

YWSF Self-Administered Health Screen and Procedures



Please **answer the following Health Screen questions each day before you come to practice.** The most concerning threat to an organized sports team is rapid spread of illness within the group. Effective containment depends on early symptom identification, removal from practice (isolation), and strict guidelines regarding return to practice. Please note, this form is for your family's personal use. You do not need to bring this form to practice.

If you or your child had any of the **following symptoms in the past 24 hours**, please remain at home and do not return to practice until you are symptom free for 72 hours. If practical, go to a testing facility to be assessed.

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| <input type="checkbox"/> Unexplained rash | <input type="checkbox"/> Fever |
| <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Chills |
| <input type="checkbox"/> Vomiting | <input type="checkbox"/> Muscle pain or body aches |
| <input type="checkbox"/> Cough | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Shortness of breath/difficulty breathing | <input type="checkbox"/> New loss of taste or smell |

Assuming you have a personal thermometer at home, please **conduct a temperature check each day before coming to practice.** If your temperature exceeds 100 degrees, please remain at home and do not practice until your temperature is normal. If practical, go to a testing facility to be assessed.

Have you tested positive for COVID-19 or otherwise been diagnosed with COVID-19 within the last 14 days? If you answer yes, all three of the following are required before return to practice:

1. A minimum of 14 days of self-quarantine from the positive test
2. 72 hours with no symptoms
3. A subsequent negative test.

A POSITIVE TEST MUST BE REPORTED TO THE COACHING STAFF IMMEDIATELY.

Have you had close contact within the last 14-days with someone who has COVID-19 or who has any of the above symptoms? (Note: Close contact is defined as within 6 feet for more than 10 minutes per CDC Guidelines.) If you answer yes, to return to practice the athlete should have no symptoms for 72 hours, a negative test, and no additional close contact with the infected individual.

All YWSF parents/guardians of YWSF athletes as well as YWSF masters swimmers need to have signed the updated YMCA Membership Agreement and/or YMCA General Liability Waiver at our YMCA front desk before they or their child may resume practices.

YWSF Standard Operating Procedures

PPE requirements:

- All coaches, as YMCA employees, will wear face masks during practices when in direct conversation with a swimmer (unavoidably closer than 6ft).
- Athletes/parents may choose to wear a mask when entering and exiting our facility. This is a personal/family decision and is not mandated by the YMCA.

Social distancing requirements:

- Coaches will remain 6ft apart from all athletes.
- There will be a maximum of 6 swimmers per lane. They will be divided up into 3 swimmers on the block end of the lane and 3 swimmers on the bleacher end of the lane. Coaches will be spreading swimmers out as much as possible if there is additional lane space available.
- Divers will not be using the hot tub and are to remain 6 ft. apart while standing on deck or waiting in the water.
- No parents/guardians are allowed onto pool deck for the first week of practices. We will relook at this rule after week 1 and reassess.

Facility procedures:

- Athletes (17 years and younger) must enter and exit our facility through the swim team gates. They will be required to sign in at a computer with either their YMCA bag tag, YMCA app (on their smart phone) or by giving their first and last name to the employee working the computer. Younger athlete parents/guardians may walk their child to the computer and help sign them in. Parents/guardians must then wait outside during the practice time.
- Masters and 18 years and older athletes must enter our facility through the YMCA front desk entrance and sign in. They need to exit through the YMCA front desk area too as they will be checked out by a YMCA employee. This is to monitor the number of adults in our facility at a given time.
- There will be marked areas on pool deck and bleachers for athletes to leave their bags/belongings. After athletes enter the facility, they will go to a marked area to drop their bag and then await instructions from their coach.
- Locker rooms will be limited to restroom use only. All athletes must arrive and leave our facility in their swim suits.
- There will be a 10 minute window between practice groups. Please have your child wait in your/their car until 5 minutes before their practice time. They may then walk through the swim team gate entrance/YMCA front desk entrance to sign in and proceed to their bag spot.
- Restrooms will be disinfected throughout the day including the times between practice groups.
- Athletes must leave the pool deck immediately utilizing the snack bar gates after their practice. Parents are asked to be on time to pick their child up, so as to avoid groups gathering in the YMCA parking lot.

For athletes:

- Athletes should bring their own water bottle (already filled) and any other swimming equipment required by their coach. No wet bags will be permitted to be stored at our facility.
- For us all to stay healthy and be able to keep swimming, we ask our athletes to please practice responsible social distancing when they are both at and away from our facility.
- Should we feel anyone is consistently not adhering to social distancing guidelines, they or their family's participation in YWSF and YMCA activities may be suspended.

