

York Swim Club
March Madness In April Meet
April 9th, 10th & 11th, 2021
Oak Marr RECenter

Supplemental Document/Information

In applying for this sanction, the Host, York Swim Club, 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 Oak Marr RECenter.

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. 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 attendees (coaches, officials, volunteers and swimmers) will enter the facility through main entrance where they will submit to the health questionnaire screening and temperature check before they are permitted to enter. The health questionnaire may be filled out no more than four hours before warm ups are scheduled to begin. All attendees will enter the pool deck using the lobby doors to the upper bleachers. Swimmers will immediately proceed to the designated team areas and will be assigned a designated spot for the duration of the meet to ensure proper social distancing. See attached map.
- All attendees will depart the facility through the diving well doors on the main deck and walk up the access road located to the right of the main entrance. Swimmers will proceed down the sidewalk to access the lower sports field/ golf parking lot for pick up and exit. Coaches, officials and volunteers will proceed to the main parking lot to exit.
- Spectators not working in a capacity to operate the swim meet will not be permitted inside the facility.

Planned Number of Individuals

Pool Allowed Occupancy: 600

75% Pool Allowed Occupancy: 450

Estimated Total Attendees

WARMUPS	
Pool	55
Pool Deck	
Swimmers	11
Coaches	10
Officials	8
Marshals	4
Volunteers	2
Facility Staff	3
Spectator Area	
Athletes	44
Marshals	2
TOTAL	139

COMPETITION	
Pool	58
Pool Deck	
Swimmers	20
Coaches	10
Officials	8
Timers	9
Marshals	4
Volunteers	2
Facility Staff	3
Spectator Area	
Athletes	32
Marshals	2
TOTAL	148

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 York Swim Club. The link will be sent to participating families by Thursday, April 8th and posted to the [York Swim Club website](#).

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.**
- Athletes must arrive and depart in their suits. Locker room use will be for emergency use only. Family bathroom will be reserved for coach, official, and volunteer use.
- All attendees (swimmers, coaches, officials and volunteers) must bring their own water bottle and snacks. Limited hospitality will be available for coaches and officials only.
- All attendees will enter the facility through the main doors where the Health Attestation and touchless temperature screenings will be completed. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will not be permitted to enter the facility. All attendees will exit the facility through the diving well doors on the main deck. Swimmers will proceed to the lower parking lot (sports fields/ golf lot) for pick up and departure after their last event of the day. Coaches, officials and volunteers may walk to their parking spots in the main parking lot.
- All attendees (athletes, coaches, officials, volunteers) must wear masks to enter the facility and at all times when inside 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 nose and mouth.
- Athletes will bring a plastic zipper bag with their name on it in which to place their masks when they are in the water.
- One-way traffic will be maintained on the pool deck.
- There will be assigned warm up groups of no more than five (5) swimmers per lane.
- During warm-ups, swimmers will wear their masks until they reach the end of the pool. Just before entering the

pool, they will place their masks in their own plastic bag and put in at the end of their lane. 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 on the chair behind the starting block just prior to competing. They will put their mask back on before leaving the starting area.
- Staging for swimmers during competition will be:
 - Heat 1 is at the blocks and will swim.
 - Heat 2 is along the wall beneath the upper bleachers by the turn end of the competition pool spaced by 6 feet and will remain there until Heat 1 is done swimming, exits the pool and exits the area behind the blocks.
 - Heat 3 is staging along the wall beneath the upper bleachers next to the life guard office until directed to move to under the scoreboard (after Heat 1 is done swimming and out of the way and Heat 2 proceeds to the starting blocks).
- All attendees will be required to complete and submit a health attestation no more than four hours prior to entering the facility.
 - [Friday Athlete Health Attestation](#)
 - [Sat/Sun 13-14 Health Attestation](#)
 - [Sat/Sun 10 & Under Health Attestation](#)
 - [Sat/Sun 15-18 Health Attestation](#)
 - [Sat/ Sun 11-12 Health Attestation](#)
 - [Official, Coach, Volunteer Health Attestation](#)
- The meet will be limited to a maximum of 110 swimmers per session.
- Athletes will be assigned a social distanced spot (marked with a tape X) in the bleachers or on the pool deck for the duration of the meet to ensure proper 6' social distancing when possible. Swimmers will remain in their assigned spot except while participating in warm ups and competition. Swimmers may not enter another swimmer's designated area.
- A Clerk of Course will be used to maintain social distance and organize each heat of swimmers for all events offered.
- Counters for the 500 freestyle will be provided by swimmers or coaches already entered in the meet session.
- For the 25 yard events, swimmers will swim a 25 to return to the start end of the pool where they will retrieve their masks and place them on before they leave the starting area.
- Meet equipment including computers, buttons, starter, and stopwatches will be sanitized before and after each session of the meet. Hand sanitizer will be provided in multiple locations around the deck and throughout the facility.
- Swimmers are required to follow all directions as posted and adhere to all marshal directions, no exceptions. Any swimmer not following meet protocols can and will be removed from the meet immediately.
- No spectators will be permitted. Competition will be live-streamed by York Swim Club. The link will be sent to participating families and posted to the [York Swim Club website](#).
- 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.
- We request that all attendees notify the meet director as quickly as possible should they test positive for COVID-19, show symptoms or have been in contact with anyone exposed or tested positive for COVID-19 after attending the meet.