

NOVA of Virginia Aquatics Supplemental Return to Competition Checklist Information

Re: March 27 & 28, 2021 NOVA Spring Fling Intersquad Meet

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 Henrico County.

Capacity Limits: Swimmers will remain in the facility. 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 NOVA 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 [150 Estimate]:
 - 60 swimmers per pool (120 total), 10 Coaches, 10 Meet Management (Meet Directors, Marshalls, Lifeguards), 10 Officials. No parents in the building during warm-up.
- During Competition [70 estimate]:
 - Swimmers (Competition): Using staging and one way directional flow by heat, maximum of 30 swimmers will be in the facility either racing or during staging to race.
 - Maximum of 30 swimmers will be allowed continuous warm-up located in Pool 2.
 - Maximum of 4 Coaches will be in the facility.
 - Maximum of 10 Meet Management
 - Maximum of 10 Timers (1 per lane)
 - Maximum of 10 Officials
 - Maximum of 4 using restroom facilities (Locker Rooms closed)

Facility Considerations / Guidance: Refer to meet invitation

Please see attached Facility Map for all ingress, egress, one way directional flow, specific designated “zones” and entrance exit points for all participants.

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