

**Potomac Valley Swimming**  
**January Distance**  
**January 8-9, 2022**  
**The St. James: Sports, Wellness & Entertainment Complex**  
**Supplemental Document/Information**

In applying for this sanction, the Host, Fairfax Foxes, 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, 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 participants (coaches, officials, volunteers, swimmers, etc.) will arrive at the St. James through the main entrance.
- Swimmers will immediately proceed to the seating area in the stands.
- Parents 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**

<b>WARMUPS</b>	
<b>Pool</b>	125
<b>Pool Deck</b>	
<b>Coaches</b>	25
<b>Officials</b>	10
<b>Marshals</b>	6
<b>Volunteers</b>	4
<b>Facility Staff</b>	4
<b>Spectator Area</b>	
<b>Swimmers</b>	75
<b>TOTAL</b>	<b>249</b>

<b>COMPETITION</b>	
<b>Pool</b>	60
<b>Pool Deck</b>	
<b>Coaches</b>	25
<b>Officials</b>	10
<b>Timers</b>	11
<b>Marshals</b>	6
<b>Volunteers</b>	4
<b>Facility Staff</b>	4
<b>Spectator Area</b>	
<b>Bleacher area</b>	120
<b>TOTAL</b>	<b>240</b>

## Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Competition may be live-streamed, information will be emailed to the participating clubs.

## Meet Specific COVID-19 Protocols

- Athletes should arrive and depart in their suits. Locker room use is minimized to emergency use only. Athletes will use the non-member locker rooms for restroom purposes. Coaches, officials, and volunteers will use the family locker rooms for restroom purposes.
- All attendees (athletes, coaches, officials, and volunteers) will enter the facility through the main entrance and proceed to the seating area in the stands. All attendees will enter the pool deck using the back staircase. Timers will remain in the stands until just prior to their swimmer's race.
- Before entering the facility, participants are required 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 within the past 14 days?
- 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.
- 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.
- Limited hospitality may be offered for coaches and officials.
- 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 the appropriate meet director as soon as possible if they have tested positive for COVID-19 or shown symptoms after attending the meet.
- No spectators will be permitted. Competition may be live-streamed, the link will be shared with participating clubs and with PVS.