NEW TRIER AQUATICS

RETURN TO POOL PLAN

ENABLING OUR ATHLETES TO SAFELY RETURN TO THE POOL

“ONE TEAM ONE FAMILY”

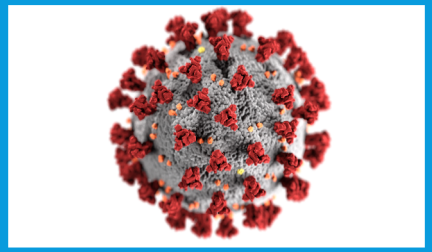
Mission Statement

The mission of New Trier Aquatics is to provide professional coaching and technical instruction year-round for athletes of all ages and abilities.
Through compassionate education and community engagement, the coaching and team staff members promote and develop good sportsmanship, fitness, healthy living choices, fun, self-discipline, and teamwork – for every athlete – from novice to national.

Vision Statement

New Trier Aquatics vision is to be recognized nationally as the leader in all of our sports, programs, and organization.
We strive to become the model for how a non-profit athletic organization can pursue excellence from the deck to the office and use that platform to promote a positive, safe and meaningful experience for all our members and our community.

RETURN TO POOL



CHLORINE AND COVID-19

RETURN TO THE POOL ROAD MAP

NEW TRIER AQUATICS FAQ

CHLORINE & COVID-19

IS IT SAFE TO SWIM?

CHLORINE AND COVID-19

- From the CDC…
  - Can the virus that causes COVID-19 spread through pool?
    - Proper Operation, maintenance, and disinfection (w/chlorine or bromine) of swimming pools should kill the virus that causes COVID-19.
      - Maintain proper disinfectant levels (1-10 ppm free chlorine and pH 7.2-8.0)
      - CDC's Model Aquatics Health Code has more recommendations to prevent illness and injuries at public pools.
- Additional Research
  - CDC
    - https://www.cdc.gov/healthywater/swimming/residential/disinfection-testing.html

World Health Organization

CHLORINE AND COVID-19

- From the WHO…
  - Virus type that causes COVID-19 is killed easily.
    - Enveloped viruses are easier to kill than non-enveloped viruses:
      - "Sars-CoV-2, the virus responsible for the COVID-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses"
    - The World Health Organization recommended chlorination level of 15mg.min/liter is sufficient to kill non-enveloped viruses such as poliovirus, rotavirus, and coxsackievirus, and an enveloped virus such as COVID-19 would would be inactivated at even lower levels.
- Additional Research
  - WHO
    - https://www.who.int/water_sanitation_health/bathing/srwe2full.pdf

CHLORINE AND COVID-19

- Additional Articles:
  - USA Swimming
    - https://www.usaswimming.org/utility/community-quarantine-resources
  - Swimming World
    - https://www.swimmingworldmagazine.com/news/2008-uni-of-arizona-research-called-for-more-study-into-survival-of-coronavirus-in-water/

UNDERSTANDING THE BASICS

Athletes are NOT permitted to attend practices if…

- They have a fever, cough, shortness of breath or difficulty breathing, chills, head ache, sore throat, new loss of taste or smell, or any other symptoms listed by the CDC.
- Anyone in their household has symptoms or tested positive for COVID-19.
- They have been exposed to anyone who has symptoms or tested positive for COVID-19
- They have traveled in the last 72 hours to a hot-spot location.

Athletes must come to practice…

- Wearing a swimsuit
- Pre-showered at home
- With a full, clearly marked water bottle
- Prepared to follow all physical distancing requirements

  Having used the restroom at home prior to workout

Waivers & Release of Liability

Hold Harmless Waiver

- Acknowledges that NTA is taking reasonable measures to ensure a safe environment for all participants

Parent/Athlete Responsibility Waiver

- Acknowledges responsibility of the parents and athletes for both attending the training, monitoring personal symptoms and potential consequences for non-compliance

In order to participate, all athletes and parents are required to attend a zoom training on protocols. Every athlete must have two waivers on file with the team.

Failure to comply will result in removal from workouts.

WHO IS ELIGIBLE FOR IN-WATER PROGRAMS?

At this time, we are only allowing in-water programming for athletes who have been continuing their commitment to the program, first through online dryland participation and secondly, through financial commitment on a monthly basis. **These are considered our Tier 1 athletes.**

WE DO NOT GUARANTEE THAT THERE WILL BE SPACE FOR ALL ATHLETES WHO WANT TO PARTICIPATE, REGARDLESS OF TIER STATUS AS WE ARE LIMITED ON POOL SPACE.

Tier 2 athletes are athletes who have paid a $100 retainer to return to program in the fall PRIOR TO JUNE 1.

Tier 3 athletes are athletes previously affiliated with our program but who have not made any financial commitment to our program for the summer.

Tier 4 athletes are new athletes to our program. Please understand that we are NOT accepting transfers from local programs this summer.

PLEASE NOTE: FOR THE 2020-2021 FALL/WINTER SEASON, ALL TRAINING GROUPS WILL BE LIMITED TO A MAXIMUM OF 24 ATHLETES IN ANTICIPATION OF FUTURE FACILITY RESTRICTIONS.

Please check with the billing office to determine your current tier status. We will be evaluating options for athletes beginning with Tier 2 once we have a stable schedule. Contact Kristen at kristent@swimntsc.org

RETURN TO POOL ROADMAP

ATTENDING IN-PERSON PROGRAMMING

RETURN TO THE POOL ROAD MAP
Centennial

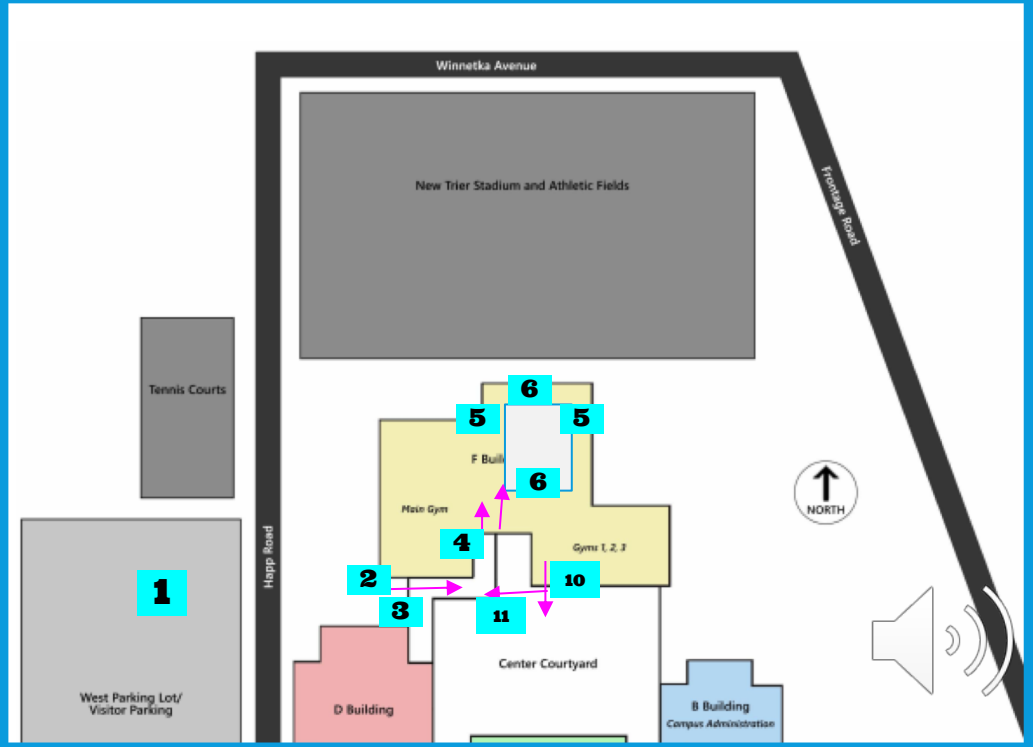
1) Enter Parking Lot (Mask)
2) Temperature/Symptom Check (Mask)
3) Sanitize Hands (Mask)
4) Proceed to Pool Entrance (Mask)
5) Set Down Personal Items (Mask)
6) Report to Assigned Space
7) Enter Assigned Space - 3 point
8) Practice
9) Dry Off and Retrieve Personal Items (Mask)
10) Athlete Departure (Mask)
11) Exit Gate (Mask)

Groups will not be allowed to line up for pool entry until the previous group has exited the pool and returned to their belongings

RETURN TO THE POOL ROAD MAP
Northfield Campus

1) Enter Parking Lot (Mask)
2) Temperature/Symptom Check (Mask)
3) Sanitize Hands (Mask)
4) Proceed to Pool Entrance (Mask)
5) Set Down Personal Items (Mask)
6) Report to Assigned Entry Space
7) Enter Assigned Space
8) Practice
9) Dry Off and Retrieve Personal Items (Mask)
10) Athlete Departure (Mask)
11) Exit Gate (Mask)

The next group will not be allowed to stage 2 until the previous group has exited the gate. Workouts at Northfield will be staggered 10-15 minutes apart.



ENTRY CHECK IN PROCEDURE

1) Enter Parking Lot
2) Temperature & Symptom Check
3) Sanitize Hands
4) Proceed to Pool Entrance Doors

ENTRY CHECK IN PROCEDURE

1) Parking Lot

- All vehicles entering the facility MUST use the designated entrance.
- Athletes should arrive no earlier than 5-10 minutes before practice begins
  - Indoor workouts require a 10-15 staggered entry.
  - Athletes should report to the entrance no more than 5 minutes before the scheduled workout time.
- Athletes should arrive already in their swimwear
  - Locker Rooms will not be available
- Athletes must be wearing a facemask upon arrival - whether arriving by bike or car
- Athletes are allowed to bike to the pool, but the team is not responsible for the sanitation of the bicycle
- Parents will not be allowed to exit their vehicle
  - The facility will remain closed to only coaches and staff during practice times.

ENTRY CHECK IN PROCEDURE

2) Temperature/Symptom Check

- All athletes will have their temperature taken by a touchless thermometer upon entry
  - Athletes will be asked if they have:
    - Specific Symptoms such as a Fever, Cough, or Difficulty Breathing
    - Been in Contact with someone who has symptoms or has tested Positive for COVID-19
    - Traveled to a hot spot location in the past 72 hours
  - This is kept as a daily log and serves as a resource in the event of an outbreak

Athletes with a 100.4 F fever or answering "yes" to any of the questions will not be permitted to enter the facility.

- Parents should remain nearby in the event an athlete is not cleared for participation

ENTRY CHECK IN PROCEDURE

3) Sanitize Hands

- Athletes are required to sanitize their hands with provided hand sanitizer.
  - We use a 70% alcohol solution
- Social distance markers will be placed on the ground ensure athletes are waiting their turn to sanitize are spaced 6ft or more apart

4) Pool Entrance

- Coach will be stationed at the Pool Entrance Door
  - Physical Distancing will be Strictly Enforced
  - Athletes will not be allowed to touch the doors
- Athletes will be Granted Access to the Facility in Accordance with Physical Distancing following a One Way Pattern
  - Indoor Facilities will have staggered workouts with 10-15 minutes gaps for clear entrance/exit

PRACTICE PROCEDURE

5) Set Down Personal Items

6) Report to Assigned Space

7) Enter Assigned Space

8) Practice

PRACTICE PROCEDURE

5) Set Down Personal Items

- Any items brought into the facility (Towel, clothes, shoes, or gear) shall be placed in an Individually Designated Area
- After practice, it is the athletes/families responsibility to disinfect any items set down at the facility.

6) Report to Assigned Starting Location

- Athletes will be given a Pre Assigned Starting location
- Athletes will Follow Signage and Flow of Traffic

7) Enter Assigned Location

- Athletes will enter their assigned lane with a three point entry.
  Athletes must sit down and slide in feet first with one hand guiding you into the pool

PRACTICE PROCEDURE

8) Practice

- Practices will have no more than three coaches on the pool deck at all times.
- Space Assignments will be constructed to comply with current governmental restrictions
- Athletes will need to provide their own equipment (NO EQUIPMENT WILL BE AVAILABLE)
- Athletes and Families are responsible for sanitizing equipment when it is brought home
- Workouts will be modified to account for the amount of time athletes have been out of the water
- Indoor workouts will not exceed 2 athletes per lane, regardless of phase at this time
- Athletes are prohibited from Spitting and Nose Wiping in or around the Pool Deck
- Athletes will be required to keep a minimum of 6 feet apart on-deck and maintain 10 ft distance in the pool
- Training groups at the same facility in overlapping times will be kept 30 ft apart
    - Siblings in shared lanes if necessary.
- No spectator seating on the pool deck or in the facility area (stands/lobby)

DEPARTURE PROCEDURE

9) Dry Off and Retrieve Personal Items

10) Athlete Departure

11) Exit Gate

DEPARTURE PROCEDURE

9) Dry Off and Retrieve Personal Items

- Athletes should put on a mask upon drying off their face FIRST
- The Locker Rooms will be closed.
- Athletes are not permitted to shower on site
- USA Swimming Rules specify that deck changing is not permitted
- Athletes need to plan to arrive and leave in their swimwear

10) Depart Facility

- Coach will be stationed at the Pool Exit Doors
  - All athletes will be required to wear a mask leaving the facility & sanitize hands upon departure
  - Physical Distancing will be Strictly Enforced
    - 6ft during arrival/departure; 10 ft during workouts
  - Following an Approved Flow of Traffic as determined by the facility

DEPARTURE PROCEDURE

11) Exit Parking Lot

- Athletes who are being picked up will be directed to make their way to the designated pick up zone of the parking lot, adhering to social distance protocol, to wait for their parent or guardian.
  - Please arrive no earlier than 5 minutes from the conclusion of the practice.
    - Athletes must be picked up within 5 minutes of the end of workout
    - Repeated failure to pick up athlete within the appropriate time will result in suspension of practice privileges
  - Vehicles entering the facility MUST use the Designated Entrance and Designated Exit
- Athletes who drove themselves will be directed to their vehicles to leave the facility in a one way pattern.
    - There will not be a normal level of socialization, athletes should not gather in the parking lot after the conclusion of the practice
    - Athletes riding a bicycle must wear a mask off the facility grounds.

FREQUENTLY ASKED QUESTIONS

NOT INTENDED TO BE INCLUSIVE OF ALL CONCERNS

PLEASE FEEL FREE TO ASK A QUESTION IN THE CHAT

QUESTIONS REGARDING BILLING OR TIER STATUS SHOULD BE DIRECTED TO THE BUSINESS OFFICE

KRISTENT@SWIMNTSC.ORG

COVID -19
FREQUENTLY ASKED QUESTIONS

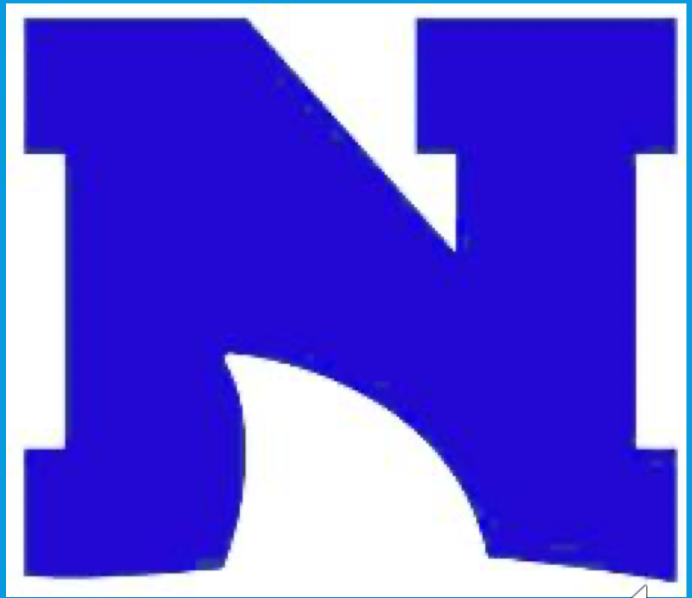
COVID-19 Symptoms

- What if my athlete has symptoms or suspected exposure?
- Athletes who are ill are not allowed to attend in-person programs
- Athletes with contact to someone with symptoms or under self quarantine will not be allowed at workouts for 10 days from contact
- Report any illness to your lead coach immediately so staff can trace and ensure safety of all of our athletes and families.
- Positive contact or test may result in practice cancellation depending on the contact for the safety of our team family

- **What protective gear is required?**

  Athletes are required to wear a facemask entering and exiting the facility.

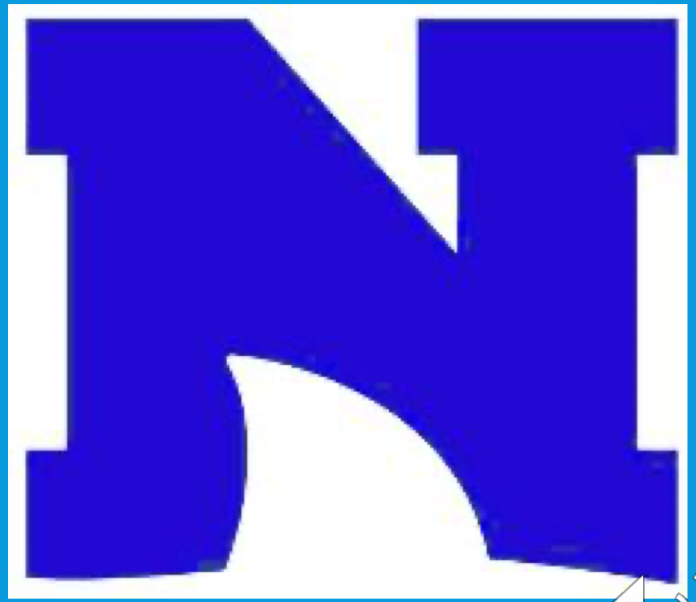
  ATHLETES ARE REMINDED TO KEEP 6 FEET APART WHILE ON DECK IN BETWEEN WORKOUTS



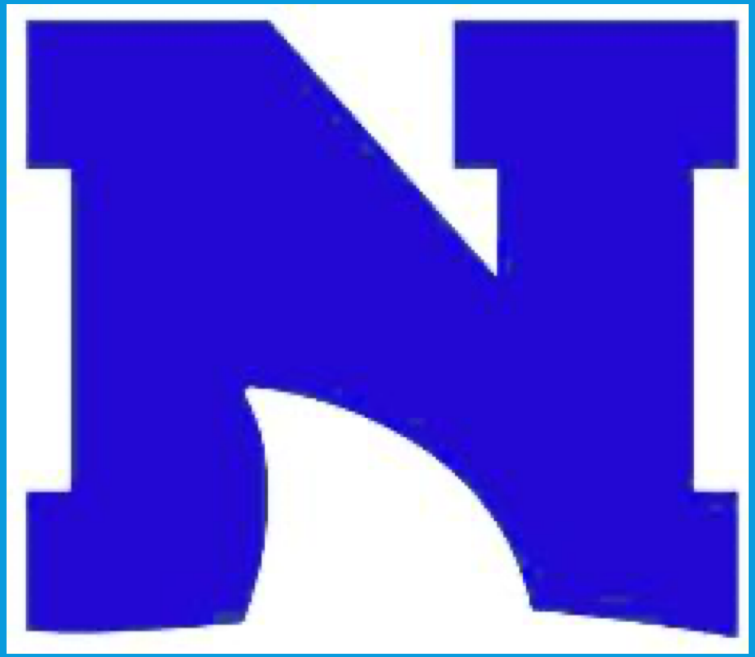
COVID -19
FREQUENTLY ASKED QUESTIONS

What precautions are coaches taking to keep the athletes safe?

- Coaches will be have their temperature taken and screened before their scheduled practice.
- Coaches will be wearing a facemask, gloves, and have hand sanitizer available.
- Coaches will keep 6' social distancing except in the event of an emergency situation
- Coaches will not coach on deck in excess of 4 hours per day to limit exposure
- Coaches will arrive 30 minutes prior to workouts to prepare the facility for athlete arrival
- Coaches will depart 15 minutes after the last athlete to disinfect appropriately
- Coaches with contact to someone with symptoms or under self quarantine will not be allowed at workouts for 10 days from contact
- Coaches with symptoms will not be able to work until a negative test or 10 days without symptoms

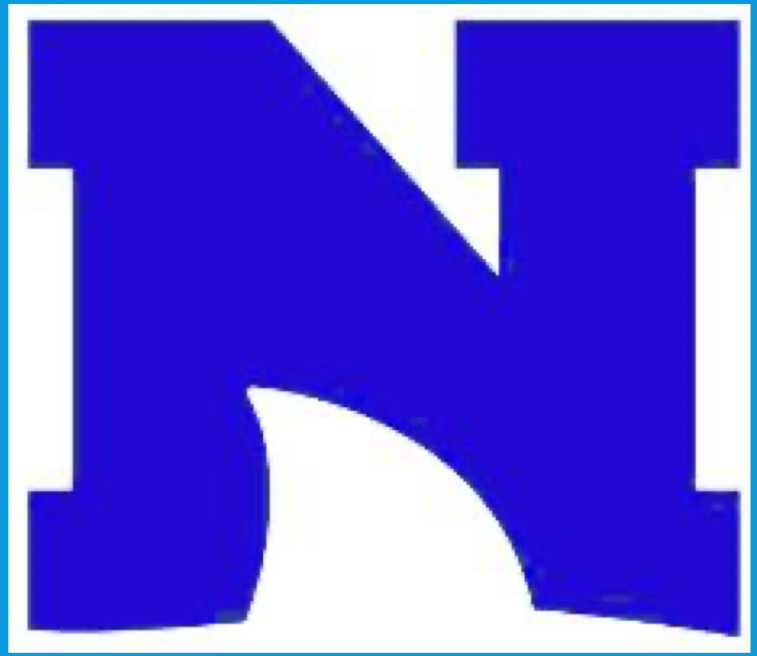


PRACTICE PREPAREDNESS
FREQUENTLY ASKED QUESTIONS



- **Can my athlete borrow equipment?**
  - NO. Athletes must have all required equipment.
- **Can my athlete participate if they are late to practice?**
  - Athletes arriving more than 5 minutes after the start of workout will have to wait until the facility & coaches are ready to manage their arrival without compromising safety of athletes who are on time.
  - Repeat Late Arrival will result is suspension from practice access
- **Can my athlete leave equipment at the facility?**
  - All personal items/equipment must be taken home at the conclusion of the workout.

LOCKER ROOM
FREQUENTLY ASKED QUESTIONS



Can my athlete take a shower or use the locker room after practice?

- No, out of an abundance of caution the locker room will not be available for use as we cannot guarantee that they can be cleaned between each practice group. Athletes are advised to shower at home

Can my athlete change in the locker room after practice?

- No, the locker rooms will not be available for use as we cannot guarantee that the facility can clean in between each practice session.

Can my athlete deck change?

- No, USA Swimming rules prohibit deck changing. Athletes will be required to enter and leave the facility in their swimwear.

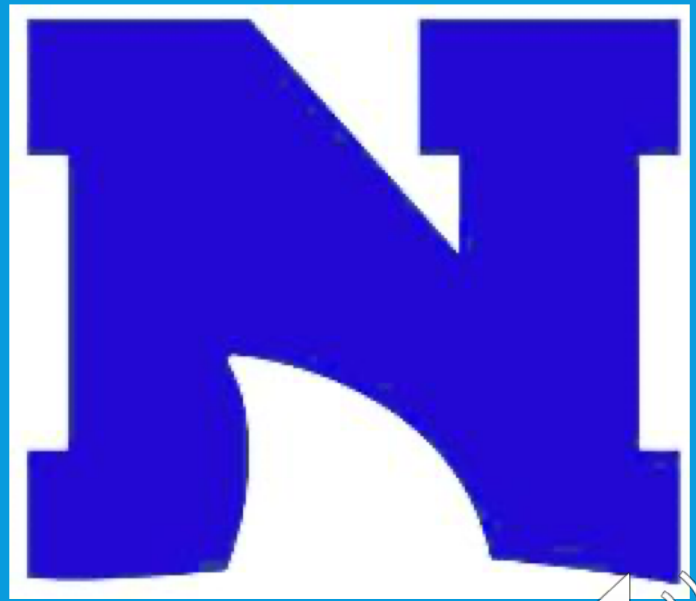
Where should my athlete go to the bathroom?

- Athletes should use the bathroom at home prior to coming to practice. In an emergency, athletes will be able to use the family locker room located next to the guard office. Athletes should NOT plan to use the bathroom during practice time.

TRAINING GROUPS
FREQUENTLY ASKED QUESTIONS

Can my athlete switch practice groups if the workout time doesn't work for a particular day?

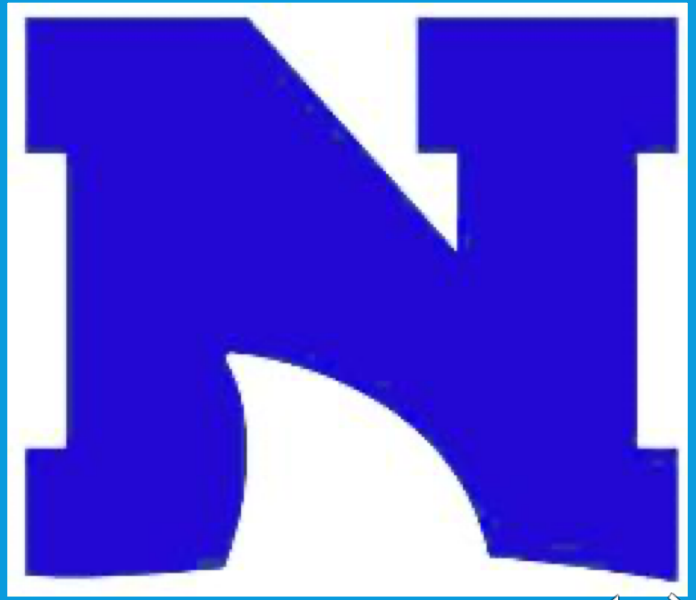
- Training Group - the overall group an athlete participates with
  Performance: SHP, SP, JP, A10, D7, 18 U Varsity
  Advanced: SA, JA, A9, D6, 14 U, 18 u Junior Varsity
  Development: SR, JR, A8, D5, Novice
- Practice Group - a sub-set of the Training Group that exists in restricted training environments - either Phase 3 or indoor training, as well as online modules in Phase 2
- During Phase 2 - all programming is online and practice times will be assigned. Online ratio is 2:16 or 3:24 to be covered under our insurance with USA Swimming/USA Water Polo
- During Phase 3 - workouts are going to be very static at a low ratio of 1:10 or 1:12 and athletes will not be allowed to switch practice groups
- During Phase 4 - most training groups will be able to practice together but all athletes must attend their scheduled practice time. Our preferred Phase 4 limit is 3-4 athletes per lane with strict social distancing.



PRACTICE SCHEDULE
FREQUENTLY ASKED QUESTIONS

Will the practice times be our normal practice schedule?

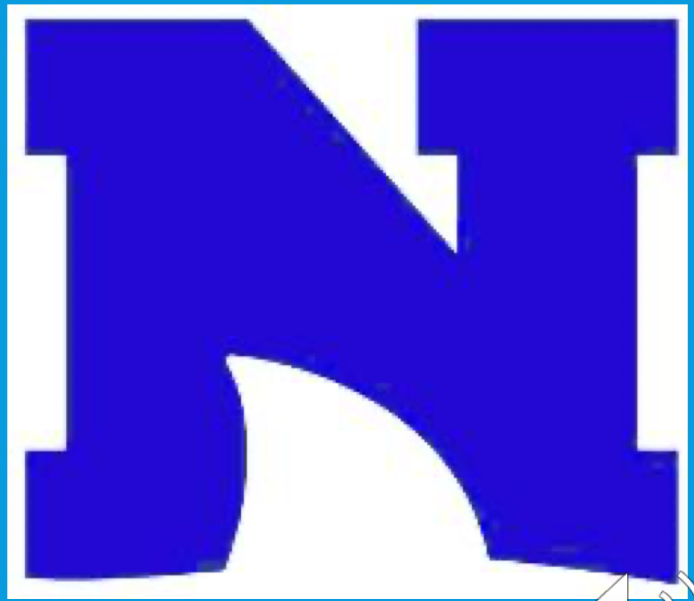
- Due to social distancing measures, practice times will be shorter, and may have a 15 minute gap interval between practice slots, and limited athletes practicing at the same time.
- Practice schedules are determined weekly as we adjust to the fluid nature of governmental restrictions and facility access.
- **Phase 2:** All programming will be online.
- **Phase 3:**
  Athletes will be assigned to a specific practice group, of no more than 10-12 athletes to comply with the Illinois Department of Health regulations.
  Schedule Priority will be given to Performance and Varsity programming. Advanced, Development and Junior Varsity programs will have workouts, but less frequency/length
  All Dryland will be online
- **Phase 4:**
  Athletes will practice with their training group (no larger than 24 athletes or as space permits) and workouts will be predominantly in-person.
  Indoor programming will be restricted to a 1:12 or 2:12 ratio with 10-15 minute transition breaks.
  All Dryland will be online.



TRAVEL
FREQUENTLY ASKED QUESTIONS

Can we travel during this time and does that limit my athlete's ability to workout with the team upon return?

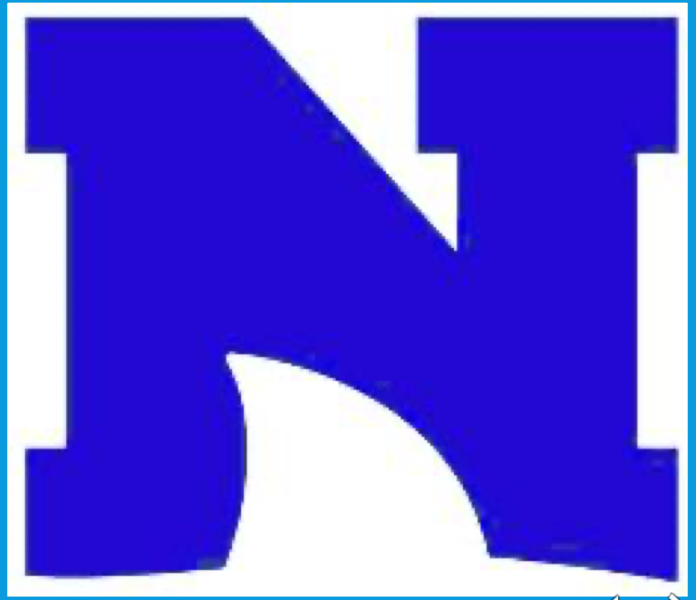
- We ask that all travel be done with consideration for the current climate and that all precautionary measures are taken
- Hot Spots are noted in compliance with City of Chicago travel restrictions.
- **Phase 3:**
  After all travel, athletes will be asked to take 72 hours away from in-person workouts. Travel to Hotspots will need to have a 14-day self-quarantine. Online participation is encouraged.
- **Phase 4:**
  Families are asked to make good choices while traveling.
  Hot Spot travel will require 72-hour suspension from in-person workouts. Online participation is encouraged.
- **Regardless of phase**, athletes traveling internationally (Including Mexico & Canada) will be asked to stay out of in-person programming for 14 days.
- You will not be eligible for prorated fees.



MASTERS/COLLEGE ATHLETES FREQUENTLY ASKED QUESTIONS

How is the Masters/College Set-up Different?

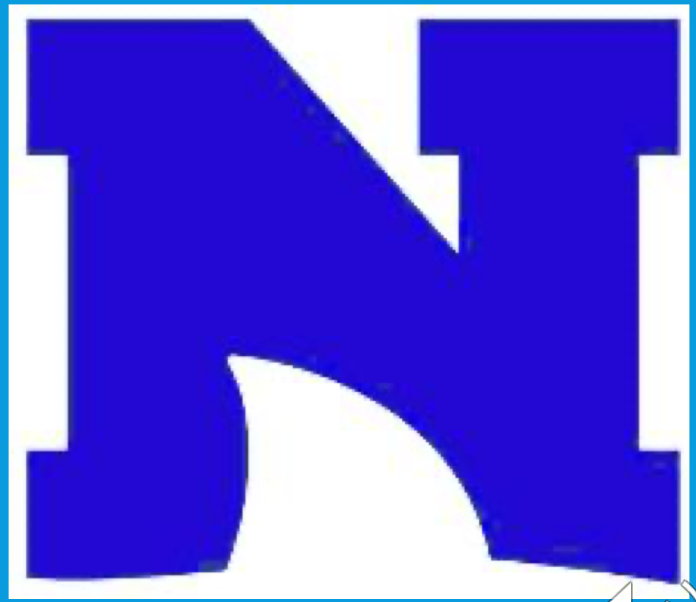
- Masters & College athletes will need to sign up to participate in workouts and will be limited to 16 athletes per workout at Centennial, and 2 per lane at all indoor facilities.
- Masters will be charged $100 per month
- College athletes will be charged $100 registration fee (USA Swimming) and $100 per month for participation
- During Phase 3 we will NOT be using equipment
- Athletes will be starting on opposite ends
- Athletes are asked to limit to 3 workouts per week to allow for everyone to have an opportunity to swim during the initial phases.



PARENT
FREQUENTLY ASKED QUESTIONS

Are parents or spectators allowed at the facility?

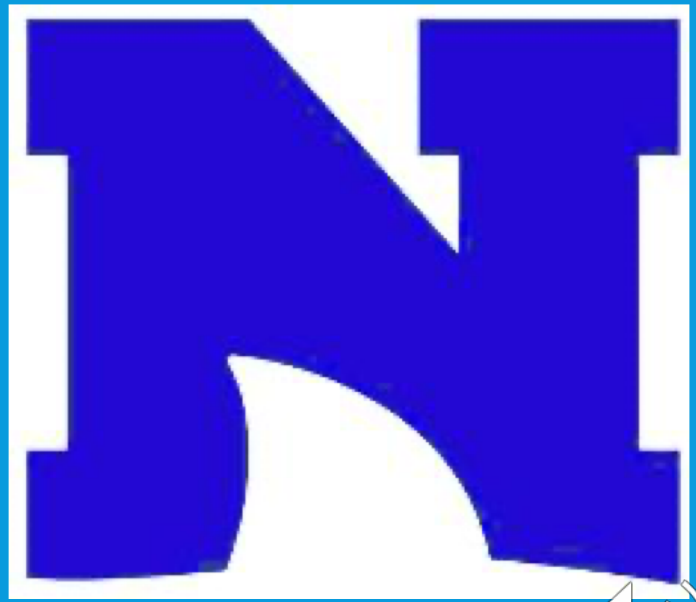
- Parents are asked to stay in the parking lot until their athlete has been cleared
- Parents and Spectators are NOT allowed at the facility at this time to reduce the number of individuals in the space. This is an Illinois State Guideline
- Parents must remain in their vehicles if they wish to stay on the premises. This is encouraged for our parents of younger athletes.
    - Parents are not allowed to wander the facility property during workouts



INCLEMENT WEATHER FREQUENTLY ASKED QUESTIONS

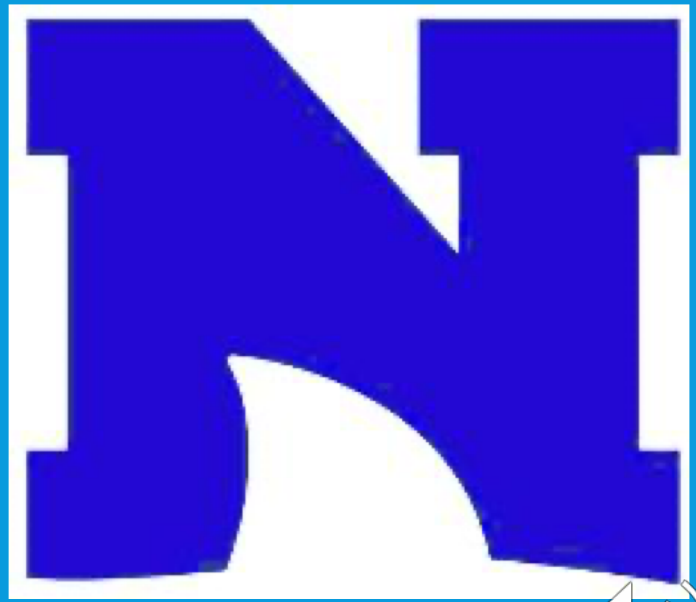
What about in case of a weather emergency for outdoor facilities?

- **Tornadoes/Tornado Warning**
  - Athletes will be moved into the locker rooms with masks & required to stay 6ft apart
- **Thunderstorms**
  - Practice will be ended in the event of thunder.
  - Parents should stay nearby if it becomes dicey - alerts will be sent out in OnDeck
  - Athletes should be picked up ASAP
  - Athletes will be spaced out 6 ft apart in a sheltered areas with Masks
- **Extreme Heat**
  - Athletes should make sure to have sunscreen on and sufficient water.



CLOSING REMINDERS

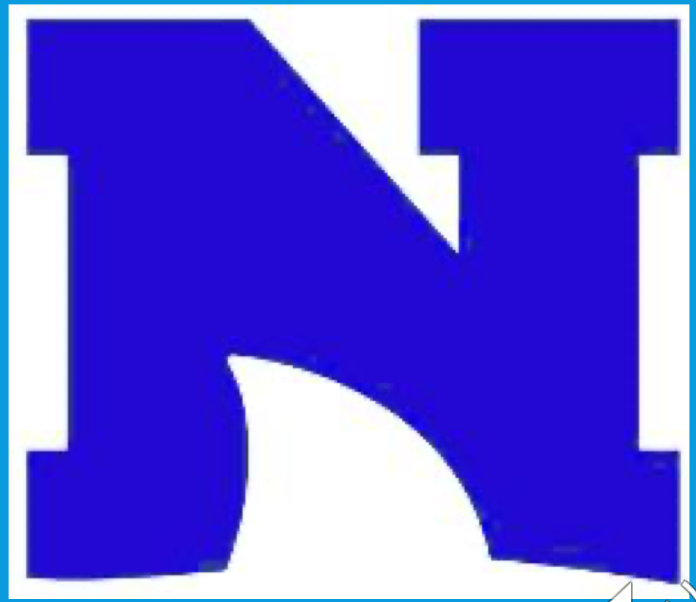
- Please be aware of current climate when travelling and adhere to all policies & protocol upon return
- Do not approach the pool until you have been given instruction to do so
- Please remember to go to the bathroom PRIOR to workout
  - Please notify staff ASAP if emergency
- Sit & Slide into the pool
- TECHNIQUE and SMOOTH
- STAY AT LEAST 6 FEET APART AT ALL TIMES
- After Practice - Dry off face & MASK UP FIRST
- Leave within 5 minutes of arriving at your gear



ADDITIONAL QUESTIONS

Any additional questions? Either UnMute or Put in the Chat.

If you have questions that specifically relate to your athlete, please do not hesitate to contact your coach or the billing department - kristent@swimntsc.org

Please complete the waivers prior to your athlete's first workouts.

Thank you!