately following their event.
- Counters for the 500 Freestyle will be athletes, coaches, or volunteers already present during the session.
- Each session will be limited to 325 swimmers.
- Any attendee (swimmer, coach, official, volunteer) not following the meet protocols will be subject to immediate removal from the meet.
- We request that all attendees notify Kristen Washburn, K&R Swimming 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. (kwashburn@krswimming.com).
- No spectators will be permitted. The competition will be live-streamed on the NCAP Livestreams Facebook Page.