

**Nation's Capital Swimming hosts the
2021 NCAP Invitational
December 9-12, 2021
University of Maryland Epley Recreation Center
Supplemental Document/Information**

In applying for this sanction, the Host, Nation's Capital 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, Prince George's County, and The University of Maryland College Park Campus.

Local Protocols and Requirements

All local and state protocols will be followed per [Prince George's County Coronavirus Guidance](#) and [USA Swimming COVID-19 guidance](#). This guidance includes:

- All persons over the age of 5 must wear a face covering indoors in all public places. Face coverings must fully cover a person's nose and mouth.
- Athletes must arrive and depart in their suits. Locker room use must 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

- Entry and exit for all attendees (athletes, coaches, officials, and volunteers) will be through the event entrance.
- Volunteers should arrive at their scheduled time and check in. Athlete/Team entry times will be assigned. No early entry will be permitted.
- No spectators are permitted.
- Swimmers will proceed to their assigned seating area on deck or in the spectator area, prepare to enter the pool, and follow marshals' and coaches' directions to enter the pool while respecting social distancing guidelines. Swimmers not participating in warm-up will remain on the deck at their assigned spot.
- Swimmers must remain at their assigned spot when not warming up, cooling down, competing, or preparing to compete.

Planned Number of Individuals

WARMUPS	
Competition Pool	400
Warm Up Pool	50
Pool Deck	
Swimmers	125
Coaches	50
Officials	40
Marshals	10
Volunteers	8
Facility Staff	12
Spectator Area	
Swimmers	225
Marshals	10
TOTAL	930

COMPETITION	
Competition Pool	16
Warm Up Pool	75
Pool Deck	
Swimmers	350
Coaches	50
Officials	40
Timers	36
Marshals	10
Volunteers	8
Facility Staff	12
Spectator Area	
Swimmers	359
Marshals	10
TOTAL	966

Safe Sport Considerations

- In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. The meet will be professionally live-streamed. Live-streaming details will be provided to all participating teams and posted on the [NCAP website](#).

Meet Specific COVID-19 Protocols

- All attendees (athletes, coaches, officials, and volunteers) must wear masks at all times, with the exception of athletes when warming up, cooling down, and competing.
- 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 the past 14 days?
- Locker rooms will only be available for emergency use. On deck showers will be available, and all athletes are required to rinse off prior to entering the water during warm ups.
- No one with symptoms of COVID-19 is permitted in the facility.
- Athletes must arrive and depart in their suits. No locker room space will be available for changing. On deck Safe Sport tents may be allocated for female athletes to pull up suits, but full suit changes will not be permitted.
- Swimmers must try to maintain proper social distancing.
- Teams must provide a minimum of 1 or 2 marshals (based on team size) to monitor social distancing and mask compliance within their assigned spaces. Names of marshals must be provided in advance.
- Bathroom use is allowed in emergencies, but all athletes must use the visiting team locker rooms and wipe down all surfaces touched.
- Total number of athletes is limited to 800 per session.
- One-way traffic will be maintained on the pool deck. Swimmers will leave their assigned spot, walk along the turn (diving boards) end of the pool, down the lane 1 (window) side of the pool, stage along the lane 1 side of the pool deck and continue behind the blocks. See attached diagram. Athletes swimming in the deep pool will enter the bulkhead from lane 1 and exit after their heat towards lane 8. Athletes swimming in the shallow pool will stage along lane 1 and will exit the area at the conclusion of their race towards lane 8. Athletes will only be permitted to stage for their heats 2 heats a time.
- For warm-ups, swimmers will be assigned to a warm-up group.
- Swimmers will proceed to their assigned seating area on deck or in the stands, prepare to enter the pool, and follow marshals’ and coaches’ directions to enter the pool while respecting social distancing guidelines. Swimmers not participating in warm-up will remain on the deck at their assigned spot.
- Swimmers will wear their masks until they reach the starting blocks. A place will be available for masks in each lane. Athletes will put their mask back on before leaving the starting area.
- Additional sanitation will take place as well as sanitation stations will be available in various locations throughout the facility.
- UV Light is used along with chlorine to disinfect the water constantly.
- Spectators will not be permitted. The meet will be professionally live-streamed. Live-streaming details will be provided to all participating teams and posted on the [NCAP website](#).
- We request that all attendees notify the meet director 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.

