



The MLAC COVID-19 Protocols are an implementation of best practices from other aquatics facilities, guidelines from governing bodies, and requirements from local, state, and federal authorities. The requirements and guidelines were adapted for our community facilities.

COVID-19 is an illness with potentially serious consequences that is transmitted by body fluids. While proper pool sanitization likely prevents the spread of viruses in water, the corona virus can be spread in air, making mitigating protocols necessary to achieve a reasonable risk. Parents and swimmers must decide if this risk is acceptable and sign a waiver to indicate their agreement to participate.

Assumptions:

1. Protecting the health and safety of all members of the MLAC community will be sustained as the highest MLAC priority.
2. Members of the MLAC community who choose to participate in summer swimming will sign a participation waiver and cooperate with the protocols in the best interest of the community.
3. Practices will be held outdoors, will be short, and will be conducted with reduced attendance.
4. Pool operators have enhanced protocols in place (e.g., cleaning, staff use of masks).
5. Coaches will wear appropriate personal protective equipment as directed by the head coach.
6. The plan was written for the Bower Hill location but is generally applicable to other facilities. Consistency in protocols will help achieve the best compliance.

Protocols:

1. Swimmers must be asymptomatic for COVID-19 (e.g., no fever within 48 hours, cough, or shortness of breath) and have not been exposed to anyone diagnosed with COVID-19 within 14 days prior to attending each practice.
2. Coaches will observe swimmers for symptoms of COVID-19. Any sick swimmer (regardless of the reason) will be excluded from practice and sent home immediately.
3. Swimmers should prepare for practice by washing their hands with a disinfectant soap or hand sanitizer before coming to the pool, dressing for swimming (no locker rooms will be available), using the bathroom immediately prior to attendance (bathrooms at the pool will only be available for emergency use), and bringing only the necessary equipment (e.g., goggles, cap, towel and an already filled personal water bottle) to practice. If a bathroom is used, the coaching staff will inform the pool operator so cleaning can be performed as appropriate.
4. Swimmers should arrive at the pool ten minutes before their designated practice time and be ready to follow coaches' instructions for lane assignments.
5. Swimmers should follow social distancing guidance and wear masks while entering the pool area and throughout practice. Swimmers shall place any necessary personal items (e.g., towel,

clothes) on a unique lawn chair (which are positioned six feet apart) before getting in their assigned lane. Swimmers will not make physical contact with others (e.g., giving a hug, shaking hands, or putting on each other's caps.)

6. Parents will not enter the pool area but may remain in their vehicles to observe practice. Parents should observe social distancing guidelines. In the event of potential inclement weather (e.g., lightning), parents must stay in the parking lot. In case of lightning, swimmers will be directed to return to their cars until the pool reopens.
7. Swimmers will be spaced approximately five to a lane by the coaches, starting at marked locations along the lane. The goal is to circle swim at an equivalent pace to maintain social distancing. There will be no passing. Please see the attached pool for spacing explanation.
8. At the conclusion of practice, swimmers will exit at the far side of the pool, collect personal items and after the incoming swimmers have entered the pool, exit the pool area while maintaining social distancing. No extra-curricular or social activity should take place after practice.
9. When exiting the facility turn right onto Bower Hill Road for safety and to prevent backing up the parking lot.
10. Swimmers should shower and change at home after practice and wash thoroughly.
11. If you contract COVID-19 or have been exposed to someone who is positive for COVID-19, inform the coaching staff immediately. The coaches will be keeping a daily log of which swimmers swam together in each lane to aid health authorities with contact tracing. Anyone who swam together in the same lane will be required to self-quarantine from practice for 14-days.
12. MLAC requires its members to adhere to all federal, state, and local mandates, including the Allegheny County Department of Health requirements.

Reference Documents:

1. [USA Swimming Guidance](#)
2. [CDC FAQs](#)
3. [Interim Guidance for Businesses and Employers Responding to Coronavirus Disease \(COVID-19\), May 2020](#)
4. [Pennsylvania COVID-19 Guidelines](#)
5. [Pennsylvania Department of Health Summer Recreation, Camps and Pools FAQ](#)
6. [OSHA Guidance on Preparing Workplaces for COVID-19](#)
7. [Allegheny County COVID-19 Guidance](#)

Please contact Jesse McBurney-Rebol if you have any questions about the protocols:
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