

Virginia Gators COVID-19 Supplement

VDH Safer at Home Phase Three Guidelines

Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.

Post signage to provide public health reminders regarding physical distancing, gatherings, options for high-risk individuals, and staying home if sick.

Occupancy must be limited to no more than 75% of the lowest occupancy load on the certificate of occupancy, if applicable, while maintaining a minimum of ten feet of physical distancing between all individuals as much as possible.

Facilities should screen patrons for COVID-19 symptoms prior to admission to the facility. Patrons should be asked if they are currently experiencing fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise). Anyone experiencing symptoms should not be permitted in the facility. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.

Instructors and all participants of group exercise and fitness classes must maintain at least ten feet of physical distancing between each other at all times.

Employees working in customer-facing areas are required to wear face coverings over their nose and mouth, such as using CDC Use of Cloth Face Coverings guidance. Lifeguards responding to distressed swimmers are exempt from this requirement.

Provide hand sanitizing stations, including at the entrance/exit and where shared fitness equipment is utilized.

Hot tubs, spas, saunas, splash pads, spray pools, and interactive play features must be closed.

Virginia Gators Meet Day Plan

All swimmers, parents, coaches, volunteers and officials should practice social distancing of at least 10 feet at all times, whenever possible and practical. All persons inside the facility should wear a mask or face covering, except when swimming or preparing to swim.

Upon arrival, swimmers will be health screened by volunteers at the facility entrance. Those passing the screening will be directed to the swimmer seating area behind the building's southeast wall. Those who do not pass the health screening will not be allowed to participate in the event. Swimmers shall remain in the swimmer seating area when not warming up, using restrooms or racing.

Parents and spectators will not be allowed in the swimmer seating area or in the pool area. Parents should remain in the parent seating area behind the building's northwest wall or in their cars. The meet will be live streamed in the new weight room addition. One parent of each swimmer will be permitted in the weight room during their child's race.

Locker room access will be restricted to restroom use only. Swimmers should arrive at the facility in their suits. One person per toilet will be allowed in locker/restrooms at a time. Coach, official and volunteer restrooms will be separate from swimmer restrooms.

Swimmers will stage for their event on the outside of the building's southeast wall. Two heats will stage at a time outside. Swimmers will proceed from the staging area through the southeast (back) door to stage behind the starting blocks as the prior heat is racing. Following racing swimmers in all non-25 yard events will swim an additional 25 yards of cool down and exit the pool on the turn end of the pool. They will then directly exit the building through the northeast (front) door and return to the team area.

Planned Number of Individuals on Pool Deck

Warmup

Warmup will be divided into three groups, with no more than 32 swimmers in the water at a time. Up to an additional 5 volunteers meet management staff, 6 officials (wet and dry) and 5 coaches may also be present on the deck during warmups.

During Competition

Using the staging area and warmdown protocol, no more than 20 swimmers will be in the facility at a time. In addition, 8 timers (one per lane), a maximum of 6 meet management staff, maximum of 6 officials and maximum of 5 coaches will be in the facility during competition. All non-competing swimmers will remain outside in the athlete seating or race staging area.

Compliance and Enforcement

In applying for this sanction, the Virginia Gators and RVSI agree to comply with and enforce all health and safety protocols and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and the City of Roanoke.

Facility Diagram

