



Championship Safety Guide

2021



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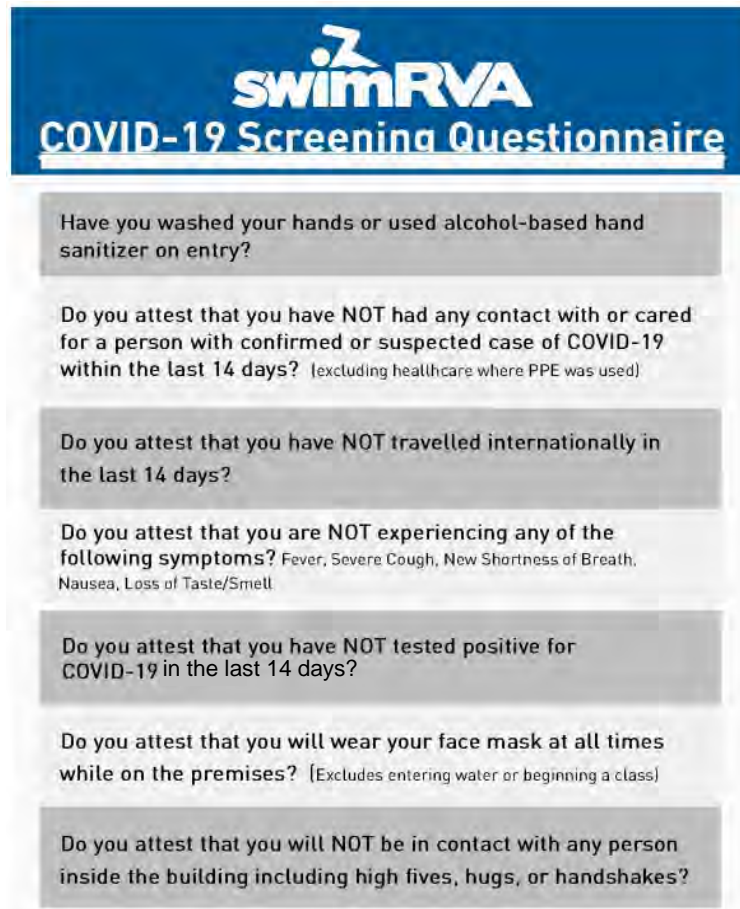


GENERAL SOCIAL DISTANCING AND COVID PROTOCOLS

- Athletes and coaches will wear a mask ***AT ALL TIMES*** while inside the facility except when they are in the water. Coaches should remain masked at all times and shall ***NEVER*** lower or remove or lower masks to give instruction to athletes. Coaches should expect to be reminded of this by SwimRVA staff when a behavior violation might occur.
- Athletes need to maintain 6' of social distance at all times on the property except when they are in the water. When they are in the water, they must maintain 10' of social distance to the best of their ability. Coaches should comply with this directive as well as remind their athletes as much as needed to maintain a healthy environment.
- Athletes should arrive and depart in their bathing suits. Bathroom areas are available and to be used for using the restroom or emergency purposes. While they are relatively large, they get small really quick when we consider maintaining social distance. Athletes should not change in these areas.
- For sessions with indoor seating, athletes will have assigned areas or seats in which to put their belongings and sit during the contest. In these areas, there are pre-distanced blue/yellow dots on the floor, athletes should remain spaced on these dots for the duration of their visit. Coaches should prepare their athletes for the expected behavior prior to attending the meet.
- Coaches will have specific boxes for their space on deck. Coaches should attempt to limit their deck movements as much as possible to give athletes space to move. Athletes will come to coaches for post-race communication. Coaches will not be permitted to share boxes.
- While moving about the facility, attendees should walk along the right side of hallways, footpaths and stairwells. This will help to maintain social distancing as often as possible.
- Athletes should bring a resealable plastic bag with them to the facility in order to keep their mask nearby while in the water. Bags will not be supplied by SwimRVA, so it would be a good idea for coaches to arrive with extras for swimmers who may forget theirs. Athletes should label their bag with their names to ensure they do not use someone else's mask.
- Eating is prohibited in the facility. Attendees may briefly lower their mask to drink, but should replace their mask immediately afterwards.
- Team meetings are discouraged, but if they must occur, they should remain socially distanced at all times. Team cheers are discouraged as congregating and yelling loudly carry the possibility of spreading droplets that could be infectious.

HEALTH SCREENING

- Upon arrival, all meet participants will be screened at the Health Screening Tent that will be set up in front of the facility. All persons should enter this tent from the side of the building and not through the main entrance walkway. In order to compete, athletes need to be able to answer all health screening questions in the affirmative. They must use hand sanitizer upon entry. Part of the health screening will be a thermal scan. It is recognized that participating teams may have their own system where the parents answer health screening questions for their minor children. It is expected the health screening verification extends to SwimRVA for the minor athletes. The SwimRVA screening will be an additional safety measure that is also required but may be completed by athletes/coaches.
- *SWIMMERS FAILING TO REPORT TO THE SCREENING STATION WILL NOT BE ALLOWED TO ENTER FOR THE MEET.*
- Health Screening for all sessions will start prior to the first warm-up for each session in the front of the building. Please refer to the meet announcement for start and end times of the health screening and plan accordingly to attend within those times.
- When applicable, athletes and coaches should clear the facility immediately at the conclusion of a session to give SwimRVA staff as much time as possible to disinfect the facility prior to the next group entering.
- If a team has athletes that cannot answer “YES” to all questions and need a waiver by SwimRVA prior to the contest, you must contact the meet director.



swimRVA
COVID-19 Screening Questionnaire

Have you washed your hands or used alcohol-based hand sanitizer on entry?

Do you attest that you have NOT had any contact with or cared for a person with confirmed or suspected case of COVID-19 within the last 14 days? (excluding healthcare where PPE was used)

Do you attest that you have NOT travelled internationally in the last 14 days?

Do you attest that you are NOT experiencing any of the following symptoms? Fever, Severe Cough, New Shortness of Breath, Nausea, Loss of Taste/Smell

Do you attest that you have NOT tested positive for COVID-19 in the last 14 days?

Do you attest that you will wear your face mask at all times while on the premises? (Excludes entering water or beginning a class)

Do you attest that you will NOT be in contact with any person inside the building including high fives, hugs, or handshakes?

COACHES' SEATING ASSIGNMENTS

The number of coaches allowed on deck in front of the competition course is limited to the amount specified in the meet announcement.

For VSI Senior Champs – Additional coaches may sit in the mezzanine for preliminaries. No additional coaches will be allowed for the 1000 session in addition to what has been assigned.

ATHLETE SEATING ASSIGNMENTS

For VSI Senior Champs athletes will be seated indoors for the Thursday (1650) and Sunday (1000) distance sessions.

Athletes will be assigned a seat in the 2nd floor mezzanine. Athletes should remain on the pre-distanced blue/yellow dots in these sections and fully masked for the duration of their visit. Athletes may be reminded by SwimRVA staff to maintain distanced and keep their masks in place. Failure to comply could result in excusing an athlete from the property and subsequently, the meet. Coaches shall remind their athletes of the policy prior to arriving to the facility for the meet.

WARM UP PROTOCOL

- After athletes report to their seating area, they will be called down to the deck or into the aquatics center to report for warm ups over the facility public address.
- Specific lane assignments for warm up will be distributed to the coaches.
- Athletes should wear their masks until they enter the water.
- Athletes should bring a resealable plastic bag with them to keep their mask immediately behind their lane while they are in the water. Athletes should also put on their masks immediately when getting out of the water.
- Due to the width of the lanes being 7', only 1 athlete can rest on the wall at a time. The second swimmer in the lane needs to stop at or about the flags and the third roughly 10' behind them.

REPORTING FOR RACES

All Swimmers will be called to the starting block queue (frequently called the “Ready Area”) using the in-house public address. The announcer will announce heats and events.

- The announcer will also call athletes to the arena for their event three (3) heats in advance of their race.
- Athletes should report to the ready area with only their swimming equipment, their face mask, and their resealable plastic bag (for use during swimming).
- Athletes should report to the pool deck via the east staircase from the mezzanine and situate themselves in the corresponding location on the north wall (scoreboard side).
- At most, there will be four (4) heats in the queue: Heat in the water, next heat on deck at the northwest corner of the competition pool, the second heat in the next wait zone and the third heat in the next wait zone. It is the athlete’s responsibility to report to the blocks and corresponding location when it is time to compete.
- Athletes should not report to the blocks from any other direction than through the Ready Area.
- For their races, athletes should place all of their belongings (sweats, towels, masks, etc.) immediately behind the blocks. Athletes are not permitted to place their belongings against the wall near the timers. This is to avoid unmasked persons from coming in contact with timers that are not able to move from their positions.

POST-RACE TRAFFIC

At the conclusion of their races, athletes should exit the pool in their lanes and immediately put on their masks. At this point, they will clear the area behind the blocks heading east on either the North or South wall where their coaches are seated. Athletes may speak with their coaches briefly on deck before moving to the warm down pool.

Athletes are not permitted to loiter around the warm down pool and will be asked to clear the area if they are not swimming.

All athletes and coaches should maintain social distancing throughout this process.

RESTROOMS/LOCKER ROOMS

Athletes should come and leave in their bathing suits. Bathroom areas are available and to be used for using the restroom or emergency purposes. While they are relatively large, they get small really quick when we consider maintaining social distance.



Commonwealth of Virginia
Office of the Governor

Executive Order

SIXTH AMENDED NUMBER SIXTY-SEVEN (2020) AND ORDER OF PUBLIC HEALTH EMERGENCY SEVEN

PHASE THREE TIGHTENING OF CERTAIN TEMPORARY RESTRICTIONS DUE TO NOVEL CORONAVIRUS (COVID-19)

Importance of the Issue

While the Commonwealth's case count per capita and positivity rate remain comparatively low, all five health regions in the Commonwealth are experiencing increases in new COVID-19 cases, positive tests, and hospitalizations. Virginia is averaging 1,500 new COVID-19 cases per day, up from a statewide peak of approximately 1,200 in May. The statewide percent test positivity rate is at 6.5%, an increase from 4.3% approximately one month ago. All five health regions report a positivity rate over five percent and hospitalizations have increased statewide by more than 35 percent in the last four weeks. Case investigation interviews show a pattern of increased socialization with extended (non-household) family members and friends. Recent scientific literature suggests indoor settings contribute to community transmission. Modeling data demonstrates that large gatherings substantially increase transmission of the virus. Although Virginians have done much to mitigate the spread of the virus, it is clear that additional measures are necessary. Accordingly, I order following additional restrictions.

Directive

Therefore, by virtue of the authority vested in me by Article V of the Constitution of Virginia, by § 44-146.17 of the *Code of Virginia*, by any other applicable law, and in furtherance of Amended Executive Order 51 (2020), and by virtue of the authority vested in the State Health Commissioner pursuant to §§ 32.1-13, 32.1-20, and 35.1-10 of the *Code of Virginia*, the following is ordered:

A. BUSINESS RESTRICTIONS

1. All Businesses

Any businesses not listed in **sections A or C** should adhere to the Guidelines for All Business Sectors expressly incorporated by reference herein *as best practices*. This guidance is located [here](#).

2. Restaurants, Dining Establishments, Food Courts, Breweries, Microbreweries, Distilleries, Wineries, and Tasting Rooms

Restaurants, dining establishments, food courts, breweries, microbreweries, distilleries, wineries, and tasting rooms may continue to operate delivery, take-out, and indoor and outdoor service, provided such businesses comply with the Guidelines for All Business Sectors, and sector-specific guidance for restaurant and beverage services incorporated by reference herein. Such guidance includes, but is not limited to, the following requirements:

- a. **No alcoholic beverage shall be sold, consumed, or possessed on premises after 10:00 p.m. in any restaurant, dining establishment, food court, brewery, microbrewery, distillery, winery, or tasting room. Alcoholic beverages may continue to be sold via delivery or take-out after 10 p.m., as permitted by existing regulations promulgated by the Virginia Alcoholic Beverage Control Authority.**
- b. **Closure of all dining and congregation areas in restaurants, dining establishments, food courts, breweries, microbreweries, distilleries, wineries, and tasting rooms between the hours of 12:00 a.m. and 5 a.m. Restaurants, dining establishments, food courts, breweries, microbreweries, distilleries, wineries, and tasting rooms may continue to offer delivery and take-out services between the hours of 12:00 a.m. and 5 a.m.**
- c. All parties must be separated by at least six feet, including in the bar area. Tables at which dining parties are seated must be positioned six feet apart from other tables. If tables are not movable, parties must be seated at least six feet apart, including in the bar area.
- d. Customers may be provided with self-service options. Facilities must provide hand sanitizer at food lines and require the use of barriers (e.g., gloves or deli paper) when employees or patrons touch common utensils. Food lines must be monitored by trained staff at all times of operation, and serving utensils must be changed hourly.
- e. Employees working in customer-facing areas must wear face coverings over their nose and mouth at all times.
- f. Routine cleaning and disinfection of frequently-contacted surfaces must be

- b. Employees working in customer-facing areas must wear face coverings over their nose and mouth at all times.
- c. If any such business cannot adhere to these requirements, it must close.

5. Fitness and Exercise Facilities

Fitness centers, gymnasiums, recreation centers, sports facilities, and exercise facilities may continue to operate indoor and outdoor activities, provided such businesses comply with the Guidelines for All Business Sectors and the sector-specific guidelines for fitness and exercise facilities expressly incorporated by reference herein. Such guidance includes, but is not limited to, the following requirements:

- a. Patrons, members, and guests who are not Family members must remain at least ten feet apart during all activities except where necessary for the physical safety of an individual.
- b. Instructors and all participants of group exercise and fitness classes who are not Family members must maintain at least ten feet of physical distancing between each other at all times, with the exception of swimming lessons, where parents or guardians may support a participant during class, and instructors may have contact with swimmers when necessary.
- c. Occupancy must be limited to **75% of the lowest occupancy load on the certificate of occupancy**.
- d. **The total number of attendees (including both participants and instructors) in all group exercise and fitness classes cannot exceed the lesser of 75% of the minimum occupancy load on the certificate of occupancy or 25 persons.**
- e. Hot tubs, spas, splash pads, spray pools, and interactive play features, except water slides, must be closed.
- f. Outdoor and indoor swimming pools may be open, provided occupancy is limited to no more than 75% of the lowest occupancy load on the certificate of occupancy and all swimmers maintain at least ten feet of physical distance from others who are not Family members.
- g. Employees working in customer-facing areas must wear face coverings over their nose and mouth at all times. Lifeguards responding to distressed swimmers are exempt from this requirement.
- h. Employers must ensure cleaning and disinfection of shared exercise equipment after each use.

- i. Businesses must promote frequent and thorough hand washing, including by providing employees, customers, visitors, the general public, and other persons entering into the place of employment with a place to wash their hands. If soap and running water are not immediately available, provide hand sanitizers.
- j. If any such business cannot adhere to these requirements, it must close.

6. Personal Care and Personal Grooming Services

Beauty salons, barbershops, spas, massage centers, tanning salons, tattoo shops, and any other location where personal care or personal grooming services are performed may continue to operate, provided such businesses comply with the Guidelines for All Business Sectors and the sector-specific guidelines for personal care and personal grooming services expressly incorporated by reference herein. Such guidance includes, but is not limited to, the following requirements:

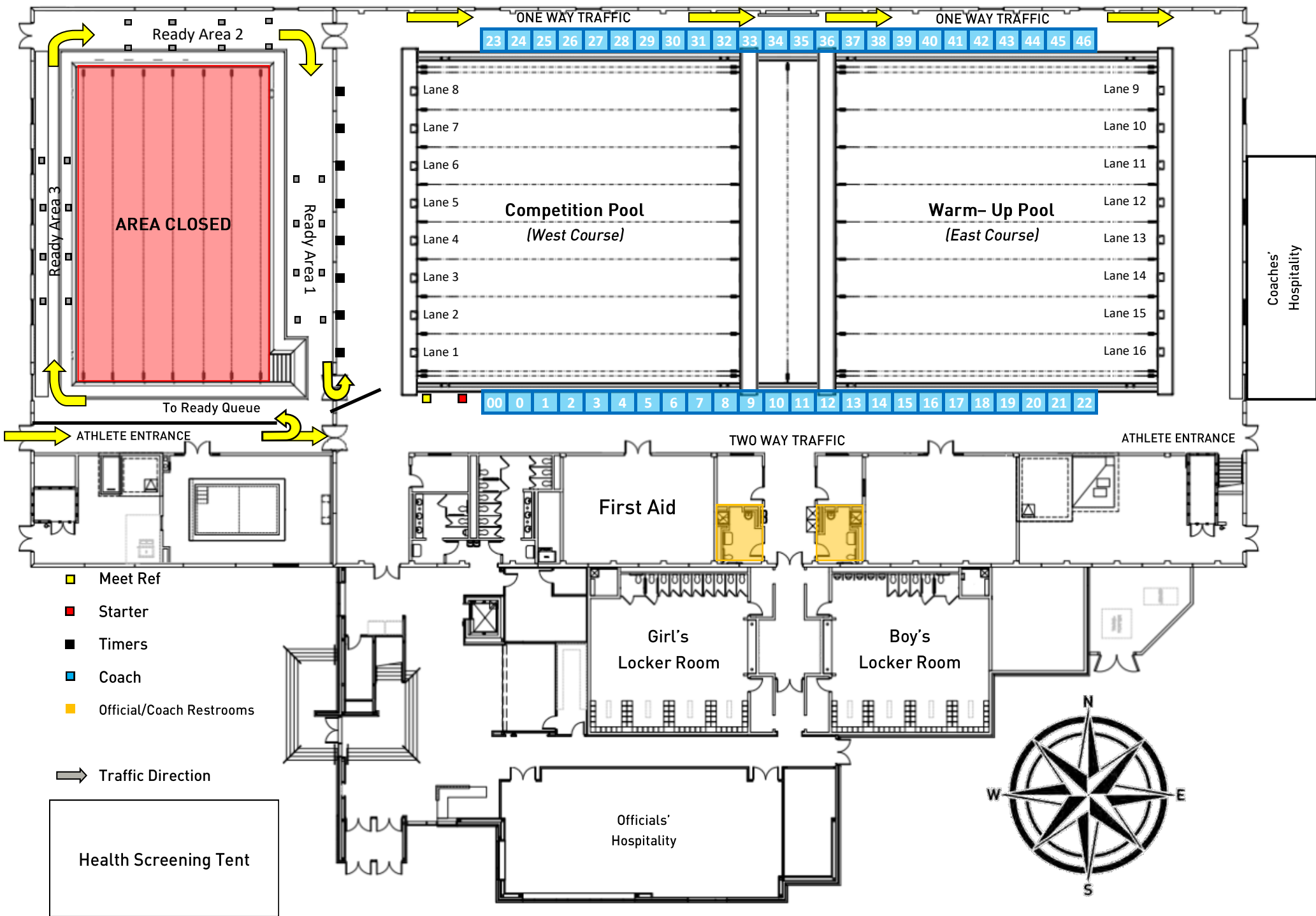
- a. Service providers must maintain at least six feet of physical distancing between work stations.
- b. Service providers and employees working in customer-facing areas must wear face coverings over their nose and mouth at all times.
- c. Provide face coverings for clients or ask that clients bring a face covering with them, which they must wear during the service except when treating the areas of the nose and mouth.
- d. Routine cleaning and disinfection of frequently-contacted surfaces must be conducted every 60 minutes of operation. All personal care and personal grooming tools should be cleaned and disinfected after each use. If that is not possible, such items must be discarded.
- e. If any such business cannot adhere to these requirements, it must close.

7. Campgrounds

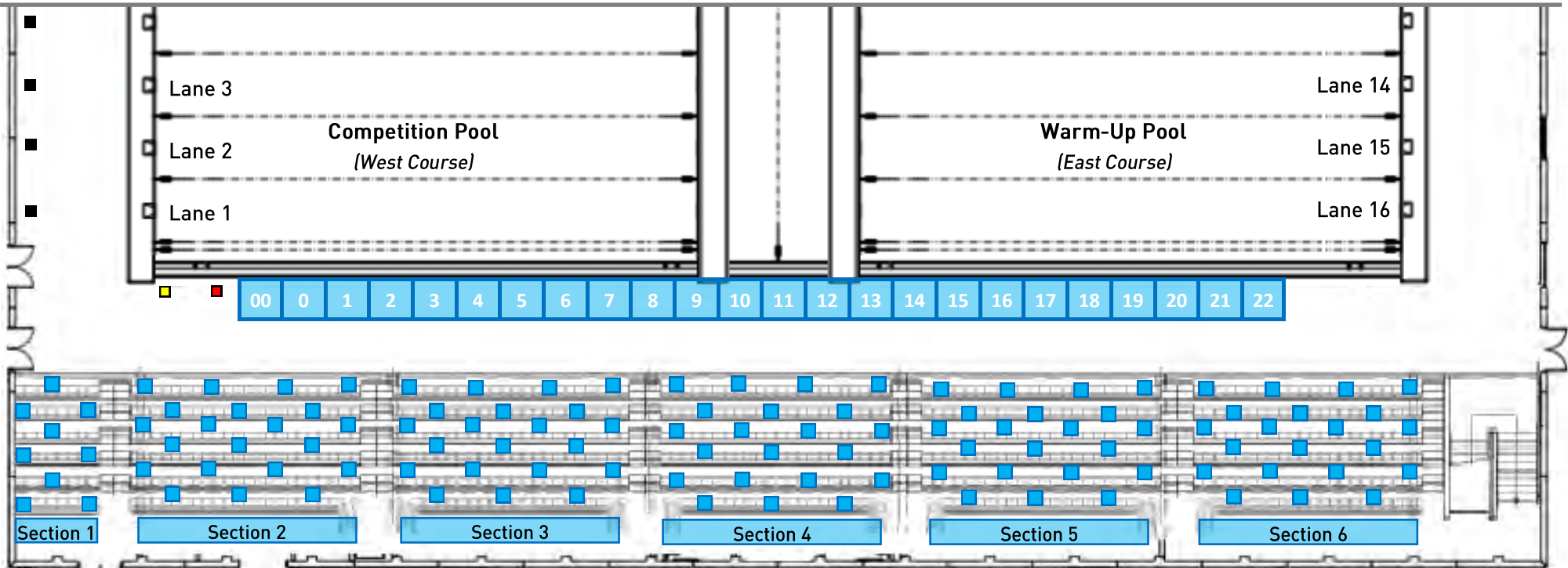
Privately-owned campgrounds as defined in § 35.1-1 of the *Code of Virginia* may continue to operate, provided they comply with the Guidelines for All Business Sectors and the sector-specific guidelines for campgrounds, which are expressly incorporated by reference herein. Such guidance includes, but is not limited to, the following requirements:

- a. Employees working in public-facing areas must wear face coverings over their nose and mouth at all times.
- b. Businesses must promote frequent and thorough hand washing, including by providing employees, customers, visitors, the general public, and other persons entering into the place of employment with a place to wash their hands. If soap

Indoor Map | First Floor



Athlete Seating Map | Second Floor



- Meet Ref
- Starter
- Timers
- Coach
- Official/Coach Restrooms
- ➔ Traffic Direction

- See section labels for reference.
- Row A will be closest to the competition pool.
- Row F will be the highest row.
- Stairwell traffic will be two-way for the entire duration of the contest.
- All persons using the stairwells should remember to use the right side when going up and down the stairs.
- Coaches Seated in the Mezzanine on spots will be on a first-com-first-served basis.

