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In applying for this sanction, Poseidon Swimming agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and Chesterfield Country Virginia.

Virginia Phase 3 Requirements for Swimming Pools (pertinent requirements from Forward Virginia Phase 3 Guidelines excerpted below):

Establishments must either implement the following mandatory requirements or remain closed. Mandatory Requirements: Businesses must strictly adhere to the physical distancing guidelines, enhanced cleaning and disinfection practices, and enhanced workplace safety practices provided in the “Guidelines for All Business Sectors” document. If businesses choose to open, they must adhere to the following additional requirements for outdoor operations:

- Post signage at the entrance that states that no one with a fever or symptoms of COVID-19, a positive diagnostic test for the virus that causes COVID-19 in the prior 10 days, or known exposure to a COVID-19 case in the prior 14 days, is permitted in the establishment.
- Post signage to provide public health reminders regarding physical distancing, gatherings, options for high-risk individuals, and staying home if sick (samples at bottom of this document).
- Indoor and outdoor swimming pools may be open at up to 75% occupancy, if applicable, provided ten feet of physical distance may be maintained between patrons not of the same household. Free swim is allowed.
- Seating may be provided on pool decks with at least ten feet of spacing between persons who are not members of the same household.
- Employees working in customer-facing areas are required to wear face coverings over their nose and mouth, such as using CDC Use of Cloth Face Coverings guidance. Lifeguards responding to distressed swimmers are exempt from this requirement.
- Facilities should screen patrons for COVID-19 symptoms prior to admission to the facility. Patrons should be asked if they are currently experiencing fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health



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condition, or new muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise). Children should be screened per the CDC guidance for screening children. Anyone experiencing symptoms should not be permitted in the facility. Screenings should be conducted in accordance with applicable privacy and confidentiality laws and regulations.

Facility Plan

Woodland Pond pool is a 6 lane Z shaped outdoor pool with ample parking and three large areas for athletes, coaches, officials, meet volunteers, and a limited number of spectators. The pool has two entrances – a main entrance and a side double gate. Traffic flow will be one direction entering via the double gate and exiting via the main entrance. The screening protocol will occur at the entrance.

The parking lot which will be utilized for family staging limiting the number of individuals on the pool deck. Spectators may enter the deck to observe their athlete and depart. Meet marshals will monitor the crowd and direct when needed. This will be communicated to the team along with a flow chart.

Bathrooms are for emergency use only. Members are required to sanitize after use and the conclusion of the session Woodland Pond staff will clean and sanitize the facility.

Meet Plan

The meet will run utilizing every other lane to allow space for swimmers and timers. There will be a coach-run clerk of course of 4 heats staged at marked spots moving forward as the previous heat clears the pool. Upon completing their swim, athletes will swim the length of the pool and exit at the turn end of the pool.

There will be two timers per lane utilizing Dolphin timers set to a button/plunger stop. They will also have a back-up handheld watch.

Spectators may enter the pool deck to a designated “observation spot” to observe their swimmers and exit immediately upon the completion of the race.

Planned Number of Individuals on Pool Deck

The capacity restriction for Woodland Pond Swim and Racquet Club pool is 150 people, based on the 50% restriction for recreational sports.



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Athletes: 4 heats of 3 athletes staged plus 3 in the competition heat, 15

Officials: Referee, starter, officials, timers and head timer, meet marshals, meet directors and dry deck, 22

Coaches: 6

Spectators: Constant rotation as parents depart deck following their athletes swim, 15

Additional: Athletes meeting with coaches and headed to clerk, emergency bathroom use, 15

Total – 73