

The Candy Cane Race

Protocol and Extra precautions

December 19-20, 2020

As a response to the COVID-19 pandemic, The CCA Marlins swim team are strictly following the Phase 3 guidelines set by the state of VA, VA Swimming and defined by the CDC for pools including but not less:

INDOOR AND OUTDOOR SWIMMING POOLS

In Phase 3, indoor and outdoor swimming pools may open for free swim at 75% capacity (in Phase Three, only limited exercise and instruction was allowed), subject to the following restrictions:

- 10 feet of physical distance must be maintained between persons not of the same household.
 - Seating may be provided on pool decks with at least 10 feet of spacing between persons who are not members of the same household.
 - All seating (including lifeguard stations) must be cleaned and disinfected between uses.
 - Customer-facing employees other than lifeguards must wear face coverings.
 - Patrons should be screened upon entrance for COVID-19 symptoms.
 - Social distancing of spectators as well as athletes. No more than 25 spectators are permitted in the facility at one time. We are only allowing 6 parents viewing their kids races at a time.
1. There will be 8 Marshals assigned to ensure proper social distancing during the swim meet as following:
 - 2 Marshals assigned on each side of the Gym to ensure swimmers social distancing 10 feet apart unless if same family members, each needs to remain on their assigned squares wearing masks, until ready to go for their events, swimmers need to carry small zip locks for their masks to put them in right before their swims and wear them right after their races. (we will have zip locks available if needed)
 - 3 Marshals at the entrances (front entrance, back pool door entrance, parents viewing sliding door) to ensure proper Covid-19 screening and counting the number of spectators and swimmers on the deck and in the gym limiting it to 195 on the pool deck and 180 in the gym. All parents will remain in their cars or outside on the football field until it is time to watch their kid(s) swim

- 2 Marshal assigned in the starting blocks area and pool exit area to ensure proper exit and circulation of the swimmers finishing their races,
 - 1 Marshall assigned to check the parent's races viewing, to allow one parent per swimmer, and ask to exit the pool right after the race.
2. There will be a 5 minutes break between each warmup sessions to allow surface cleaning, another 15 minutes break between the warmup and session starting time to clean again. Surface cleaning will apply every time there will be a swimmer's recovery break, including bathrooms.
 3. There will be a constant reminder of the social distancing and guidelines from the meet announcer (every 15mnts),
 4. Only one parents allowed per family for all aged swimmers to view the heat.
 5. 8 and under parent can stay in the gym with their swimmer. No more than 25 parents may be in the gym with their 8 & under athletes,
 6. At the end of each race, swimmers will alternate exiting the pool, odd number lanes exit the pool first then even number lanes, to unsure social distancing walking back to their towels.
 7. We are using the whole pool deck to spread out 2 heats about to race, and have a parent viewing area assigned, as well as the entire gym with 3 courses to allow proper social distancing,
 8. There will be marked squares on the floor 10 by 10 to mark each swimmer's personal space

Expected number of swimmers participating in the entire meet is 80

Expected number of officials including dry deck and meet referee is 10

Expected number of coaches is 10

Expected number of volunteers, timers and Marshalls is 25

Expected number of spectators on the deck at one time is 6.

Pool deck limit/ Phase 3 guideline limit is 195 people, Total expected number on deck at any one time is: 35

Facility limit/ Phase 3 guidelines limit of sports events is 337, total expected number per session in the gym 80