

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 inside the building to the swimmer seating area. 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. Swimmers will be seated on the bleachers, in chairs on deck or in the existing weight room spaced 10 feet apart and marked by a tape "X" on the bleachers or ground. Swimmers should remain in their seating space unless warming up, using the restroom or preparing to or returning from a race. Swimmers will be required to wear a facemask at all times, except when warming up, preparing to race or returning from a race and when eating or drinking.

Parents and spectators will not be permitted to stay 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. We will also permit one parent per child inside the facility for each race, entering through the front door and exiting out the back door of the pump room. Parents are strongly encouraged to utilize the live stream to limit numbers inside the facility. All parents entering the facility must undergo a health screen and wear a mask.

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.

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. After exiting the pool, swimmers should remain physically distanced from all other swimmers, return to their seating area and use their face covering.

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. Arrival times will be staggered to limit crowding around entrances and doors. Swimmers not warming up will be expected to remain in their seating area. By the last warmup session all 88 swimmers should be in the facility, either warming up or in their designated seating area. Up

to an additional 5 volunteers meet management staff, 6 officials (wet and dry) and 8 coaches may also be present on the deck during warmups.

During Competition

No more than 88 swimmers will be in the facility at a time. In addition, 8 timers (one per lane), a maximum of 8 meet management staff, maximum of 6 officials and maximum of 8 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

