

## NOVA of Virginia Aquatics Supplemental Return to Competition Checklist Information

Re: Jan. 29-31, 2021 NOVA LC Winter Invitational

In applying for this sanction, NOVA of Virginia Aquatics agrees to comply with and enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and local governing body.

Capacity Limits: Swimmers will remain in the facility with proper social distancing. Spectators are not permitted in the facility. The meet will be live streamed on the NOVA website.

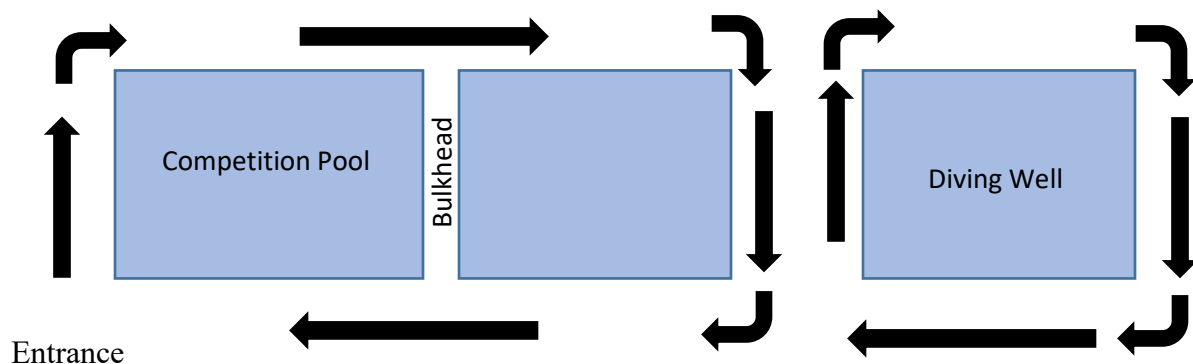
The following capacity limitations will be in place inside the Liberty University Aquatic Center at all times utilizing Phase 3 Moving Virginia Forward guidance of no more than 250 people in the facility.

- General Meet Warm-up [250 estimate total]:
  - 220 swimmers on deck at a time, 15 Coaches, 7 Meet Management (Meet Directors, Marshalls, Lifeguards), 12 Officials. No parents in the building during warm-up.
- During Competition [250 estimate]:
  - 220 swimmers on deck at a time, 15 Coaches, 7 Meet Management (Meet Directors, Marshalls, Lifeguards), 12 Officials. No parents in the building during competition.

Facility Considerations / Guidance: Refer to meet invitation

On-Deck:

- Seating:
  - Teams will be assigned areas on the pool deck with seats indicated on bleachers that are at least ten feet apart.
  - Swimmers and coaches are encouraged to bring their own chair – there will not be enough space on the bleachers for everyone to be seated with proper social distancing.
  - Swimmers are to stay at their seats in the bleachers or on deck, with their masks on.
  - There will be a one-way traffic flow on deck.



- Locker room use will be restricted.
- Before and after each session, restrooms and locker rooms will be thoroughly cleaned and disinfected.

All local and state protocols will be followed per Moving Virginia Forward – Phase 3 Guidance [HERE](#)