

VIKING SWIM CLUB MITIGATION PLAN

SCHOOL RISK LEVEL - INTERMEDIATE - YELLOW

The Viking Swim Club Board and coaches, like you, are excited to return to the pool as soon as safely and practically possible and within the Governor's, Local Borough, and the CDC's guidance. As we begin to phase in our return to swim, please prepare to implement the following protocols along with local health professionals, infectious disease specialists and the Centers for Disease Control (CDC) guidelines and Petersburg Parks and Recreation protocols.

Preparation Requirements:

All coaches are certified in the following courses and are up to date. This meets USA Swimming requirements of a certified coach:

HEAD COACH & ASSISTANT COACH REQUIREMENTS:

- 1) Foundations of Coaching 101 and 201 (USA Swimming Requirement – Never Expires)
- 2) Safety Training for Swim Coaches (Renewed every 2 Years)
- 3) Concussion in Sports (Renewed every 2 Years)
- 4) Athlete Protection Training (Renewed every 2 Years)
- 5) National Background Check (Renewed every 2 Years)
- 6) COVID19 Waiver

VSC VOLUNTEERS

- 1) Athlete Protection Training (Renewed every 2 years)
- 2) Concussion in sports (Renewed every 2 years)
- 3) National Background Check (Renewed every 2 years)
- 4) COVID19 Waiver

1. Electronic version of the mitigation plan will available to all interested parties on the Viking Swim Club website, <https://www.teamunify.com/Home.jsp?team=asvsc>.

2. All participants will be delivered the mitigation plan verbally at the first gathering. A copy is available for viewing upon request.

Post entry signage

1. Notifying the public of the Organization's COVID-19 Mitigation Plan. Hard Copy available at practice site.
2. Any person with a positive COVID test or symptoms consistent with COVID-19 may not participate.

Risk Warning

A COVID-19 Awareness form must be completed by both the participant and the parent/guardian prior to participating.

Designated Event Monitor

VSC will designate an employee/volunteer on-site responsible for monitoring and following all sanitation protocols; as well as employees, officials/referees, coaches and support staff will help enforce all hygiene protocols; as well as provide handwashing capability or sanitizer; as

well as prohibit sharing of food and drinks among non-household members.

Staffing and Operations

VSC will provide training for employees and volunteers regarding the COVID-19 Mitigation Plan and state mandates. Employees and volunteers are strongly encouraged to wear cloth face coverings in accordance with Health Alert 010 – Recommendations Regarding the Use of Cloth Face Coverings http://dhss.alaska.gov/dph/Epi/id/SiteAssets/Pages/HumanCoV/SOA_04032020_HealthAlert010_ClothFaceCoverings.pdf

VSC will conduct pre-shift staff health screening of on-site staff and maintain staff screening log. Employees and volunteers may not come to work, provide in person or on-site services who:

1. Have a positive COVID test result or are exhibiting the current CDC recognized symptoms consistent with COVID-19
2. Has knowingly been in contact with a suspected or positive case of COVID-19 within the past 14 days
3. Are within 72 hours of exhibiting significant symptoms or a fever
4. When in recovery from a case of COVID-19, are within 14 days from onset or less than 72 hours since the end of significant symptoms or fever
5. VSC will follow current state mandates for Interstate Travel.

Return to Swim Minimum Requirements:

Section 1: Attendance

- a. An attendance log will be maintained and be present for each day and event occurring at site, including phone numbers to facilitate contact tracing of a confirmed exposure.

Section 2: Participants

- a. Participant(s) means any person who is participating in the sporting or recreation activity or event, or is the parent or legal guardian of a minor who is participating in the activity or events.
- b. If a minor is the participant, the parent or legal guardian must fill out the required forms and fulfill the assurance required on behalf of the minor child(ren) in their care.

Section 3: Health Status Screening – Participants, Coaches, Staff, and Spectators

- a. Coaches, Staff, and/or Designee will require health status agreements during registration, setting of roster, etc.
 1. Electronic agreements are preferred.
 2. If the agreement is in person, pens and touch screens must be sanitized before and after each use.
- b. Participants must agree not to participate in a sport or activity if they:
 1. Have a positive COVID test result or are exhibiting the current CDC recognized symptoms consistent with COVID-19;
 2. Have knowingly been in contact with a suspected or positive case of

- COVID-19 within the past 14 days;
3. Are within 72 hours of exhibiting significant COVID-19 symptoms or a fever;
 4. When recovering from a case of COVID-19, are less than 14 days from onset or less than 72 hours since the end of significant symptoms or fever.
 5. VSC will follow current state mandates for Interstate travel.
- c. Temperature Checks: Coaches and participants will be asked to have their temperature taken prior to entering any school facility. Any entrant that possesses a reading of 100.3 F or higher according to CDC definitions of reportable illness for contagious disease will be denied entry.
1. A staff member and/or coach and/or designee will use an infrared non-contact forehead thermometer to take the temperature of all coaches and swimmers that enter the field and/or facility.
 2. Temperature checks will be recorded on a log sheet along with required information from Section 1b.
- d. Participants must agree to inform someone from the Organization within 24 hours if they have a positive COVID test result or become sick with COVID symptoms-so that other participants can be informed that a fellow participant became sick and they should monitor for symptoms and practice recommended social distancing measures.
- e. The Organization must follow the facility's mitigation plan regarding spectators. The Organization must communicate and enforce the facilities rules about spectators.

Section 4: Symptoms

- a. Any coach, swimmer, parent, official and or spectator who is sick, has a persistent cough, is running a temperature or is displaying any symptoms suggesting that the individual may be ill, (from any contagious malady, including cold, flu, or suspected coronavirus) will be prohibited from attending. A minor who is displaying any of these symptoms should be safely isolated, in a designated separate room, until an adult responsible for the minor can remove the minor. Isolation room is available until the adult responsible for the minor can be removed. Swimmers, coaches, parents, or spectators with a positive COVID test result or with any symptoms of COVID should not attend any training sessions or competitions.

Section 5: Minimize Physical Contact

- a. **No Handshakes/Celebrations:** with social distancing practices, swimmers and coaches should refrain from handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. Coaches shall ensure that physical touching between both swimmers and coaches be avoided.
- b. We understand that this may be difficult as swimmers enjoy celebrating with their teammates (or even give them a hug after being apart for so long!), but we need to be diligent at enforcing this protocol for the health and safety of our swimmers and their families.
- c. All swimmers, coaches, staff, and spectators should practice social distancing of 6 ft. wherever possible, especially in common areas. Of course, this won't always apply to swimmers while engaging in the sports activity.

- d. Physical distancing for athletic events and participants should occur as much as possible between non-household members. Spectators should maintain social distancing protocol between non-household members. Organizations will assist the facility in setting up visual indicators of proper spacing in appropriate areas, including at check-in stations and along sidelines. Cloth face coverings for participants should be encouraged, according to Health Alert 010 – Recommendations Regarding the Use of Cloth Face Coverings.
- e. Coaches are strongly encouraged to wear appropriate face coverings during all sessions. Any other non-athletes attending the training session are required to wear appropriate face coverings and follow social distancing guidelines. Participants in the water should NOT wear face coverings.
- f. Hand sanitizing stations will be present.
- g. Sharing of equipment should not be practiced. Swimmers should have their own training equipment. The handling of all training items, i.e., cones, flags, etc. should be limited to coaches only.
- h. Avoid large gatherings or lines of swimmers. Coaches should avoid having swimmers stand or assemble in lines or small groups. Coaches should alter their training methods to incorporate appropriate social distancing (maintaining 6' distancing between swimmers when providing instruction, etc.).

Section 6: Facility structures cleaning and use

- a. Any facilities that are accessible during training and games should be cleaned and disinfected regularly. Railing and other surfaces that are touched frequently should also be cleaned and disinfected at least daily. If permanent bleachers are available for participants, signage on or near the bleachers reminding spectators to maintain 6' distancing from non-family members.
- b. All users must follow the facility's mitigation plan in regard to group size.
 - 1. Multiple groups can use a facility at the same time if the facility is large enough for them to be strategically placed throughout to maintain distance requirements.
 - 2. Workouts should be conducted in "pods" of swimmers working out together weekly to limit overall exposure.
 - 3. There must be a minimum distance of 6 feet between each individual at all times. When exercising a distance of at least 10 feet should be maintained.
 - 4. No spectators at the Intermediate/Yellow Level.
- c. Rest Rooms & Locker Rooms: Rest rooms will be limited occupancy to one person at a time. Restrooms available for use are located in these locations ONLY for the participants
 - 1. LOCKER ROOM
 - 2. Rest Rooms in the rec center are prohibited for use at this time.

3. Shower use is permitted with proper social distancing.
- d. Swimmers and coaches should practice proper hygiene, wash hands frequently with soap and water for at least 20 seconds, use alcohol-based hand sanitizer (with at least 60% alcohol), abstain from touching their face (mouth, eyes, or nose), and cover their cough or sneeze with a tissue and throw tissue in the trash. Facilities and sports organizations should provide hand washing and hand sanitizer stations and should schedule mandatory use at breaks. Carry small bottles of alcohol-based disinfectant when hand washing facilities are not available. Clothes should be laundered after all workouts.
- e. Cleaning and disinfecting must be conducted in compliance with CDC protocols weekly or, in lieu of performing the CDC cleaning and disinfecting, an Organization may shut down for a period of at least 72 consecutive hours per week to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.
- f. When an active employee is identified as being COVID-19 positive by testing, CDC cleaning and disinfecting must be performed as soon after the confirmation of a positive test as practical. In lieu of performing CDC cleaning and disinfecting, the Organization may shut down for a period of at least 72 consecutive hours to allow for natural deactivation of the virus, followed by site personnel performing a comprehensive disinfection of all common surfaces.
- g. CDC protocols can be found online at: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html> and <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-buildingfacility.html>

Section 7: Activity Mitigation Actions

Note – it will be each Coaches/Staff/Designee’s responsibility to provide oversight and to ensure social distancing protocols are implemented.

- a. Limit team (maximum 40 swimmers per Parks & Rec guidelines) to each training session.
- b. Have space designated for each swimmer to keep their equipment and water bottle (6’x6’ area with 6’ between adjacent swimmer areas). Swimmers must bring their own water. No sharing.
- c. Coaches may welcome each swimmer as they come to the facility but should not make physical contact with the swimmer and should stay a minimum of 6’ away when greeting the swimmer. The 6’ distance can be lessened during screening temperature checks.
- d. Designated space for each swimmer, a swimmer’s dryland space must be a minimum of 6’ from any other swimmer’s dryland space. The size of the space for each swimmer will depend on the technique on which you are working and accommodations for the skill level of the swimmer.
- e. Swimmers should sanitize their personal equipment before and after each training session.
- f. Entry, exit, and waiting areas will be clearly marked and managed by staff.
- g. When training ends, the swimmers, coaches and parents should be directed to promptly gather their equipment and move to their transportation as soon as practical to provide for a clear area for the next group.

Section 9: Signage

Coronavirus Warning Signage: Signage will be posted at practice location. Signage posting is as follows:

❖ Coronavirus Risk Warning

- Do not enter if you are exhibiting any signs of illness such as sneezing, coughing, sniffles, have fever, or don't feel well.
- If you are repeatedly sneezing or coughing, you may be asked to immediately leave the premises.
- All swimmers, staff, and spectators should practice responsible social distancing by remaining at least 6 ft apart whenever possible.
- All swimmers, staff, and spectators are encouraged to wear PPE such as face masks whenever applicable.
- Wash your hands and/or use hand sanitizer upon entrance, during the event, before and after you eat, and as you leave. Hand washing and hand sanitizer stations are provided.
- Avoid touching your face including your eyes, nose, and mouth.

NOTE: VSC UTILIZES PARKS & RECREATION'S FACILITY THAT HAS THEIR OWN MITIGATION PLANS. VSC MUST FOLLOW BOTH PARKS AND RECREATION AND THE PETERSBURG SCHOOL DISTRICT'S PLANS FOR MITIGATION.