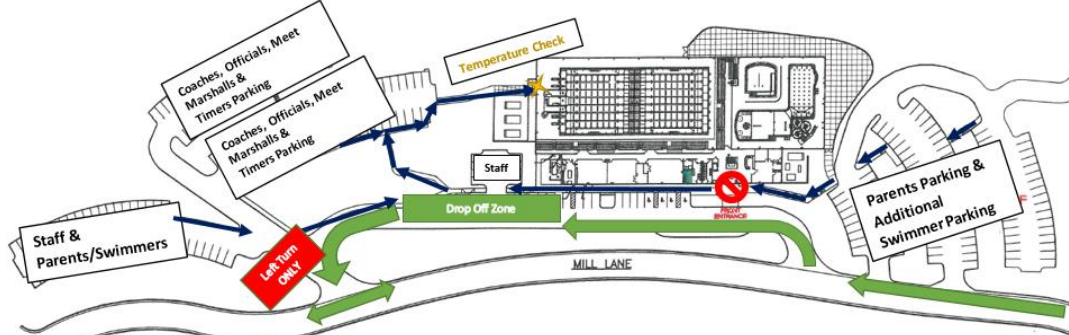




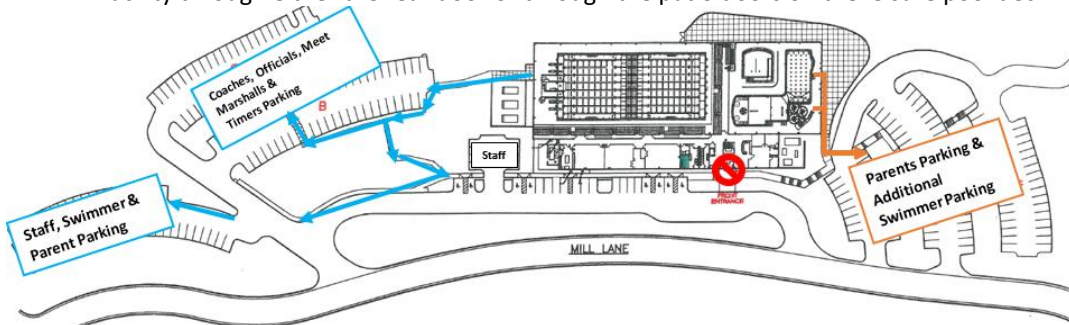
Guidelines and Regulations for Swim Meet (Phase III COVID-19)

General Guidance:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose and mouth.
- **Swimmers are encouraged to bring their own hand sanitizer for personal use.**
- **Swimmers, coaches and officials must wear a face mask, except when swimming.**
- **All swimmers, coaches and officials should enter through the rear entrance through parking lot B. Each person entering the building MUST have a signed waiver on file or bring a signed copy with them, and must be prepared to have their temperature screened. If temperature is elevated to 100.4° F or above, the person will be asked to wait in a designated area, and after a few moments, their temperature will be re-taken. If the temperature is still elevated, they will be asked to exit the facility immediately without question. This will be done in a discrete, effective, efficient and timely manner.**



- **Spectators will NOT be allowed** so that each session can run efficiently with the greatest number of swimmers and maximize the competitive nature of the meet. Parents and spectators are encouraged to watch the meet on the live stream or follow along on Meet Mobile or Meet Cast.
- **Swimmers should vacate the facility as soon as they have warmed down and are done with their events for the session.**
 - Swimmers, coaches and officials will exit the building on the pool deck level and meet their parents outside the facility through either the rear door or through the patio doors on the leisure pool deck.



On-Deck:

- **No Handshakes/Personal Contact Celebrations:**
 - Players and coaches should take measures to prevent all but the incidental contact necessary. Swimmers should refrain from handshakes, high fives, fist/elbow bumps, chest bumps and group celebrations.
 - Players should not share towels, clothing, or other items that they may use to wipe their face and hands.
- **Drinks and Snacks:**
 - Players, coaches and officials should bring their own personal drinks and snacks.
 - Teams will not share any snacks or food.

- Concessions or hospitality room will NOT be provided.
- **Seating:**
 - Coaches will be assigned chairs on the pool deck so that they are at least **ten feet apart**.
 - Swimmers will be assigned a seat in the bleachers, so they are at least **ten feet apart**.
 - Swimmers are to stay at their assigned seats in the bleachers or on deck, with their masks on.
 - There will be a one-way traffic flow on deck.

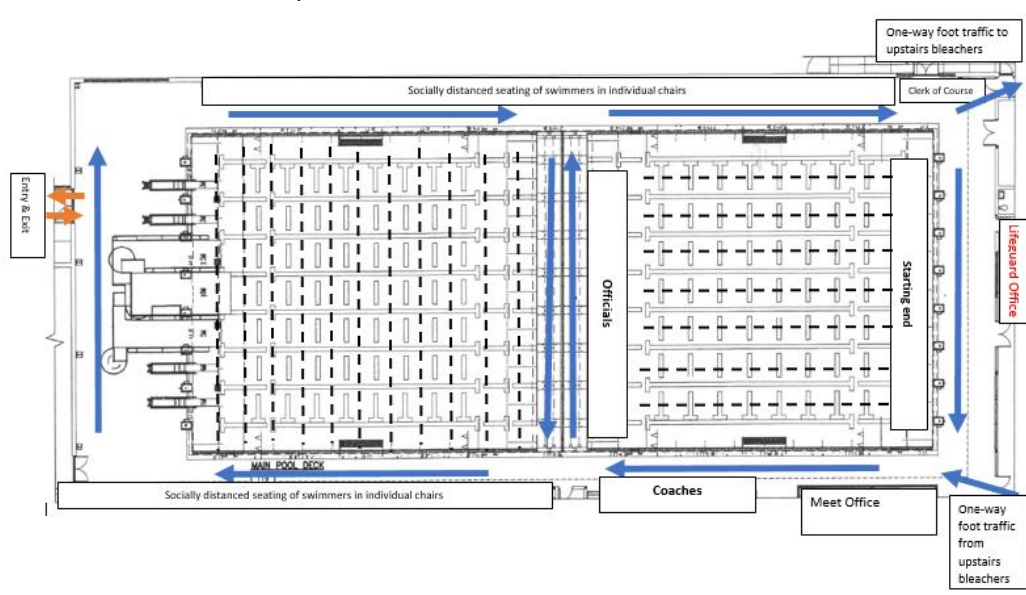


Figure 1: Pool Deck Level one-way traffic flow

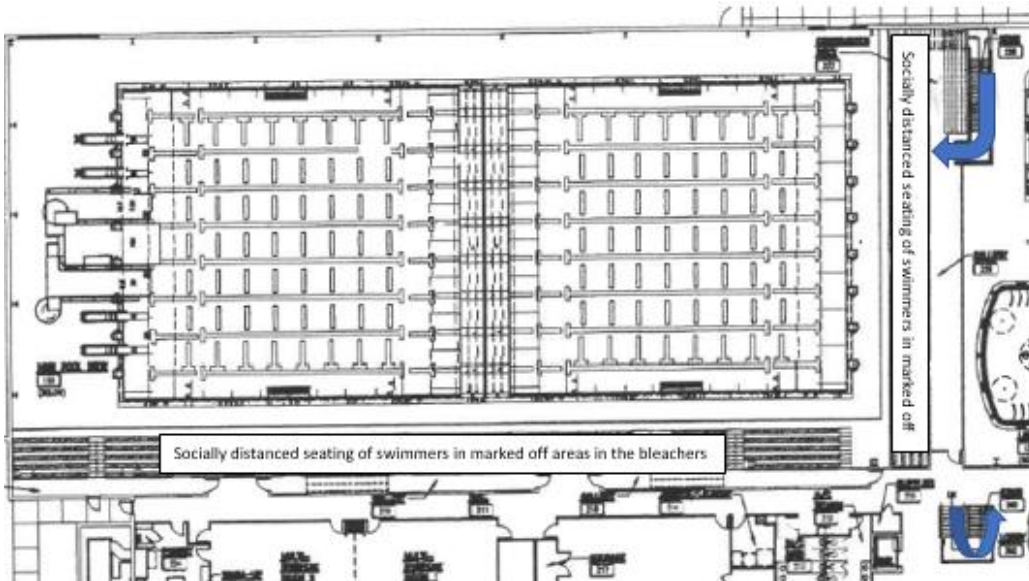


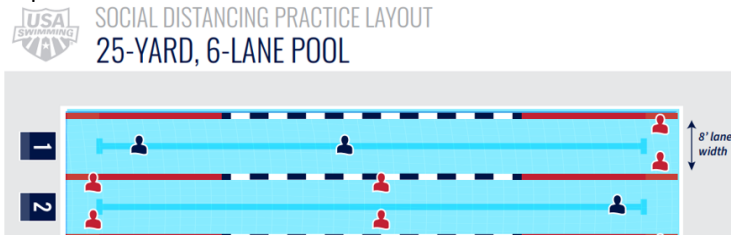
Figure 2: Upstairs Bleachers one-way traffic flow

- **Locker rooms:**
 - Locker rooms will be available if approved by host organization, for **post-swim quick change only**.
 - If available, there is a maximum capacity of 12 people per locker room.
 - There are **NO SHOWERS**; they have been disabled.
 - Before and after each session, restrooms and locker rooms will be thoroughly cleaned and disinfected.

Competition Guidance:

- All sessions will be fewer than 200 swimmers, coaches, officials, meet marshals and timers.
- All warmups will be in assigned lanes per team, with a maximum of 5 swimmers per lane.
- A **maximum of 5 swimmers will be allowed per warm up/warm down lane**, regulated by meet marshals.
- Bleachers and seats will be cleaned and disinfected between each session.

- If a swimmer, coach or official tests positive for COVID-19, the NRV Health District or their local health department contact tracers will handle notifying anyone with exposure. This will not be handled through the Town of Christiansburg Aquatics Department.



Restrooms:

- Upstairs restrooms will be available.
- Before and after each session, restrooms will be thoroughly cleaned and disinfected.
- Public water fountains will be for touchless automatic personal water **bottle fill only**. The fountain feature is disabled.

Stay Home:

- In order for us to compete and continue, all swimmers, coaches and parents/guardians must stay at home if they have tested positive or have been contacted within 14 days by NRV Health District or their local health department contact tracers as possible exposure candidates. Additionally, they should stay at home if not feeling well or displaying any of the following symptoms:

Chills	Shortness of breath	Vomiting
Temperature over 100.4° F	Sore throat	Loss of smell
Coughing	Headaches	
Runny nose	Diarrhea	

Players, Coaches, Spectators/Parents must understand that they could be exposed to the COVID-19 virus, no matter how many pre-cautions we may take to try to keep everyone safe during this pandemic.

By Signing Below:

Participants, coaches, and parents/spectators acknowledge and agree to the associated risk by participating in this event. Swimmers, coaches, officials, parents or guardians who display any symptoms of COVID-19 agree they will not attend warmups or competition until being cleared by the NRV Health District or their local health department.

Any athlete, official, volunteer, or parent that repeatedly fails to comply with these requirements will be removed from the facility and barred for the remainder of the competition.

Participant name (print): _____

Participant signature: _____ Date: _____

For minor participants:

Parent/guardian name (print): _____

Parent/Guardian signature: _____ Date: _____