



Swim Team of Placentia's Guide to Reopening  
As it pertains to Covid-19 & the 2020 Season  
At Valencia High School

To All STOP Participants and Family Members,

**PLEASE READ THIS DOCUMENT. All STOP families will be required to follow the described policies and procedures.**

The health and safety procedures outlined in this document were created with a commitment to reducing the transmission and other adverse effects related to the COVID-19 pandemic to the best of our ability. Although, we may not be able to eliminate all the risks associated with the virus, we are dedicated to the safety and well-being of our athletes and family members.

The PYLUSD has specific requirements that we must follow to allowed back onto their facility. This document refers to procedures for anyone on the pool deck. It is up to parents to adhere to their own safe practices "off the pool deck." Failure to comply with these requirements, or if a COVID outbreak related to our pool use occurs, we will be forced to shut down once again.

It is important that we all do our part to ensure that our athletes are safe, and that the team is able to continue to stay open. Over time, I expect to relax some of the restrictions.

**How Safe is the Water?**

**According to the Center of Disease Control, “There is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools. Proper operation and maintenance (including disinfection with chlorine) should inactivate the virus in the water.”**

**BEFORE YOU LEAVE HOME TO PRACTICE – DO A SELF SCREENING**

All STOP family members are asked to do self-screen prior to arrive to the pool.

- Anyone with the following symptoms in the past 24 hours must stay home:
  - Fever of 100 degrees or greater
  - Cough
  - Shortness of Breath
  - Chills
  - New Loss of Taste or Smell
  - Muscle or Body Aches
  - Headache
  - Sore Throat
  - Fatigue
  - Diarrhea
  - Congestion
  - Runny Nose
  - Nausea
  - Vomiting
- Anyone who have been in close contact with someone who is suspected of having COVID-19 in the past 14 days must stay home.

## **BEFORE YOU LEAVE HOME – EQUIPMENT CHECKLIST**

- Please take the time that your swimmer has the following:
  - A mask to wear on the pool deck as they are required for everyone on the pool deck.
  - Suit on as they will not be able to change on the pool deck
  - Swim Equipment as swimmers will not be able to share or borrow equipment
  - Water Bottle as they will not be able to use the drinking fountain on deck

## **FACILITY ARRIVAL FOR REGISTERED ATHLETES**

- All registered participants will be required to “check in” at the designated check in table, prior to entering the pool deck. Check in table will be located at the North Gate.
- At the time of check in, any swimmers showing any of the above symptoms will not be allowed to enter the pool deck
- North Gate will be for registered athletes only.
- All athletes must wear a mask until it is time to enter the water.

## **FACILITY ARRIVAL FOR FAMILY MEMBERS (NON-ATHLETES)**

- Family members are asked to wait, off the pool deck, on the South Side open area, while their swimmer is on the pool deck.
- A single family member will be allowed to sit in the bleachers while their swimmer is in the water. This is the only space available on the pool deck for non-athletes.
- Anyone in the bleachers will be required to wear a mask at all times.
- Non-registered athletes on the pool deck must maintain social distance of 6 feet.
- Bathroom use is not allowed for non-athletes.

## **FACILITY SET UP**

- Physical barriers will be set up on pool deck to separate athlete areas and coach only areas.
- Visible markers on the deck will be used to designate appropriate spacing on the pool deck for registered athletes.

## **FACILITY RESTROOMS**

- Restrooms will remain locked.
- Restrooms will be made available for **registered athletes** only, upon request.
- Restrooms will be limited to one athlete at a time.
- Restrooms will not be available for changing.
- Restrooms are sanitized daily by the PYLUSD.

## **SAFE PRACTICES - Equipment**

- All swimmers will be required to bring / take home their own equipment
- Swimmers will not be allowed to share / borrow equipment
- Swimmers must bring their own water bottle and will not be permitted to use drinking fountain
- Food will not be allowed on the pool deck or shared among swimmers.

## **SAFE PRACTICES - Before Practice**

- Swimmers will not be allowed on deck until 10 minutes before their practice time.
- Swimmers must have a mask on until it is time to get in the water.
- Swimmers should arrive with suit on
- Swimmers should immediately get ready to swim when they arrive

**SAFE PRACTICES - During Practice**

- Swimmers will be required to stay at least 6 feet apart from others.
- Swimmers will be stationed at designated spots within the pool to maintain proper distance.
- Swimmers will not have any physical contact with other swimmers such as "high fives" or "shaking hands"

**SAFE PRACTICES - After Practice**

- Swimmers should leave the facility as soon as possible after practice
- No extra-curricular or social activity should take place
- No congregation after swimming.
- Showers are available for a quick rinse only. Swimmers cannot "shower" (no soap / shampoo)
- Parents may not help their swimmer in the shower.

**COACHES**

- Except in emergency situations, or to ensure swimmer safety, coaches will not have any physical contact with swimmers.  
(Some exception for the DP Groups and the coach in the water)
- Coaches must maintain social distancing between themselves, parents, and the swimmers at all times.
- Coaches will not be required to wear a mask while in the designated coaching area.
- Swimmers are not allowed in the coaching area.

**DEVELOPMENTAL GROUPS**

- Swimmers in the Developmental Program Groups will be led to the bleachers (parent area) area after practice by their coach.

**IF COVID-19 SYMPTOMS OCCUR:**

- If your swimmer exhibits COVID-19 symptoms at home, please email me.
- If your swimmer exhibits COVID-19 symptoms while at practice, they will immediately be removed from the pool, isolated from other swimmers, and sent home.
- In the event there is a positive COVID-19 test, your swimmer will be suspended for 14 days.

**If you have questions related to what was described in this document, please email me. If after reading this document, you feel that our program is not going to work for you, no problem. Please email me and I will refund of the fees/dues you paid, and will deactivate your account.**