

2020 VABR Thankful to Race Intra Squad Meet November 29-30, 2020

Plans and Procedures:

- All current state and local regulations will be strictly adhered to. Masks will be required of all officials, volunteers, and coaches who are on deck.
- 1 spectator per swimmer is allowed on pool deck to watch their swimmer.
 - Any spectator must enter through the designated entrance through the outside patio which is on lane 8 side of the pool.
 - All spectators must wear masks while on the pool deck.
 - When their swimmer is finished their race, they must exit through the side of the pool deck to the outside patio (lane 8 side of the pool) through the designated exit. There will be a meet marshal maintaining one way traffic along with a sign that says "Exit Only."
- [State guidelines can be found here.](#)
- All swimmers and spectators will sit outdoors or in their cars.
- No one can sit on the outdoor patio.
- Swimmers can enter the building through our back parking lot to the family pool entrance where the clerk of course will be held while wearing masks. At the clerk of course they will be lined up and sent to the pool deck one heat at a time while still wearing their mask. One heat will wait on the side of the pool 10 feet apart on the lane 1 side of the pool, while the heat finishes their race and 50 easy. Masks will be in plastic baggie's or plastic containers with their names on it waiting behind the blocks while they swim.
 - When swimmer's race is completed, they will swim an easy 50, exit the pool, place their mask back on, and exit towards the designated exit door on the pool deck to the outdoor patio.
- No spectators will be allowed to stay on the pool deck. They will need to exit immediately after their swimmer's race.
- Coach's and officials will enter the pool area through the aquatics office side door, or through lobby area doors on lane 1 side of the pool.
- Swimmers and spectators are encouraged to bring pop up tents or other appropriate shelter for outdoor seating.
 - Swimmers and spectators need to maintain social distancing protocols while in the outdoor staging area, or remain in cars.
- During warm ups we will not have more than 24 swimmers in the pool at one time and no more than 8 coach's on deck.
- During the meet there will be no more than (on lap pool deck):
 - 8 swimmers in the pool
 - 8 swimmers on the side waiting for swimmers to exit.
 - 5 coaches on deck
 - 20 Volunteers and officials

- 8 spectators.
- In applying for this approval, YMCA of Virginia's Blue Ridge agrees to comply and to enforce all health and safety mandates and guidelines for USA swimming, Virginia Swimming, the commonwealth of Virginia, and Salem City.