

Patuxent Aquatics Club
PAC 10 & Under Little Blue Penguin Pentathlon Meet
January 30, 2022 (Sunday)
Fairland Aquatics Center

Supplemental Document/Information

In applying for this sanction, the Host, the Patuxent Aquatics 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 Georges County, and the Fairland Aquatics Center.

Local Protocols and Requirements

All local and state protocols will be followed per [Prince George County Executive Order Number 18, 2021](#) and [USA Swimming COVID-19 Guidance](#). This guidance includes:

- All persons over the age of five will be required to wear a mask in all indoor public venues and businesses in Prince George's County, even if they are fully vaccinated.
- Exceptions: while in the water at a swimming pool
- 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

No spectators will be permitted in the facility. All attendees (coaches, officials, volunteers and athletes) will enter through the main entrance and turn in the required waiver at check-in. Athletes will be seated throughout the facility including the deck area, stands, glass room, West room and downstairs hallway area. Upon check-in, swimmers will proceed to their assigned seating area, and follow marshals' and coaches' directions to enter the pool for warmups and events while respecting social distancing guidelines.

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 the [Patuxent Aquatics Club Facebook page](#) (<https://www.facebook.com/PatuxentAquaticsClub>)

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.**
- Locker room use should be minimized.
- No one with symptoms of COVID-19 is permitted in the facility or outside team seating area.
- Athletes should arrive and depart in their suits if possible.
- 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.
- All attendees (athletes, coaches, volunteers, officials, etc.) must complete and turn in a COVID waiver and health screening form before they are permitted to enter the facility.
- Athletes will be seated throughout the facility with a coach. No chairs for athletes.
- All attendees should maintain a minimum of six (6) feet distance from all other participants whenever possible.
- The meet will be limited to no more than 220 swimmers.

- Only swimmers, coaches, meet volunteers, and officials will be permitted in the team areas and on the pool deck.
- A designated staff member, official, coach or volunteer will be in place to observe/marshal COVID-19 guidelines and report back to the coaches and officials on concerns or improvements.
- Swimmers must wear their masks until they arrive at their lane and they will take it off and place it in a bag. The bags will be placed in baskets by the starting blocks during warm-ups and competition. Swimmers will immediately put their masks back on at the completion of their swims before they leave the starting area.
- For the 25 yard events, volunteers will move the baskets containing the masks to the finish end of the pool where the swimmers will immediately put them back on after exiting the pool.
- Swimmers must follow all directions as posted and adhere to all marshal directions.
- Swimmers will walk around the pool deck as directed and line back up in the designated area with proper social distancing until they are cleared to go back to their seating area.
- All swimmers must remain in their designated seating area for their group until they are called for their event and they must return to their area immediately following their event.
- Any swimmer not following the meet protocols will be subject to immediate removal from the meet.
- All coaches, officials, and volunteers must bring their own water bottle and snacks.
- 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.
- No spectators will be permitted. Competition will be live-streamed via the [Patuxent Aquatics Club Facebook](https://www.facebook.com/PatuxentAquaticsClub) page (<https://www.facebook.com/PatuxentAquaticsClub>).

Pre-meet Warm-up

- 18 lanes will be available for warm-up, with a maximum of six (6) swimmers per lane and maintaining appropriate distance as required by applicable local guidelines and in accordance with USA Swimming guidelines. We are allowed a maximum of 75 swimmers in the pool during warmups.
- Coaches will line up swimmers in their team areas 5 minutes before the start of their warmups. A coach will escort the swimmers to the deck for warmup with their athletes. Wearing face masks with cap and goggles only, swimmers will proceed clockwise to their warmup lanes.
- Swimmers will place their mask in a plastic zipper bag and place it in the basket beside the block.
- After warm-up, coaches will direct swimmers to exit the pool. Swimmers will immediately put on their masks, and proceed clockwise along the pool deck to return to their designated seating area.

Competition

- To prepare for competition, 20 lane timers and 2 head timers will enter the pool deck and move to their designated lanes. Additional officials, if any, will enter the pool deck and take up their positions around the pool.
- At the start, timers will stand against the wall behind the lanes to provide safe distancing for all athletes.
- At the finish, timers will stand to maximize the distance between timers and officials.
- Heat 1 swimmers will line up behind the block for their assigned lane. They will place their masks in the box labeled for their lane.
- Two heats will be staged near the hot tub and along the wall of windows. (Heats 2-3)
- Heat 2 swimmers will follow Marshals and Clerk of Course direction to line up along the wall of windows. Swimmers will proceed to their lanes once the previous swimmers have exited the pool and moved away from the finish end.
- Heat 3 swimmers will follow Marshals and Clerk of Course direction to line up near the hot tub area. They will proceed to line up along the wall of windows when the previous heat has moved toward the starting area.
- The above procedures will be followed by all subsequent heats.