

2021 Virginia Swimming Short Course Age Group Champs – March 11-14, 2021
Jeff Rouse Swim and Sport Center

All local and state protocols will be followed per Moving Virginia Forward – Phase 3 Guidance.

<https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Forward-Virginia-Phase-Three-Guidelines-October-2020.pdf>

In compliance with sanction #-----, RAYS Swim Team agrees to comply and enforce all health and safety mandates and guidelines of USA Swimming, the Commonwealth of Virginia, and Stafford County.

Capacity Limits:

The following capacity limitations will be in place inside the Jeff Rouse Swim and Sport Center at all times utilizing phase 3 Moving Virginia Forward Guidance of no more than 250 people in the facility.

- Swimmers – 150
- Coaches – 16
- Officials – 10
- Timers – 9 (one head timer and one timer per lane)
- Meet Management (Meet Director Marshals, Hospitality, Vendor Staff) – 18
- Facility Staff – 7

If the number of swimmers in each session is below the 150, additional coaches, officials or other personnel *may* be permitted, with the approval of the Meet Director/Meet Referee/Facility Management, but the overall goal would be to maintain ~210 individuals in the facility at any one time.

Due to the number of swimmers in each session and capacity limitations, no spectators will be permitted inside the venue. Live streaming will be available.

COVID Rules:

- Swimmers shall wear their mask to the blocks. A PVC stand will be available to place the mask during the event.
- Swimmers shall wear their mask when receiving feedback from coaches.
- Swimmers may not watch the meet from the deck, they must watch from their place in the grandstand.
- Coaches/Officials/Volunteers must wear masks unless actively eating/drinking.
- 6 Swimmers per lane for warm-ups - warm-up/cool-down max of 3.
- Coaches seating in the alcove - none in the walkway
- Meet Marshals/COVID Marshals to enforce masks, social distancing, swimmer safety in the warm-up/cool down pool and on deck.
- Meet Director, Meet Referee, and/or Facility Management reserves the right to place additional restrictions as may become necessary.

Flow:

- 8 Swimmers behind blocks - will place mask on stand and swim event
- No 25yd cool down swim - swimmers will exit by starting blocks, put on mask and walk towards the grandstands after completion of the race
- We will be doing Dive Over Starts. Once following heat dives in Swimmers will exit put on their mask and proceed to the grandstands. Once the finished heat is gone from the blocks, the next heat will begin to line-up behind the blocks.

- Warm-Ups - first group leaves stands for warm-up #1. Warm up #1 concludes and once back in stands, warm-up #2 swimmers approach lanes keeping physical distance.

Flow Diagram Below:

