



## Potomac Valley Swimming Update – Friday, November 20, 2020

**COVID-19** - The number of COVID-19 cases continues to rise in the DMV area. State and local governments are changing the allowed activities and the parameters for those activities on nearly a weekly basis. Our clubs will react to any changes in the allowed activities and modify their schedules and protocols as required. All the PVS clubs have been practicing safety with mask wearing and social distancing protocols at practices. The clubs hosting meets the past month and a half developed safety protocols that continued the safe practices the athletes and coaches have been following. We need to continue to maintain these safe practices and adapt as required by the changing guidelines.

**Adult Athlete Climate Survey** - The US Center for Safe Sport is sponsoring a study to learn about athlete experience in swimming. All adult (18&O) athletes and former athletes are encouraged to participate in the survey to share your experiences in the sport. Access this confidential survey at <https://uscenterforsafesport.org/climate-survey/>.

**18&U Winter Championships** - PVS is sponsoring a meet to be part of the USA Swimming [Virtual 18&U Winter Championships](#). The dates are December 3-6, 2020 and the location will be the Claude Moore Recreation Center in Sterling, VA. The [meet announcement](#) and [COVID safety document](#) have been posted on the PVS website. The entry deadline was this week and the size of the meet is manageable under the current COVID-restricted climate. Psych sheets and estimated timelines will be posted no later than early next week.

**Safe Sport Training** - The good news is that about 50% of the PVS clubs are now members of the Safe Sport Recognition Program (SSPR). The bad news is that about 50% of our clubs have not completed or not even started the program. I urge all clubs to participate in this program and offer my help to any club that asks for it. All parents and athletes (12 and older) are encouraged to take the USA Swimming Safe Sport Training which is a component of this program. There are multiple ways that USA Swimming has made it easy to take this training. Check out these [resources](#) from USA Swimming.

**Toyota US Open** - The USA Swimming Toyota US Open was held last week (Nov 12-14) at nine locations around the country. Thirty eight PVS athletes competed in this meet, most of them at the Richmond site. PVS officials volunteered their time to help run the meets at three of the locations. Check out all the results on the [USA Swimming website](#).

Happy Thanksgiving! Stay safe! Stay healthy! And, wear your mask.

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### Potomac Valley Swimming Mission Statement

PVS supports and promotes excellence for all through competition, education, innovation and leadership.