

1. Describe current applicable federal, state, local, and facility orders regarding size of gatherings, testing, other COVID-19 protocols, etc. (include links where appropriate)

Virginia has now followed the Centers for Disease Control and Prevention guidance on wearing masks outside. Effective immediately, wearing a mask outside is no longer necessary when you're fully vaccinated and alone or in a small group of people. [Whether vaccinated or not], wearing a mask is required outside at concerts, sporting events, graduation ceremonies, and other situations where you're around a crowd of people. [Seventh Amended Executive Order 72](#).

Governor Northam also announced that Virginia will ease all distancing and capacity restrictions on Friday, May 28. The updates to Virginia's mask policy are reflected in amendments to [Executive Order 79](#) as follows:

Masks-Enforcement:

The use of cloth masks does not replace the need to maintain the appropriate physical distancing, clean and disinfect frequently touched surfaces routinely in all public settings, stay home when sick, and practice frequent hand washing.

Masks – Exceptions

Where required to wear a mask, the requirement does not apply to the following:

- a. While eating or drinking;
- b. Individuals exercising or using exercise equipment;
- d. Any person who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance;
- e. Any person seeking to communicate with people who are deaf or hard of hearing and for
- h. Persons with health conditions or disabilities that prohibit wearing a mask. Nothing in this Order shall require the use of a mask by any person for whom doing so would be contrary to his or her health or safety because of a medical condition.

Other Restrictions: Fitness and Exercise group classes are now limited to 250 people outdoors, recreational sports are allowed with spectator limits.

An outdoor venue is limited to the participants (players, coaches, staff) and spectators so long as the number of spectators is limited to the lesser of 50 percent of the occupancy load of the certificate of occupancy for the venue or 1000 spectators per field. *(Note from Jim McDonnell Lake Swim Committee: There seem to be no specific Virginia guidelines*

for Open Water Swim Competitions. We are therefore assuming that our outdoor event, falls under the general guidelines specified under 'Outdoor Venue' described here.)

Spectators must wear masks over their nose and mouth in accordance with [CDC guidance](#) and maintain 6 feet of physical distance between non-family members as defined in [Seventh Amended Executive Order 72](#).

2. Describe venue cleaning protocol for before the event, during the event, and after the event

Pool: I understand that Lake Newport Pool will have closed by our September 26 date, but we are requesting use of the bath house. I have a question in to RA about their pool bath house cleaning protocols and user limits and hope to have a response soon.

Other parts of venue:

We will clean with soap and water on all tables, chairs, surfaces (within reason).

We will provide hand washing stations with Alcohol-based hand sanitizers containing at least 60 percent alcohol.

We will have a cleaning crew for before, after, and during the event.

Cleaning staff will be provided with gloves, masks, alcohol-based cleaning sprays with throw-away cleaning cloths such as paper towels.

JMLS will adjust all processes, procedures, and requirements to meet all USMS and Virginia Covid-19 related requirements current at time of the event.

3. Describe face-covering requirements and enforcement for unvaccinated persons

All unvaccinated persons (swimmers, volunteers, timers, lifeguards, etc.) will be asked to wear masks at all times unless, Per VA Executive Order 79:

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Disposable masks to wear up to the start will be provided for all participants requiring one.
A large trash can will be provided in easy access as entrants enter the water.
A new mask will be provided as each entrant exits the water.

Volunteers, officials, timing staff, facility staff, pool lifeguards, lake lifeguards may wear their own VA approved mask, but masks will be available should they be needed.

Mask use will be on an honor system basis with participants self regulating.

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4. Describe modifications to registration and check-in area and process

We will place 6' spacing stickers for people in line.

We will promote the option for check in and packet/tee shirt pick up the day before to reduce lines on race day.

We will set arrival times for race one and race two with assigned holding spaces for those swimming both races.

We will set caps on number of registrants allowed, as required by VA Executive Orders.

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5. Describe warm-up social distancing requirements and enforcement

There will be no in-water warm up/warm down allowed.

6. Describe venue facilities that are available and off-limits to participants

Lake Audubon Pool: Again, there is a question in to RA regarding their requirements for use of the bath house.

The event venue includes two small parking lots, a swimming pool with bath house, and approximately an acre of lawn slope at the end of the lake for registrants to stage and store their belongings and for spectators.

The parking lots will be closed to vehicles and will become the staging area for registration, awards, timers, lifeguards, water craft personnel, first aid, and any other pieces/people needed to conduct the event. All registrants, volunteers, staff and spectators will be asked to park on the street and stage themselves on the lawn slope except when registering, using the bath houses or porta-John's, actively attending to their assigned volunteer or work position, in need of first aid, or lining up for the race start. Spaces on the lawn will be first come first served basis, with appropriate social distancing between family groups or 'pods'.

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7. Describe swimmer requirements for races (entering and exiting the water)

The referee will give a briefing.

All swimmers will be provided a disposable mask to wear to the starting line.

The referee will ensure that all are wearing a mask.

Starting line will be a starting grid of 25 swimmers each, assigned to 6'x6' squares. Each swimmer is assigned to a point on the grid on which to wait for their start.

Swimmers called to enter the water 5 at a time, by grid position, depositing masks in the trash as they enter.

Swim the race.

A fresh mask will be provided at the finish line for each swimmer as they exit.

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8. Describe other participant interaction modifications (awards, results, etc.)

We will publish results online only to avoid crowds at results posted on-site
We will not have post event award ceremonies or social events.

JMLS will adjust all processes, procedures, and requirements to meet all USMS and Virginia Covid-19 related requirements current at time of the event.

9. Describe post-event notification protocol, in the event that an attendee subsequently tests positive for COVID-19

If we become aware of COVID-19 exposure (i.e., an attendee tests positive shortly after the event and could have exposed other attendees), we will communicate to all attendees through email or other possible means the possible exposure times and locations so attendees may determine if quarantining and/or testing are needed.

