

Stingray Swim Team Training Protocol
COVID-19 Mitigation Plan
Updated July 30, 2020

Social Distancing

- Stingray Swim Team members only.
- All participants and coaches (who are not members of the same household) must maintain a minimum of 10 feet social distance during training, as displayed with appropriate markings, and a minimum of 6 feet social distance when arriving/leaving the training area.
- Coaches must wear face coverings at all times.
- Attendance will be taken each day in the event contact tracing is needed.
 - Any person with symptoms consistent with COVID-19, has exhibited a fever in the past 72 hours, or has knowingly been in contact with a suspected positive case of COVID-19 within the past 14 days, may not participate

Hygiene

- Stingray Swim Team will provide hand sanitizer
- Coaches and athletes will frequently sanitize hands
- No shared equipment will be used except kick boards, which will be disinfected before/after use

Staffing/Operations

- Stingray Swim Team has trained all coaches regarding these requirements and COVID-19 Mitigation Plan
- Coaches who fall ill will abide by CDC guidance on return-to-work policies

Cleaning and Disinfecting

- Frequently touched surfaces will be sanitized regularly by SST staff. Single use restroom will be sanitized after each use by SST staff. Locker rooms will be sanitized daily by UAF staff.
- Following a participant's positive COVID-19 test, if participant was at facility while infected, training will be shut down for a period of at least 72 consecutive hours to allow for natural deactivation of the virus.

Additional Information

- Athletes are required by UAF to wear face coverings when not in the water.
- Travelers from anywhere outside of Alaska must follow State Health Mandate 10.1, revised June 5, 2020. This mandate requires COVID-19 testing, self-quarantine, or a combination of the two. More information and the full mandate can be found here: <https://covid19.alaska.gov/travelers/>