SVSC Guidelines and Action Plan for Return to Sport

Seneca Valley Swim Club is committed to providing a safe environment for our swimmers, members, and staff. As such, SVSC has developed a thorough plan, with rules and steps to safeguard the athletes and coaches, both in the pool and on deck, while using the SV natatorium.

**Access & Entrance procedure to the building:**

* Swimmers will enter the building via the back-hallway doors near Nextier Stadium. We ask that only swimmers enter the building. No additional family members are permitted.
* All individuals who enter the building must wear a face covering such as a mask, unless they fall under Section 3 of the PA state exception list, and have provided valid documentation. Anyone who does not have a mask or face covering will not be admitted.
* Every athlete and coach will have their temperature taken at the door, and only those with a temperature of 100.3 degrees or less will be admitted. Any Individual with a temperature of 100.4 degrees or higher, or shows symptoms of being sick, will be sent home.
* Coaches will ask each athlete how they currently feel, if they have been in contact with anyone who has show symptoms of being ill, and if they have traveled to a state with elevated cases of COVID 19.

**On Deck Procedures**

* Athletes and Coaches will remain 6 feet apart from each other on pool deck and will place their bag/belongings on deck with ample distance apart. Changing in the locker rooms is prohibited.
* Athletes may remove their mask only prior to entering the pool and must put on the mask immediately upon exiting the pool.
* Athletes will enter the pool, one at a time from opposite ends of the pool and each lane will have no more than 5 swimmers. All swimmers must be staggard so as to maintain at least 6 feet between them at all times.
* Athletes will have no less than 5 minutes and no more than 10 minutes to dry off and put their clothes on. No socializing will be permitted during this time.

**Exiting the Natatorium**

* Athletes and Coaches must wear a mask or face covering until they are inside of their vehicle.
* In order to limit the number of people in the pool area, the next practice group must remain outside, while also maintaining a distance of 6 feet apart, and will wait until the 1st group has exited the pool area. After the pool deck has been cleared, the next group will be permitted to enter the pool and will be screened.

**Other Key Notes:**

* The SVSC Board President will serve as the primary point of contact for all questions related to COVID-19
* Plan of Action in the event an athlete, or coach fall ill:
  + After an athlete or coach falls ill, an email will be communicated to the membership letting them know someone has become ill.
  + That person and the group that was practicing must remain out of practice for 48 hours. Anyone who shows or continues to show symptoms of being sick will not be permitted back to practice until a Negative COVID-19 test can be presented.
* The SVSC membership and staff has reviewed USA Swimming’s return to practice procedures and has been operating by through guidelines since returning to practice.

