

First 30 Days Reopening Plan

Objective: The gradual and safe reintroduction of swimmers, staff, and families to swim practices.

- ❖ Goal 1: Educate staff, parents, swimmers, and volunteers on new health policies.
 - Sign and acknowledge new health policies and safety waivers.
 - Train staff and necessary volunteers on the use of PPE and social distancing.
 - Instruct staff and necessary volunteers on new group transition practices.
- ❖ Goal 2: Implement and practice new health policies and procedures.
 - Distribute PPE to staff and necessary volunteers.
 - Mark the facility grounds with tape and chalk to identify where swimmers may walk, stand, or sit in order to maintain social distancing.
 - Prop open all facility doors and direct swimmers to-and-from the facility after passing a 'health check'.
- ❖ Goal 3: Regularly sanitize the pool facility.
 - Staff and necessary volunteers will disinfect frequently touched surfaces.
 - Disinfection will take place before the start of each practice session and following the last practice session.
 - Use cleaning agents recommended by the EPA-registered disinfectants list.
- ❖ Goal 4: Swimmers will practice new safety measures.
 - Swimmers will enter and exit the facility one-by-one unless they live or regularly travel together.
 - Swimmers will wait in a social-distance compliant marked line to receive a health check before they are allowed to walk on deck.
 - Swimmers will proceed directly to their designated marked spots on the pool deck to deposit their bags/backpacks.
 - No changing or showering: Swimmers must arrive and leave in their suits.
 - Masks are mandatory when not swimming and must be stored in a plastic baggie.
- ❖ Goal 5: Slowly reintroduce training groups
 - Only advanced groups/swimmers will be allowed to swim for the first few practices—the emphasis will be on perfecting the new safety procedures.
 - Once one training group has mastered safety procedures, the next will be allowed to begin training.
 - Coaches will have ultimate control over what individuals are allowed to practice based on the ability to follow safety procedures.
- ❖ Goal 6: Adjust practices to focus on safety, technique, and fitness—not competition.
 - Practices will be no longer than 1 hour with additional time needed for group transitions.
 - Practices will have a maximum of one swimmer per lane for a possible total of 16 swimmers per session.
 - Dryland will take place at home.
 - Practices will be designed around “quality over quantity”.