

CHICO AQUAJETS COVID-19 RE-OPENING PLAN

COACHES:

1. Inquire about how the swimmers are feeling
 - a. Any swimmers who exhibit signs of COVID-19 (see below) will be asked to leave and not return until consulting a healthcare provider.
2. Coaches must make sure to continue to practice social distancing guidelines.
 - a. Maintain 6 Feet apart @ all times
 - b. No congregating before and after practice, NO hot tub or other pools before and after practice.
3. No locker room/shower before and after practice
4. No contact with any swimmer, high fives, hugs, handshakes
3. Coaches must wear masks
 - a. No equipment during practice
4. Practice Distance
 - a. Staggered starts & stops, split groups 1 swimmer on one side/another on the other side/ 2 in the middle of the pool
 - b. Maintain the same group of swimmers no exceptions
 - c. No congregating during the practice
 - d. While at the wall, swimmers must be in the middle of the lane to practice distancing
5. No Practice requirements
 - a) No attendance mandatories
6. Coaches Wellness
 - a) Any coach who exhibits signs of COVID-19 should not attend practice
 - b) If you feel uncomfortable, please don't feel obligated to attend
7. Ease into practice, add 10% each week we swim

PARENTS:

1. Do not send your swimmer to practice if they are exhibiting any COVID-19 symptoms.
2. Drop off swimmers 5 minutes before practice begins/be punctual when picking them up after practice.
 - a. No congregation before/after practice

3. Continue to explain the importance of social distancing

SWIMMERS:

1. Swimmers will NOT be able to participate in practice if they or a family member experience any COVID-19 symptoms.
2. Wash hands for 20 seconds before/after practice using a disinfectant soap.
3. Do not share water bottles and/or equipment

* Bring your own water bottle to avoid touching the fountain handle and using community water sources

4. Sneeze and Cough into upper arm and away from teammates
5. Try to refrain from touching your eyes, nose and mouth during practice
6. Arrive no more than 5 minutes before practice
7. Follow social distancing guidelines
8. Wear suit to practice/ Apply Sunscreen at Home/Shower at home
9. No extracurricular or social activities should take place
10. NO EXPECTATIONS FOR COMPETING

Continued Social Distancing

As we reopen parts of the community, including low-risk and medium-risk businesses, social distancing remains an important step to limiting and slowing the spread of COVID-19.

Social distancing requires the creation of physical space between individuals who may spread certain infectious diseases. The key is to minimize the number of gatherings as much as possible and to achieve space between individuals when events or activities cannot be modified, postponed, or canceled:

- Maintain space between individuals of approximately six feet or more.
- Create space between individuals who have come together on a one-time or rare basis and who have very different travel patterns such as those coming from multiple countries, states or counties

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness.

Symptoms that may appear 2-14 days after exposure to the virus:

Cough

Shortness of breath or difficulty breathing

Or at least two of the following:

Fever

Chills

Repeated shaking with chills

Fatigue

Muscle pain

Headache

Sore throat

New loss of taste or smell

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

If you develop any of these emergency warning signs for COVID-19, get emergency medical attention immediately:

Trouble breathing

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face

Reminder for guidelines for ending home isolation (after consulting with Healthcare Provider):

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications **and**
- Improvement in respiratory symptoms (e.g., cough, shortness of breath); **and,**
- At least 10 days have passed since symptoms first appeared.