

LY WINTER INVITATIONAL
At Liberty University
January 9-10, 2021

COVID-19 Policies and Procedures

In applying for this sanction, Lynchburg YMCA agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and Campbell County.

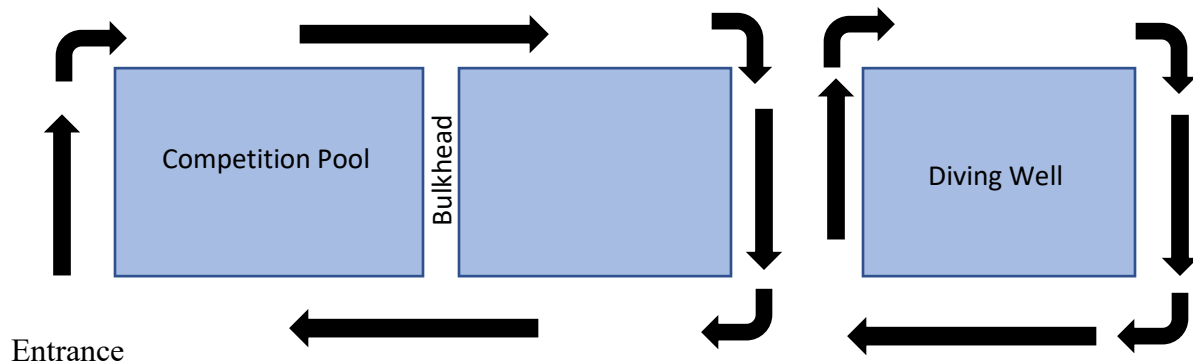
General Guidance:

- 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 facemask at all times except when swimming.
- All swimmers, coaches, and officials should enter through the main entrance. Each person entering the building MUST 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
- 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 through the main stairwell and the main entrance (opposite of entry procedure).

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:
 - Teams will be assigned areas on the pool deck with seats indicated on bleachers that are at least ten feet apart.
 - Swimmers and coaches are encouraged to bring their own chair – there will not be enough space on the bleachers for everyone to be seated with proper social distancing.
 - Swimmers are to stay at their seats in the bleachers or on deck, with their masks on.
 - There will be a one-way traffic flow on deck.



- Locker rooms will not be available.
- 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 152 swimmers, 20 coaches, 10 officials, 8 meet marshals and 10 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 will be cleaned and disinfected between each session.
- Upstairs restrooms will be available.

Stay Home:

- In order for us to compete, all swimmers, coaches and parents/guardians must stay at home if they have tested positive or have been in contact with someone who has tested positive within 14 days of the meet.
- 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 precautions we may take to try to keep everyone safe during this pandemic.