

NOVA of Virginia Aquatics Supplemental Return to Competition Checklist Information

Re: Thanksgiving Throwdown Meet

Capacity Limits: Swimmers and Spectators will remain in the parking lot, at their vehicles, with proper social distancing.

The following capacity limitations will be in place inside the NOVA Aquatic Center at all times utilizing Phase 3 Moving Virginia Forward guidance of no more than 250 people in the facility.

- General Meet Warm-up [150 Estimate]:
 - 60 swimmers per pool (120 total), 10 Coaches (maximum), 10 Meet Management (Meet Directors, Marshalls, Lifeguards), 10 Officials. No parents in the building during warm-up.
- During Competition [160 estimate]:
 - Swimmers (Competition): Using staging and one way directional flow by heat, maximum of 50 swimmers will be in the facility either racing or during staging to race.
 - Maximum of 40 swimmers will be allowed continuous warm-up located in Pool 2.
 - Maximum of 10 Coaches will be in the facility.
 - Maximum of 20 Meet Management
 - Maximum of 10 Timers (1 per lane)
 - Maximum of 10 Officials
 - Maximum of 20 “Watch and Go” Spectators
 - Maximum of 4 using restroom facilities (Locker Rooms closed)

Facility Considerations / Guidance: Refer to meet invitation

Please see attached Facility Map for all ingress, egress, one way directional flow, specific designated “zones” and entrance exit points for all participants.

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