



# MAKO POLAR PLUNGE

January 15-16, 2022

George Mason University Aquatics & Fitness Center, Fairfax, VA

## Supplemental Document/Information

In applying for this sanction, the Host, Mason Makos Swim Team, 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 George Mason University Aquatics & Fitness Center.

### 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.

### Attendee Ingress and Egress

All attendees (coaches, officials, volunteers, swimmers, etc.) will arrive at George Mason University Aquatics and Fitness Center and will enter through the swim team entrance at Sector B.

- Swimmers will immediately proceed to the pool deck where they will go to their assigned section.
- Parents will not be permitted into the facility or allowed inside to watch the meet.
- Only meet volunteers will be permitted into the facility.
- Coaches, officials, and volunteers will enter the pool deck via the hallway from Sector B.
- Swimmers will immediately proceed to their assigned seating area on deck or in the upstairs bleachers.

### Planned Number of Individuals

WARMUPS	
Pool	175
Pool Deck	
Swimmers	175
Coaches	20
Officials	20
Marshals	6
Volunteers	4
Facility Staff	4
Bleachers	100
<b>TOTAL</b>	<b>504</b>

COMPETITION	
Pool	8
Pool Deck	
Swimmers	292
Coaches	20
Officials	20
Timers	17
Marshals	6
Volunteers	4
Facility Staff	4
Bleachers	150
<b>TOTAL</b>	<b>521</b>

## Safe Sport Considerations

In compliance with Safe Sport, parents will have access to and the opportunity to observe their child. Competition will be live-streamed via MAKO Facebook page.

## 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.**
- Before entering the facility, participants are required to fill out the [Mason Health Screening Tool](https://itsapps2.gmu.edu/symptom/Account/Login) <https://itsapps2.gmu.edu/symptom/Account/Login>.
- Each session will be limited to 450 swimmers.
- Athletes should arrive and depart in their suits if possible.
- Locker rooms use will be limited to restroom use only. Locker rooms will not be available for showering and changing clothes.
- No one with symptoms of COVID-19 is permitted in the facility.
- 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.
- Spectators are not permitted. The competition will be live streamed on the [MAKO Facebook page](#).