



PPE Requirements

- All individuals, **regardless of age**, must wear face coverings under any tents, when entering and exiting the facility, while on deck, in any interior spaces. **Due to EO #72, face coverings must also be worn outdoors when 6' of social distancing cannot be maintained.**
- Exceptions are:
 - Swimmers may remove face coverings when preparing to get in the water and while competing.
 - Coaches, employees and officials may remove face coverings while eating, if 6 feet of physical distancing is maintained.
 - Individuals who have medical conditions, that prohibit the use of face coverings, are not required to wear masks.

Social Distancing Requirements

- Individuals must maintain 6 feet of physical distance from each other at all times.
- Exceptions are:
 - Swimmers in the water actively warming up / cooling down, providing there is incidental passing only and less than 5-minute intervals at the ends of the pool lanes. During Moving Virginia Forward Phase 3, no more than six swimmers are allowed per lane.
 - Active lifeguard rescues.

Screening Requirements for Entry

- Individuals will not enter the building if they are feeling sick, with symptoms to include:

- ✓ Indications of a fever or a fever of over 100.4 degrees
- ✓ Shortness of breath and difficulty breathing
- ✓ Sore throat
- ✓ Recent cough, headache, or unusual fatigue that cannot be attributed to a medically diagnosed condition (for example, allergies)
- ✓ Muscle ache not caused by exercise
- ✓ Loss of taste or smell
- ✓ Nausea, vomiting or diarrhea

- For initial daily entry, all **non-athletes** will go through a Virginia Department of Health (VDH) Screening Station attended by a NOVA employee or volunteer (consult facility map – yellow stars). The Health Screening questions will be presented. Once entry is permitted, all non-athletes will receive a wristband which must be shown for each subsequent entry indicating screening questions have been satisfied.

Daily Athlete Health Screenings – NOVA Swimmers

- The evening prior to each day of competition, NOVA coaches will email participating families from their training group the VDH Health Screening questions to be answered for athletes ONLY.
- This will take place for each individual day of competition.
- An email response that satisfies Screening Questions for each swimmer(s) must be received on each day of competition or your swimmer will not be allowed entry.
- Email responses will only be accepted on the day of competition.

- Coaches are required to keep track of swimmers meet participation and completion of screening.

Daily Athlete Health Screenings – Visiting Team Swimmers

- The daily VDH Health Screenings for visiting team athletes will be the responsibility of each team / Head Coach.
- Coaches must provide written documentation to the Meet Director that all athletes satisfy health screening questions (located below), prior to initial daily entry.

YES or NO, are you currently experiencing any of the following symptoms?

1. A new fever (100.4°F or higher) or a sense of having a fever?
2. A new cough that you cannot attribute to another health condition?
3. New shortness of breath or difficulty breathing that you cannot attribute to another health condition?
4. New chills that you cannot attribute to another health condition?
5. A new sore throat that you cannot attribute to another health condition?
6. New muscle aches (myalgia) that you cannot attribute to another health condition, or that may have been caused by a specific activity (such as physical exercise)?
7. A new loss of taste or smell?
8. Have you had a positive test for the virus that causes COVID-19 disease within the past 10 days?
9. In the past 14 days, have you had close contact (within about 6 feet for 15 minutes or more) with someone with suspected or confirmed COVID-19?
10. In the past 14 days, have you traveled internationally?

IF ANY QUESTION IS ANSWERED AS “YES”, YOU MAY NOT BE PERMITTED TO ENTER THE FACILITY

Facility and Meet Logistical Procedures

- All families will remain socially distanced at their vehicle in the parking lot when not actively participating in the meet.
- Outdoor speakers and other means of communication for announcements and staff members / volunteers stationed at entries & exits will help facilitate flow in order to maintain capacity limits.
- Please refer to the Facility Meet Map before and during participation. Our overall plan is mapped that will limit entry / exit points to designated groups and create a 1-way traffic flow for all participants.
- 1 timer per lane only with 1 Head Timer. 25 yard timers will not be used.
- Swimmers in Distance events will be required to provide their own lap counters and may be teammates. Lap counters must wear face coverings.
- Heat sheets will not be provided. Meet Mobile will offer free heat sheets, PDF versions will be available on the NOVA website and emailed to visiting teams.
- Locker Rooms are CLOSED. All swimmers need to arrive to warm-up with their racing suit on. No deck or outdoor changing permitted.
- Restrooms will remain open with limited capacity for emergency use only. Refer to the Facility map for Restroom specific entry, movement flow, and exit (yellow arrows). Disinfecting products will be available for each user to self-sanitize. Please help!
- The entire facility will close for 15 minutes after each session for disinfection and cleaning.
- The meet will occur regardless of weather. If steady rainfall is forecasted, NOVA will provide pop-up tents at main entrance points.
- One-way entrances and exits are clearly marked, and all directional flow signage is displayed.
- All common areas, including restrooms and locker rooms (if used), will be disinfected every 90 minutes.

- Hand sanitizer dispensers will be placed at all entrances and exits of the facility.
- There will be NO concessions offered until further notice

Warm-up / Cool-Down

- Pools will be limited to Moving Virginia Forward Phase 3 practice guidance during warm-ups. Swimmers will be in the water actively warming up / cooling down, providing there is incidental passing only and less than 5-minute intervals at the ends of the pool lanes. During Phase 3, no more than six swimmers are allowed per lane.
- Teams will be assigned a Pool and lanes based on the 6 swimmer per lane calculation.
- Phase 3 Practice Entry Procedures will be used to facilitate athlete warm-ups.
- Spectators will not be allowed into the facility to observe warm-up.
- Pool 2 will remain open for continuous warm-up/down once competition begins with a capacity of 6 swimmers per lane at any one point. Swimmers not actively using the pool will be asked to leave the water. Refer to Facility Map for Warm-Up Pool specific entry, movement flow, and exit (orange arrows).

Competition ****THIS HAS BEEN UPDATED****

- Swimmers will be called to the Swimmer Heat Staging / Event Entrance (Refer to Facility map for specific entry, movement flow, and exit - blue arrows).
- Swimmers MAY bring personal belongings into the facility but must remain with swimmers throughout the clerk of course process. *Swimmer's belongings may NOT be left in Pool 2 during competition.*
- Staged together by heat, swimmers will move through Pool 2, through the hallway, into Pool 1 and behind the blocks. Tell your athlete to look for orange cones throughout this process. Staff and volunteers will execute and ensure social distancing.
- The final station before reporting behind the blocks in the Clerk of Course process will be in Pool 1 along the Lane 1 cones. Swimmers will wait behind the blocks - **against the wall** - while the prior heat is swimming.
- Once each heat is finished:
 1. Timers will return to chairs
 2. Swimmers will wait in the water. Fly over starts will be used.
 3. Gather belongings from Lane specific storage.
 4. Put face covering back on.
 5. Exit through the designated Swimmer Event Exit.
- Swimmers in the final clerk of course station will report against the wall, behind their lane, drop off belongings into Lane specific storage and await Starter instruction.

25 Yard Events

- Swimmers will follow Athlete Event Entrance / Clerk of Course stations in Pool 2.
- Personal belongings MAY be brought inside by swimmers.
- The final Clerk of Course station will be in Pool 1. Swimmers will drop off belongings behind the blocks in baskets and proceed to “turn end of the pool for competition.
- Swimmers will start from the “turn end” of Pool 1 and compete swimming towards timers.
- Upon completion of the 25 yard race, swimmers will exit Pool 1 from the finish end of the pool, gather belongings and will be led to the designated exit point.
- Extra meet marshalls will assist younger swimmers with facility exit and return to parking lots.

Spectators: Due to Amended E.O.s 67 and 63, Spectators are not allowed in the facility at this time

- Non-Athletes will still be granted facility access at the following entrance.
 - Bathroom Access (yellow arrows)
- For initial daily entry, all non-athletes will go through a VDH Screening Station (Refer to Facility Map - yellow stars) attended by a NOVA employee or volunteer. The Health Screening questions will be presented. Once entry is permitted, non-athletes will receive a wristband which must be shown each subsequent entry indicating questions do not need to be asked again on that day.
 - Non-Athletes must maintain social distancing by using on deck markings and may not linger in the Pool 1 during competition.
- Non-Athletes will exit at designated exit point.
- Parents are encouraged to not congregate in the parking lots. Younger swimmers will be assisted exiting the pool with volunteers and staff through the tents. Please make sure your swimmer knows which parking lot to return to after competition.

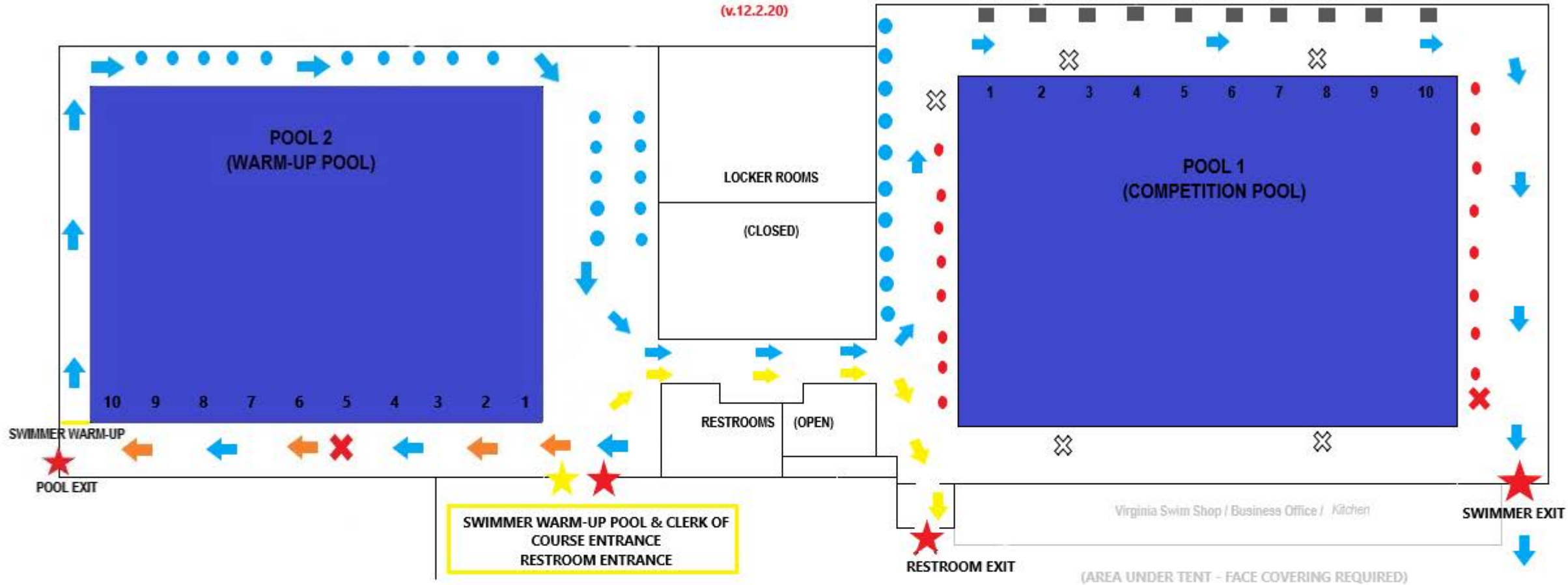
Parents have the responsibility to assure that their swimmers are physically well and in compliance with screening protocols before participating in NOVA activities. This includes daily temperature checks.

We are all dealing with an unprecedented public health situation, and it is incumbent on ALL of us to do our part to mitigate the impact of the pandemic. At NOVA, the health and safety of our swimmers, their families, our staff, and guests come first. We ask for your assistance in protecting the members of the overall swimming community with your vigilance following these guidelines.

This document is subject to change, depending on revised public health guidelines.

NOVA AQUATIC CENTER MEET LOGISTICS MAP

(v.12.2.20)



(AREA UNDER TENT - FACE COVERING REQUIRED)

MAP KEY

-  = Swimmer Heat / Event flow
-  = Swimmer Warm-up Pool access Flow
-  = Restroom access flow
-  = Designated Entrance / Exit points w. Hand Sanitizing Station
-  = Health Screening Entrance for non-athletes
-  = Swimmer Event Staging Social Distancing Markings
-  = Coach Social Distancing Markings
-  = Lifeguard / First Aid
-  = Officials
-  = Swimmer belongings storage