



H2okie Aquatics Supplemental Return to Competition Checklist Information and General COVID Protocols

Re: March 11-14, 2021 VSI Short Course Age Group Championships

In applying for this sanction, H2Okie 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 with proper social distancing. Spectators are not permitted in the facility. The meet will be live streamed through the Liberty Athletic Department 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 on either the Mezzanine Level or First Floor of the facility.

- General Meet Warm-up Sessions [250 estimate total each]:
 - 135 swimmers in pool 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 on First Floor / 150 on Mezzanine Level]:
 - First Floor: 135 swimmers in pool at a time, 15 Coaches, 7 Meet Management (Meet Directors, Marshalls, Lifeguards), 12 Officials. No parents in the building during warm-up.
 - Mezzanine Level: 130 swimmers on bleachers at a time, 4 Coaches, 3 Parent Bleacher monitors

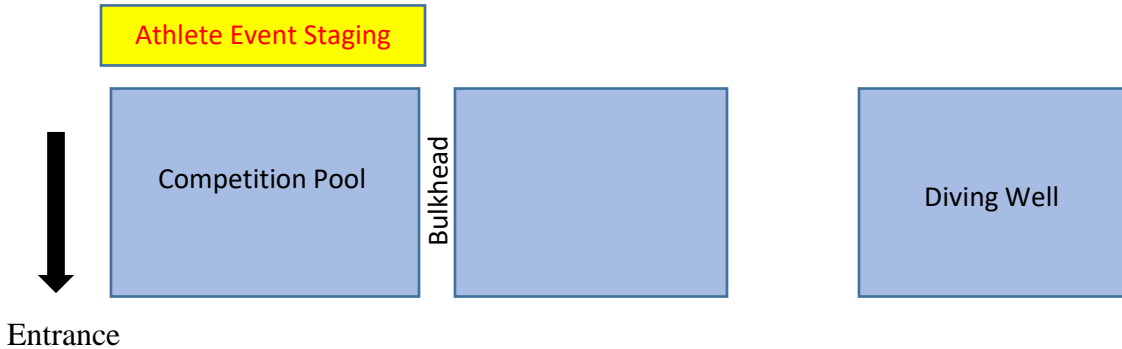
Facility Considerations / Guidance:

- All individuals will be required to follow Liberty University COVID-19 Rules, to be provided before the start date of the meet. General guidelines:
 - Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
 - Avoid touching your eyes, nose, and mouth.
 - Swimmers are encouraged to bring their own hand sanitizer for personal use.
- All individuals entering the facility will self assess to answer Virginia Department of Health screening questions.
- Each person entering the building **MUST** have their temperature screened. If temperature is elevated to 100.4°F or above, the person will be asked to wait in a designated area, and after a few moments, their temperature will be re-taken. If the temperature is still elevated, they will be asked to exit the facility immediately without question. This will be done in a discrete, effective, efficient, and timely manner.
- Coaches, officials, swimmers of all ages and spectators must wear masks at all times.
- Athletes will be given a personal basket for their belongings at the main entrance. It will be the responsibility of each swimmer to take all personal belongings with them in their basket when moving through the facility at all times. Swimmers will leave their basket at the main exit after each session. Baskets will be disinfected after each session.
- There will be no spectators allowed in the facility. Live streaming information for observing the meet will be made available before the meet.

- Restroom facilities are for EMERGENCY USE ONLY for all. Restroom access will also be controlled with a designated entrance, one flow of direction and designated exit. Disinfecting products will be available at the doors and must be used on any touched surface by each user.

On-Deck:

- Seating:
 - Teams will be assigned areas on the pool deck or bleachers with seats indicated on bleachers that are at least 6 feet apart. See attached documents.
 - 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 behind the blocks. Other areas allow 2 way traffic flow however patrons must maintain social distancing at all times.



- Locker rooms will be opened with limited capacity.
- Before and after each session, restrooms and locker rooms will be thoroughly cleaned and disinfected.

- All individuals will be required to follow Liberty University COVID-19 Rules, to be provided before the start date of the meet.
- All individuals entering the facility will be self asses to answer Virginia Department of Health screening questions.
- Temperature Checks will be taken for anyone entering the facility.
- Coaches, officials, swimmers of all ages and spectators must wear masks at all times.
- There will be no spectators allowed in the facility. Live streaming information for observing the meet will be made available before the meet.
- Restroom facilities are for EMERGENCY USE ONLY for all. Restroom access will also be controlled with a designated entrance, one flow of direction and designated exit. Disinfecting products will be available at the doors and must be used on any touched surface by each user.
- Swimmers should vacate the facility as soon as they have warmed down and are done with their events for the session.

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