

Vallejo Aquatic Club Intrasquad Meet Safety/Covid Protocols
VJO Intrasquad Meet – Nov 14th 2020

- A. VJO will adhere to all Solano County Health Department and City of Vallejo regulations and policies related to pool use during Covid-19. The Meet Director, Head Coach Jennifer Thiem and other meet personnel will insure this through our monitoring plans during the event and also monitor local authority regulations for any updates leading up to the meet. The event will be held at John f. Cunningham Aquatic Complex, 801 Heartwood Avenue, Vallejo, CA 94589. This event is NOT open to the public.
- B. Spectators -
- Spectators may view completion outside the venue through the north fencing. Spectators are not allowed on the pool deck.
 - Spectators will wear masks and maintain 6 ft social distancing.
 - Spectators are allowed access to outside, portable building restrooms only.
 - Spectators must remain in the designated spectator area outside of the north fencing pool area with masks on.
- C. Safe Sport - Parents will have an unobstructed view at all times of children through the fencing.
- D. Maximum number of individuals allowed inside the facility as required by the City of Vallejo is 100 at any given time. This will be enforced by the Meet Director and Marshals.
- E. Athletes –
- Enter through Main Facility Entrance for temperature & symptom check with social distancing and with masks on.
 - Athletes will keep masks on at all times except when warm up, warming down and competing.
 - Athletes will each have their designated staging area 6-10 ft away from other attendees on the pool deck.
 - Athletes will have a preassigned warm-up lane. Athletes will swim no more than 2 per lane, entering from opposite ends of the pool.
 - Athletes will have a read box behind the timers to stand in to ensure social distancing from timers prior to their event. Athletes will be called to the blocks only after the previous heat has exited the starting area and timers have returned to their seats.
 - After competing athletes will swim 25 yards and exit at the turn end of the pool. Only 25 yard events will exit at the starting block side of the pool.
 - Athletes will leave the facility immediately after their last swim.
- F. Officials –
- Will follow the same rules as the athletes in terms of entry and exit.
 - Will follow the Pacific and Zone requirements regarding meet management during COVID-19.
 - No food or hospitality will be served.
- G. Timers –

- Will follow the same entry and exit procedures as the athletes.
- Timers will be staged 6 ft apart in odd lanes only, 2 timer per lane.
- Timers will keep masks on at all times behind the blocks with chairs 6ft to 10ft from the starting blocks.
- Timers will come forward to stopwatch and push timing system plunger and then immediate retreat back to their chairs.

H. Meet workers –

- Will follow same entry/exit procedures as athletes.
- Will have masks on for the duration of the event.
- Will maintain social distance at all times.
- All rules and procedures will be communicated in advance to all attendees.