

SWAT Swimming

Return to Pool Plan

Enabling athletes to safely return to the pool.



Chlorine & COVID-19



From the CDC...

Can the virus that causes COVID-19 spread through pools?

Proper operation, maintenance, and disinfection (with chlorine or bromine) of swimming pools should kill the virus that causes COVID-19.

- Maintain proper disinfectant levels (1–10 parts per million free chlorine or 3–8 ppm bromine) and pH (7.2–8).
- CDC's [Model Aquatic Health Code](#) has more recommendations to prevent illness and injuries at public pools in parks.

From the WHO...

Virus type that causes COVID-19 is killed easily

Enveloped viruses are easier to kill than non-enveloped viruses: "Sars-CoV-2, the virus responsible for the Covid-19 outbreak, is an enveloped virus and therefore the easiest to kill of the three types of viruses".

The World Health Organization recommended chlorination level of 15mg.min/liter is sufficient to kill non-enveloped viruses such as poliovirus, rotavirus and coxsackievirus, and an enveloped virus such as Covid-19 would be inactivated at even lower levels.

Research



CDC

<https://www.cdc.gov/healthywater/swimming/residential/disinfection-testing.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>

WHO

https://www.who.int/water_sanitation_health/bathing/swe2full.pdf

Articles

USA Swimming

<https://www.usaswimming.org/utility/community-quarantine-resources>

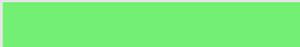
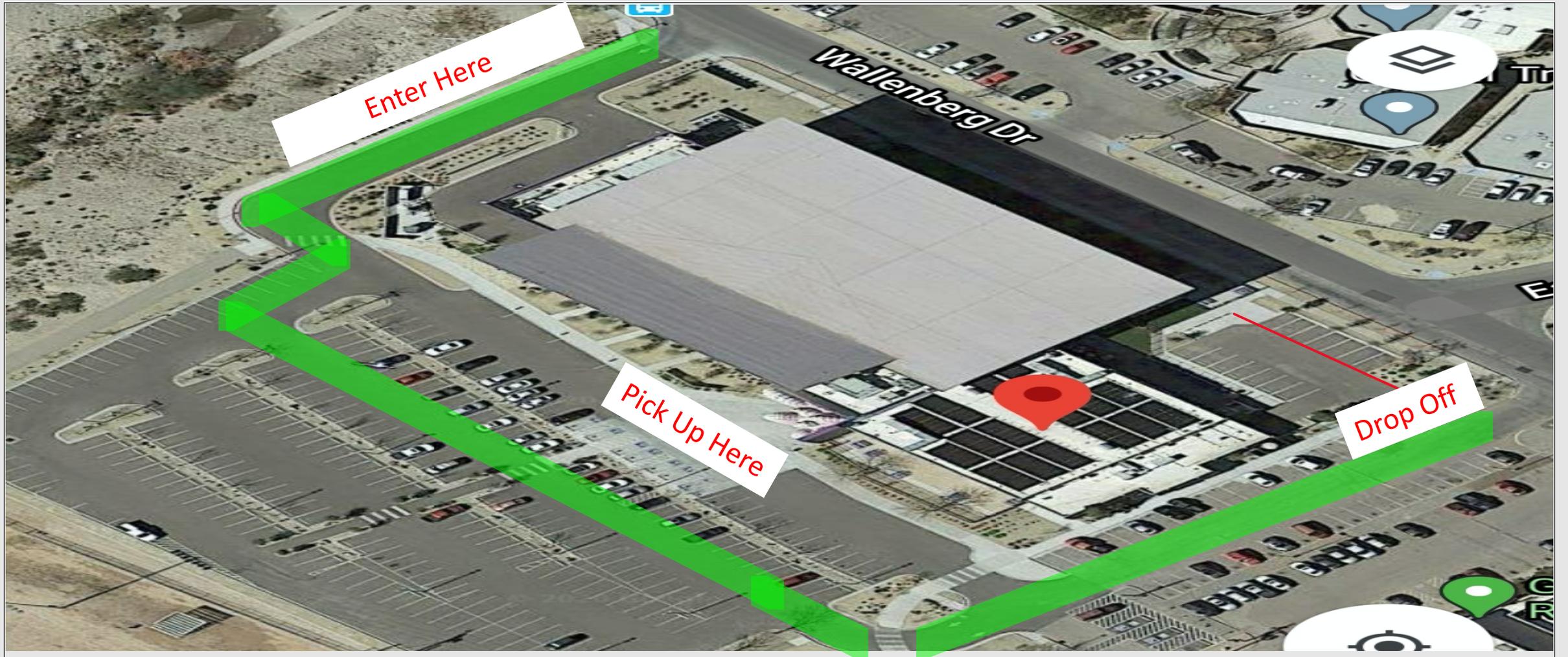
Swimming World

<https://www.swimmingworldmagazine.com/news/2008-uni-of-arizona-research-called-for-more-study-into-survival-of-coronavirus-in-water/>

SF Gate

<https://www.sfgate.com/bayarea/article/Swimming-pools-shelter-in-place-California-COVID-15240322.php>

Westside Natatorium
Maps

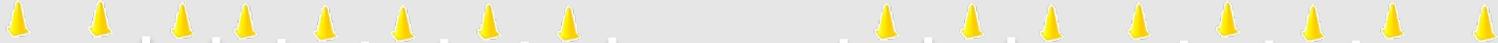
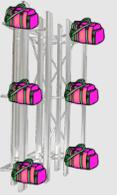


Parent Vehicle Drop Off Path



Swimmer Entry Into Facility

EXIT



E
A
S
T

W
E
S
T

- Lane 1
- Lane 2
- Lane 3
- Lane 4
- Lane 5
- Lane 6
- Lane 7
- Lane 8

8 Ft.

❖ 6' Markers on Deck

Athletes start points

Entry 1

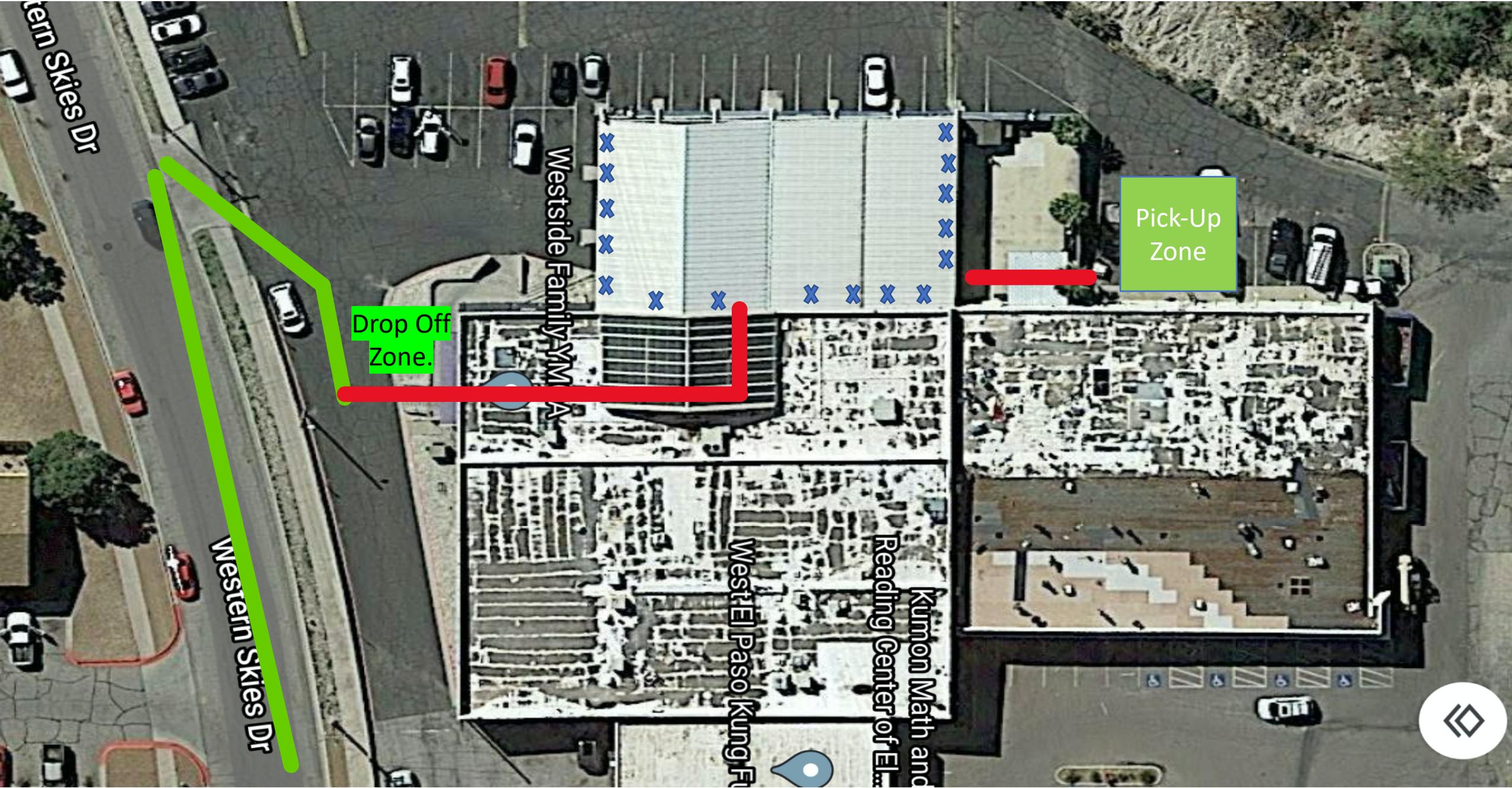
Entry 2

Entry 3



Grass Patio Area

Westside YMCA
Map



Western Skies Dr

Western Skies Dr

Westside Family YMCA

West El Paso Kung Fu

Reading Center of El...

Kinnon Math and

Pick-Up Zone

Drop Off Zone.

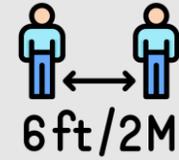
Swimmer

Parent

Swim Bag



Return to Pool *Road Map*



Entry Checks

1



Wait at
Entrance

2



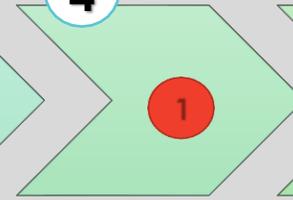
Temp
Check

3



Sanitize
Hands

4



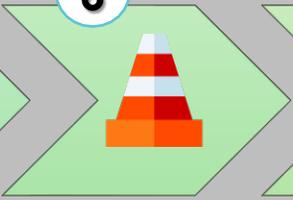
Go to
Assigned
Waiting
Spot

5



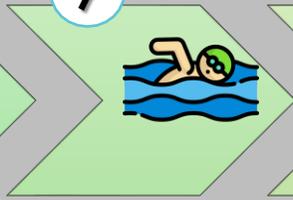
Set Items
Down

6



Go To
Assign-
ed
Lane

7



Swim
Practice

8



Dry Off &
Retrieve
Items

9



Exit

Safe Swimming

Departure

Return to Pool *Entry Check Instructions*



1. Wait at Entrance

Athletes will enter through the main entrance. They will meet a coach before entry.

2. Temperature Check



Athletes will have their temperature taken by a laser thermometer upon entry. Athletes will be asked if they have (1) specific symptoms such as fever, cough, or difficulty breathing, or (2) have been in contact with someone who has symptoms or has tested positive

Athletes with a 100.4 F/38 C fever or answering yes to any of the questions will not be permitted to enter the facility.



3. Sanitize Hands

Athletes are required to sanitize their hands with provided hand sanitizer. Social distance markers will be placed on the ground to ensure athletes waiting their turn to sanitize hands are at a safe distance.



4. Go to Assigned Spot

Each athlete will be pre-assigned a place to stand as they wait to enter pool. This is to help transition between groups. Lanes will be marked with numbered cones.

Return to Pool *Safe Swimming Instructions*



5. Set Down Items

Any items brought into the facility (such as a towel, clothes, shoes, or gear) shall be placed in the designated square. Each athlete will have a square for their lane to ensure social distancing at all times. After practices, it is the athlete/families responsibility to disinfect any items set down at the facility.



6. Go to Assigned Lane

Athletes will enter their assigned lane with a three point entry. Athletes must sit down and slide in feet first with one hand guiding you into the pool.



07 Swim Practice

Since coaches will be wearing masks, the coaches will use headsets to communicate with swimmers.

Athletes will be assigned to smaller groups, rather than regular practice groups, since we can allow a limited number of athletes into the facility at a time.

Return to Pool *Departure Instructions*



08 Dry Off & Retrieve Items

Athletes will dry off at the pool. The locker rooms will be closed. Athletes will not be permitted to shower or change on site.

Via USA Swimming rules, deck changing is not permitted. Athletes need to plan to arrive and leave in their swim suits.



09 Exit

Athletes may either walk to parking lot or stand on social distance markings to wait for their parent or guardian.

A 15 minute gap will be placed between practices to limit the number of people at the facility. Athletes are expected to be picked up directly at the end of their practice slot.

SWAT COVID Safety Guidelines

1. Swimmers will enter and exit the pool facility in the designated areas.
2. Swimmers are required to wear a face mask when entering and exiting the facility. The mask will be removed before entering the water.
3. Swimmers will have their temperature taken as they enter the facility and they will be asked relevant questions related to how they are feeling. Parents DO NOT leave the facility until they pass the check point.
4. Swimmers must arrive and depart dressed in their swimsuits – the locker rooms are off limits until further notice. Restrooms are only available for emergency usage.
5. No parents or siblings will be allowed in the facility – only coaches and lifeguards.
6. Swimmers will be assigned a spot as they enter the pool deck to ensure they are six feet apart out of the water.
7. Coaches will assign you a specific location in the pool to begin and end all sets.

SWAT COVID Safety Guidelines

8. NO high fives, fist bumps etc.!!!! We know you miss your team mates but remember access to this facility is a privilege and we must follow the rules!

9. If you are feeling sick or think you or any immediate family member might have been exposed to COVID 19 – DO NOT COME TO PRACTICE and PLEASE INFORM THE TEAM IMMEDIATELY. Depending on the circumstances presented, you may need to stay out of the water for 14 days. If COVID-19 symptoms begin or a positive test is provided, reentry to the water is 14 days after the symptoms are gone or until a doctor's release has been provided. Documentation of your negative COVID-19 test or a doctor's release will need to be submitted to the SWAT Secretary before reentry.

10. If anyone in your household is exhibiting symptoms of COVID-19 or is awaiting a test result due to suspected exposure – the swimmer must remain out of the water until a confirmed negative test of the household member and the swimmer or a doctor's release is submitted to the SWAT Secretary.

11. Parents need to be on time to pick up your swimmer – they may not socialize outside the facility and must maintain a minimum social distance of 6' from everyone not from the same household.