

Supplemental Return to Competition Information

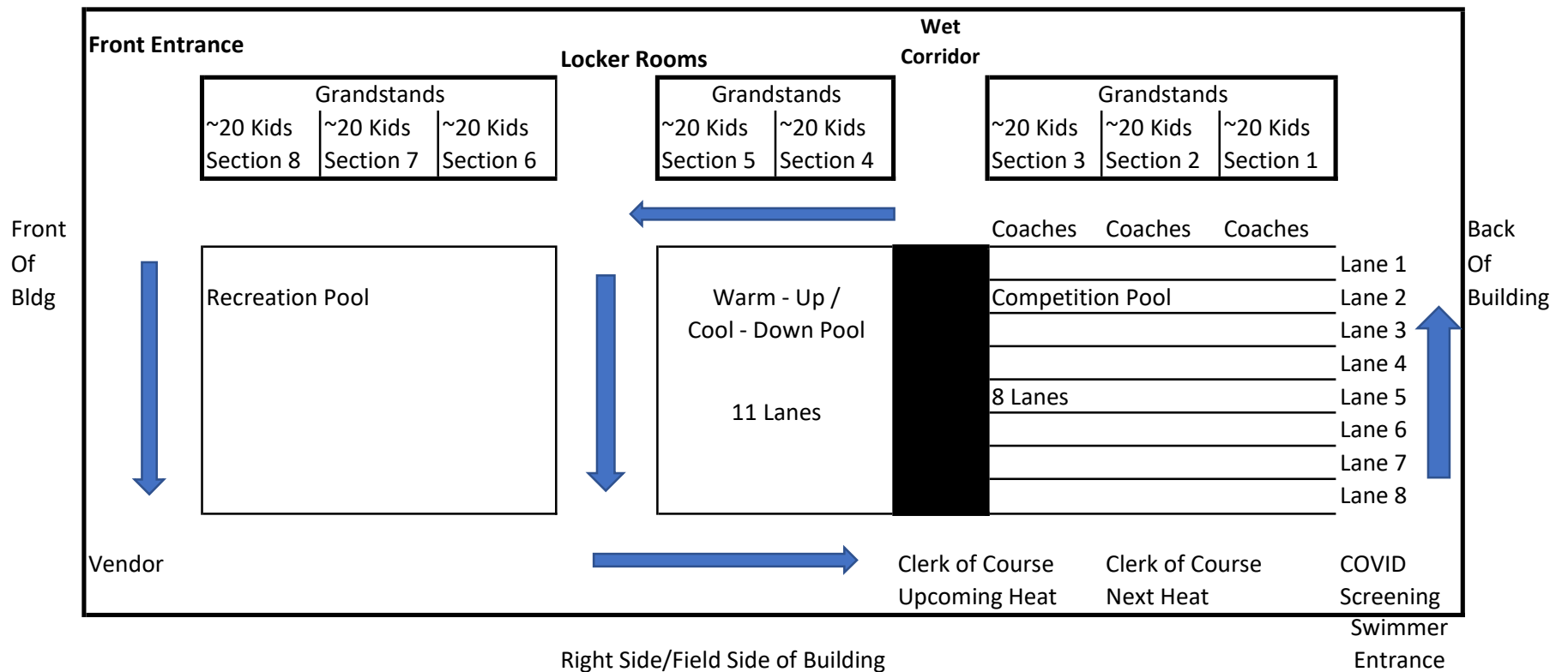
STAT December Invite

Jeff Rouse Swim and Sport Center
December 4-6, 2020

All local and state protocols will be followed per Moving Virginia Forward – Phase 3 Guidance Here In applying for this sanction, STAT agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and Stafford County.

Facility Considerations / Guidance: Refer to meet invitation Please see attached Facility Map for enter, exit and seating areas. Capacity Limits: The following capacity limitations will be in place inside the Jeff Rouse Swim and Sports Center at all times utilizing Phase 3 Moving Virginia Forward guidance of no more than 250 people in the facility.

- During Warm Ups and Competition [217-242 estimate]
- Swimmers: 150
- Maximum of 15 Coaches will be in the facility
- Maximum of 15 Officials/Dry Deck
- Maximum of 10 Timers (1 per lane plus head timer)
- Maximum of 12 Officials
- 13 Covid Marshals
- 8 Meet Management Volunteers
- 7 Facility Staff



Spectators Area - Outside of Facility - No Spectators Inside

Capacity Limits

- 125 Swimmers (125- 150)**
- 13 Covid Marshalls**
- 15 Officials / Dry Deck**
- 15 Coaches**
- 10 Timers**
- 8 Meet Management Volunteers**
- 7 Facility Staff**
- 10 Volunteers**
- 2 Vendor Staff**
- 5 Vendor Customers**

210 Total

COVID Rules

Swimmers must wear masks to blocks - PVC Stand to place mask during event

Swimmers must wear masks when receiving feedback from coaches

Swimmers can not watch the meet from the deck, they must watch from the stands

Coaches/Officials/Volunteers must wear masks unless actively eating/drinking

6 Swimmers per lane for warm-ups - Warm-up/cool-down max of 3

Meet Marshalls/COVID Marshals to enforce masks, social distancing, no goofing off in the warm-up/cool down pool

No Spectators allowed - will look into streaming for parents to view meet

Flow

8 Swimmers behind blocks - will place mask on stand and swim event

No 25 cool down swim - swimmers will exit by blocks, put on mask and walk towards the grandstands

Once swimmers leave behind blocks, next heat will walk behind blocks with masks on and place on stand

Warm - Ups

First group leaves stands and hops in

5 Minute Break

Second group waits until first team is in stands --> directly into pool

Coaches seating in the alcove - none in the walkway