

Cavalier Aquatics/ Piedmont Family YMCA (CA-Y) Intra-Squad Supplemental Safety Precautions

Overview

In response to Virginia's Phase 3 Guidelines and the Charlottesville City Council and Albemarle County Board of Supervisors COVID-19 restrictions effective August 1, 2020, the following provisions will guide this meet:

- A face covering will be required for all individuals participating in and attending this event.
- A maximum of 50 individuals (excluding employees, who are not included in the count) will be permitted in the pool area at a time. The breakdown is as follows:
 - 6 timers (including head)
 - 1 referee
 - 1 starter
 - 4 stroke and turn judges
 - 2 computer/ CTS operators
 - 3 marshals
 - 2 meet directors
 - 30 swimmers
- All individuals on deck must maintain at least 10 feet of distance from individuals not of their household.
- Additional relevant Phase 3 state guidelines for pools and athletic facilities that will be adhered to are as follows:
 - 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.
 - The activity pool will be closed to swimmers following the conclusion of warmups.
 - All seating (including lifeguard stations) must be cleaned and disinfected between uses.
 - 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 equipment is utilized.

- 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). Children should be screened per the CDC guidance for screening children. Anyone experiencing symptoms should not be permitted in the facility. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.

In applying for this sanction, Cavalier Aquatics/ Piedmont Family YMCA (CA-Y) swimming agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and the City of Charlottesville.

Deck Access

- Deck access will be strictly controlled
- Deck access will be limited to facility employees, coaches, swimmers participating in the session, and volunteers.
- Parent volunteers (timers, marshals, clerk) will be provided with signage indicating their role in the meet. Only parents wearing appropriate signage will be permitted on deck
- 1 marshal will be stationed at the exterior of each unlocked door to enforce the deck entry policy

Spectators

- No spectator seating will be provided inside the facility. In accordance with current YMCA policy, the mezzanine viewing area remains closed.
- The meet may be viewed remotely via live stream. Parents will receive live stream information by email the day before the meet.

Swimmer Seating

- Swimmers will either sit on deck (maximum 30 swimmers), in the gym, or in the grassy area behind the building. Each swimmer will be assigned a base upon arriving at the pool. Bases will be marked with an X. Each base will be at least 10 feet from the next closest base.
- Each swimmer should bring their own chair or towel to sit on when not swimming

- When not swimming or preparing to swim, each swimmer must remain at their base
- Swimmers must wear a face covering while at their base
- Swimmers may bring any desired food or drink with them. All food and drink must remain at the base. No sharing of food or drink between members of different households is permitted.

Warmups

- 21 swimmers will be assigned to each warmup session, broken down as follows: warmups will be swum in lanes 2, 4, 6, 8, and 10 as well as lanes 1 and 3 in the activity pool, with a maximum of 3 swimmers permitted in each lane.
- Swimmers should arrive at the pool at the time designated by their coach and in their race suit. Cap and goggles should be put on while on base.
- When directed by coaches, swimmers should remove their face covering and proceed to their assigned warm up spot (with cap and goggles on).
- A 10-minute break between warm up sessions will be held to reduce interaction between swimmer ending and beginning warmups and to permit cleaning of touched surfaces, including race blocks.

Race Flow

- A 5 lane course will be used for the meet. Events will be swum in lanes 2, 4, 6, 8, and 10.
- Timer protocol
 - One timer will be assigned to each lane. Timers must wear a face covering.
 - For all events over 25 yards, the timers will stand at the wall behind the blocks (approximately 12 feet from the blocks) for the start of each race. The timers will move to the edge of the pool to capture the finish of the race, then move back to the wall to record the time.
 - For 8 and under 25-yard events, the timers will maintain at least 10 feet of distance while moving from the start to the finish (shallow) end of the pool. Timers will stand at the edge of the pool to capture the finish, then move 10 feet back from the edge of the pool while finishing swimmers exit.
- Swimmer protocol
 - Swimmers will report to the clerk of course (located on the back deck adjacent to the pool, see diagram) no sooner than 3 heats before their race. Swimmers must remain masked at the clerk.
 - Swimmers will stand on the marked spaced (10 feet apart) for their assigned heat and lane. Swimmers must remain 10 feet away from individuals that do not live in their household.

- One heat prior to swimming, swimmers will take off their mask and leave it in a designated space located at the shallow (exit) end of the pool. Swimmers will also leave any clothing, towels, or other items brought with them to the clerk in this designated space. The space will be sanitized by a designated marshal between users.
- Swimmers must listen to all directions provided by the clerk of course volunteers. Failure to do so will result in dismissal from the event.
- Swimmer ingress/ egress
 - For all races longer than 25 yards, a 25 or 75 yard warm down will be swum by all swimmers at the conclusion of their race.
 - At the conclusion of the previous race, during the previous swimmers' warm down swim and after the timers have captured the swimmers' times and have moved back to the wall, swimmers for the next heat will be permitted to enter the pool deck, place their mask in the designated, labeled mask area located between the racing and activity pool, and proceed to the block behind their assigned race lane.
 - After each race longer than 25 yards, swimmers will swim either a 25 or 75 yard warm down and will exit the pool at the shallow end. Upon conclusion of the race, swimmers will retrieve and put on their mask, then walk to their assigned base and must remain at their base until their next swim. 13 and over swimmers that wish to use the warm down pool may do so by following the warm down procedures outlined in the next section.
 - To avoid gathering on the pool deck, no feedback will be given to the swimmers from their coaches after each race. Swimmers should report to their base, not their coach, after each race.
- Warm down pool
 - For the 13 and over session only, lanes 1 and 3 of the family pool will be open for warm down after each race.
 - A maximum of 4 swimmers may swim in each lane at a time. Swimmers must remain 10 feet apart when practical to do so.
 - A marshal will be placed at the end of the family pool opposite the clerk of course to monitor the warm down pool.
 - After the conclusion of their race and prior to entering the warm down pool, swimmers will retrieve their mask and other possessions from the designated race mask storage area and move them to the warm down pool mask storage area.
 - Immediately after exiting the warm down pool, swimmers will retrieve their mask and other possessions, put their mask on, and walk to their base where they will remain until their next swim. The space will be sanitized by a designated marshal between users