



2020 ECAT Intra-Squad Meet

December 12-13, 2020

ECAT is abiding by the State of Virginia local protocols for Virginia Phase 3. In Phase Three, indoor and outdoor swimming pools may open for free swim at 75% capacity, subject to the following restrictions:

- Hot tubs, spas, saunas, splash pads, spray pools and interactive play features must be closed.
- 10 feet of physical distance must be maintained between persons not of the same household.
- There will be no on deck seating. All swimmers will be sitting with their parent/family in the playground area social distanced by 10 feet from any other family.
- All seating (including lifeguard stations) must be cleaned and disinfected between uses.
- Customer-facing employees other than lifeguards must wear face coverings.
- Patrons should be screened upon entrance for COVID-19 symptoms

At this Meet:

We are expecting 30 athletes participating in the meet each session. 60 Swimmers total.

We are expecting 3 coaches.

We are expecting 14 volunteers, timers and Marshals

We are expecting 5 officials including dry deck and meet referee.

Swimmers will be staged outside next to the building maintaining 10 feet of social distancing.

Swimmers will enter the pool building by the entrance next to the Deep end of the pool and line up at their starting block.

After each swimmer swims, they will take a 25 cool down and hop out of the pool at the shallow end of the pool to minimize the number of swimmers in one location. The swimmers will then exit the building by using the main door at the shallow end of the pool.

Parents (one spectator per athlete) will be allowed to walk thru the pool deck during their swimmers races but may not sit on the pool deck. The parent will be required to stand on one of the red Xs on the pool deck which will be separated 20 feet from each other. Spectator seating will be allowed outside on the playground as long as mask are being worn and are social distanced by 10 ft.

Marshals will be manning the doors to maintain social distancing and controlling the number of spectators in the building.

In applying for this sanction, ECAT agrees to comply with and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming and Commonwealth of Virginia and Chesapeake.

Masks are required inside the facility at all times, access to the pool will be denied to any person not wearing a mask.

