



Return to the Pool Mitigation Plan  
Midnight Sun Swim Team

**I. Introduction and Goals**

- A. It is the top priority of Midnight Sun Swim Team (MSST) to follow all the health mandates issued by the Alaska Department of Health and Social Services (AKDHSS) along with the information provided by the Centers for Disease Control and Prevention (CDC), USA Swimming, and Alaska Swimming.
- B. The goal of this plan is to keep everyone safe and healthy. **ALL** MSST Members (coaches, parents/guardians and swimmers) and are responsible for the safety and health of our members.

**II. All MSST Members: Prepare to Swim**

- 1. **Do NOT** come to MSST practice/events if you have COVID-19 signs and symptoms\*, fever in the past 72 hrs, and known exposure to COVID-19 positive individual (s).
- 2. MSST will comply with Anchorage Emergency Orders 19 on Organized Sports for Competitions held in Anchorage:  
<https://www.muni.org/covid-19/documents/eo-19%20attachment%20e%20operating%20criteria%20-%20organized%20sports.final.pdf>
- 3. For out of State travel, follow the most current travel recommended guidelines by the AKDHSS located at:  
<https://covid19.alaska.gov/wp-content/uploads/2021/02/02.14.21-Health-Advisory-2-International-and-Interstate-Travel.pdf>
  - a) MSST will not restrict household members/swimmers from practice and/or events if the traveling MSST Member has met the AKDHSS travel mandate requirements.
  - b) These rules do not apply to fully vaccinated members.

**III. During Swimming:**

- A. FNSB mitigation plan requires all visitors to the pool to wear a cloth face covering\*\*\*. Coaches and swimmers are permitted to remove cloth face covering after entering the blue gate.
- B. Parents/Guardians are permitted in the bleachers with masks and six feet social distancing observed, use of good hand hygiene and cough etiquette. (It is acceptable to leave your swimmer and return at the end of practice.)
- C. Swimmers:
  - 1. Locker rooms will be available prior to practice. After bathroom use, take a rinse shower and sanitize hands before re-entering the pool.
  - 2. Have a water bottle filled and ready to use.
  - 3. Use hand sanitizer, practice good hand hygiene and cough etiquette\*\*.
  - 4. Place street shoes in designated location before entering the pool deck.
  - 5. Enter through the blue gate. Exit through the 2nd blue gate.
  - 6. Place personal items on deck away from other swimmer's personal items.
  - 7. Shower before entering the pool at the shower on deck.
  - 8. Coaches will pre-screen swimmers prior to the start of practice.

**Vision-** Excellence in character and athletic performance

**Mission -** Midnight Sun Swim Team's mission is to promote good sporting conduct, self-discipline and self-confidence while improving swimming ability for all members.



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### Midnight Sun Swim Team

9. Maintain six feet social distance from fellow swimmers, coaches, parents, FNSB staff at all times.
10. Stay in your assigned/designated area throughout practice and as directed by the Coach.
11. Do NOT share equipment, goggles, caps, suits, water bottles with other swimmers. Swimmers will only utilize and/or grab equipment when instructed by the Coach.
12. After Swimming:
  - a) Locker rooms will be available after the workout. Locker room showers are open. Locker room bathrooms are open
  - b) Swimmers will have 15 minutes to change and exit the building after practice.
  - c) Gather belongings and place cloth face covering back on. Exit Hamme pool deck as soon as reasonably possible.
  - d) Wash or use hand sanitizer after practice.
  - e) Do not congregate in the lobby or bleachers.
  - f) Parents/Guardians: Be ready to pick up your swimmer 15 minutes before practice is over. Pick up swimmer(s) on time...ALWAYS.

#### IV. COVID Positive MSST Member:

- A. In the unfortunate event that one of our MSST Members becomes COVID positive, they must have clearance before returning to practice and/or MSST events from the State of Alaska Public Health.

#### V. MSST Prospective Swimmers:

- A. All prospective swimmers must be pre-screened in accordance with the RTTPMP and follow the current health mandates and guidelines for the State of Alaska.
- B. All prospective swimmers and family members must comply with the FNSB current policies.

#### VI. References:

- A. \*Signs and symptoms of COVID -19:
  1. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- B. \*\*Hand hygiene and cough etiquette
  1. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
  2. <https://www.cdc.gov/handwashing/>
- C. \*\*\*Cloth Face Covering
  1. <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/coveryourface.aspx>
- D. USA Swimming Facility Reopening Plan Guidance
  1. [https://www.usaswimming.org/docs/default-source/coaching-resourcesdocument/s/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32\\_2](https://www.usaswimming.org/docs/default-source/coaching-resourcesdocument/s/covid-19-team-resources/facility-reopening-plan-guidelines.pdf?sfvrsn=8a533a32_2)

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