



2020 ECAT Intra-Squad Meet

November 7-8, 2020

ECAT is abiding by the State of Virginia and 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.
- Seating may be provided on pool decks with at least 10 feet of spacing between persons who are not members of the same household.
- 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 40 athletes participating in the meet each session. 60 Swimmers total.

We are expecting 4 coaches.

We are expecting 14 volunteers, timers, and marshals

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

Spectators will be able to walk through the pool deck during their swimmers events and will then promptly exit the pool. Masks are mandatory for all spectators entering the pool deck.

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.

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.

