

Marlins Beat the Heat protocol and extra precautions

As a response to the COVID-19 pandemic, the CCA Marlins swim team are strictly following the phase 3 guidelines set by Governor Ralph Northam for pools including:

INDOOR AND OUTDOOR SWIMMING POOLS

In Phase Three, indoor and outdoor swimming pools may open for free swim at 75% capacity (in Phase Two, only limited exercise and instruction was allowed), 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.
- Social distancing of spectators as well as athletes:
 - 1- There will be 6 Marshalls assigned to ensure proper social distancing during the swim meet as following:
 - 2 Marshalls assigned on each side of the pool deck to ensure swimmers social distancing 10 feet apart unless if same family members, each swimmer is required to stay on his own towel wearing masks, until ready to go for their events,
 - 2 Marshalls at the entrance to ensure proper Covid-19 screening and counting the number of spectators and swimmers on the deck limiting it to 200 people total,
 - 1 Marshall assigned in the spectator area to ensure parents/ family members social distancing 10 feet apart wearing masks at all time.
 - 1 Marshall assigned behind the blocks to ensure only one heat is on hold behind the blocks, with 10 feet away from timers.
 - 2- There will be a 15 mnts break between the 2 warmup sessions to allow surface cleaning, another 15 mnts break between the warmup and session starting time to clean again,
 - Surface cleaning will apply every time there will be a swimmer's recovery break, including bathrooms,
 - 3- There will be a constant reminder of the social distancing and guidelines from the meet announcer (every 15mnts),

- 4- No feedback will be given from the coaches to swimmers until the recovery break, coach will go to each swimmer separately, to avoid gathering on the pool deck,
 - 5- At the end of each race, swimmers will alternate exiting the pool, odd number lanes exit the pool first then even number lanes, to ensure social distancing walking back to their towels.
 - 6- We are using the whole pool deck to spread out the swimmers 10 feet apart, in addition to that we will open up all the sliding windows and use the outdoor space as an extra seating area for parents and/or swimmers, the area is a football field space.
 - 7- Expected number of swimmers participating in the meet is 50,
 - 8- Expected number of officials including dry deck and meet referee is 8
 - 9- Expected number of coaches is 3
 - 10-Expected number of volunteers, timers and Marshalls is 18
 - 11- Expected number of spectators is 40
- Facility limit/ Phase 3 guideline limit of gathering is 200 people, Total expected number is: 119
 - In applying for this sanction, CCA agrees to comply with and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and Roanoke County.
 - Masks are required inside the facility at all times, access to the pool will be denied to any person not wearing a mask,