



RETURN TO PLAY PLAN

1. The Return to Play (RTP) plan establishes a working flexible plan with recommendations for 30-day, 60-day, & 90-day milestones.
2. No portion of the RTP plan will be begin ahead of the phases as announced by the Commonwealth of Virginia and guidelines provided by USA Swimming.
3. The RTP date will be identified when nearly 100 percent of the teams in the district are able to conduct in-water practices.
4. The following is a description of each phase:
 - Milestone I (1 to 30 Days): Establish RTP status for Virginia Swimming independently by district (Southwest, Southeast, Central, and North)
 - Must conform to public health guidelines and limitations
 - 30-days following the District RTP day resume sanctioning of meets.
 - Milestone II (31 to 60 Days not before July 1st): Competition can begin.
 - Must conform to public health guidelines and limitations
 - Target hosting of smaller meets or events with shorter events
 - Consider hosting virtual meets, dual meets, Intra-squad meets designed to controlled access and numbers of participants and spectators.
 - Milestone III (61 to 90 Days): Hosting competitions with few or no restrictions
 - Must conform to public health guidelines and limitations
 - Expanding event opportunities and number of entries per session
 - Potential for some regional competition opportunities
 - Beyond 90 Days: Virginia Swimming starts to establish a new normal
 - Must conform to public health guidelines and limitations
 - Potential for some LSC wide competition opportunities
5. Teams will be allowed to host meets that regulatory requirements, resources and availability permit. That is, meet formats which make sense for and fit the needs of your intended participants.
6. Teams are encouraged to share resources as some teams may have institutional or association restrictions not allowing them to practice like other area teams.
 - Wherever possible and practical neighboring teams should share practice time and resources especially in the case of teams who have no place to practice.
 - Teams should agree out of professional courtesy to discourage the acceptance of new transfers during the recovery (30-60-90 day) period.
 - Encourages common good and common goals during our recovery
 - Allows teams to stabilize operations while recovering from long shutdown
 - Prevents any team taking advantage of teams unable to resume in-water practices