



COVID-19 RETURN TO COMPETITION CHECKLIST

Facility Considerations/Guidelines:

- Mandatory capacity limits must be followed
 - [Current guidelines for Virginia](#)
 - Information for Swimming Pools and Recreational Sports can be found starting on pages 23 and 38, respectively.
 - Post Virginia Department of Health required [signage](#).
- Use of locker rooms and dryland areas (low ventilated spaces) should be eliminated or controlled.
 - Athletes should arrive and depart in their suits.
 - Deck changing is still prohibited.
- All individuals entering the facility or participating in the meet must answer screening questions which should include temperature screening (either at the facility or prior to arrival). Current CDC or local health department guidelines must be followed.
- All coaches, officials, and spectators must wear masks.
- Per MAAPP guidelines, parents/guardians of athletes who are 17 years of age or under must be able to observe their children during competition.
- Provide indicators of correct spacing distances.
- If athletes are remaining in the facility between events,
 - They may sit on their own towel or seat on the deck, no sharing!
 - They must wear masks once they return to their seat on the deck after swimming an event.
 - Athletes must not share items and must leave their masks at their “spot” when going to swim their next event.

Meet Announcement Requirements:

- In order to ensure enough time for procedures and requirements to be reviewed, draft meet announcements must be submitted to the office no later than:
 - 2 weeks prior to the first day of the meet for intra-squad meets
 - 1 month prior to the first day of the meet for other types of meets (dual, virtual etc.)
- In developing the meet announcement and schedule, ensure that the amount of time between the end of one session and the beginning of another session is adequate to allow for proper cleaning/disinfecting.
- A supplemental document must be submitted with the draft meet announcement that includes:
 - A statement of local protocols and requirements
 - The plan for athlete and spectator ingress, egress, and flow around the deck. (A map of the facility showing direction of movement is strongly encouraged.)
 - The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc. (Athletes, coaches, officials, meet workers and spectators must be included in this number.)
 - The following statement: *In applying for this sanction, (Team) agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and (local jurisdiction).*
- The meet must be pre-seeded and deck entries will only be allowed for athletes currently entered in the meet to the extent that open lanes are available. No additional heats will be added.

- Relay events will be allowed for 13 and over athletes. Only two relay teams per heat will be allowed.

Relays will be seeded as follows:

- In a six lane pool, relay teams will be in lanes 2 and 5,
- In an eight lane pool, lanes 2 and 7, and
- In a ten lane pool, lanes 3 and 8.

Once the swimmer finishes his/her leg of the race, he must leave the area behind the block. A statement explaining how appropriate social distance will be maintained for relays must be included in the safety supplement or meet announcement.

- A meet backup needs to be submitted to the business office no later than seven days prior to the first day of the meet to monitor athlete numbers per session.