

# **Marlins Thanksgiving invitational IMX/IMR**

## **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 the state of VA, VA Swimming and defined by the CDC for pools including but not less:

### **INDOOR AND OUTDOOR SWIMMING POOLS**

In Phase Three, indoor and outdoor swimming pools may open for free swim at 60% 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.
  - 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 Gym to ensure swimmers social distancing 10 feet apart unless if same family members, each needs to remain on their assigned squares wearing masks, until ready to go for their events, swimmers need to carry small ziplocks for their masks to put them in right before their swims and wear them right after their races.

2 Marshalls at the entrance to ensure proper Covid-19 screening and counting the number of spectators and swimmers on the deck and in the gym limiting it to 250 people total,

1 Marshall assigned in the starting blocks area to ensure proper exit and circulation of the swimmers finishing their races

1 Marshall assigned to check the parents races viewing, to allow one parent per swimmer, and ask to exit the pool right after the race.

2- There will be a 5 minutes break between the 2 warmup sessions to allow surface cleaning, another 15 minutes 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- Only one parents allowed per family, 8 and under swimmers can have both parents on 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 3 heats about to race, and have a parents viewing area assigned, as well as the entire gym with 3 courses to allow proper distancing,

7- There will be marked squares on the floor 10 by 10 to mark each swimmers personal space

8- Expected number of swimmers participating in the meet is 80,

9- Expected number of officials including dry deck and meet referee is 10

10-Expected number of coaches is 10

11-Expected number of volunteers, timers and Marshalls is 25

12-Expected number of spectators is 60

Facility limit/ Phase 3 guideline limit of gathering is 250 people, Total expected number is: 185