

# ACES Swim Club

## Operating Plan for Lowry Pool

### Week One – Phase One

The plan for return to swimming depends upon the cooperation of athletes, parents and staff adherence to the safety protocols illustrated below. Should anyone consistently fail to adhere to facility guidelines their access to the Lowry facility will be suspended. Included in this document are a map of traffic flow and number of swimmers per lane for each group.

### Safety Expectations

1. If you have experienced any of the below symptoms but have a known cause (asthma, allergies, stomach or intestinal conditions, etc.), use your best judgement to determine if your symptoms are different than your normal symptoms. If you are unsure or have a known exposure to COVID-19, stay home and contact your healthcare provider for further guidance.
2. In the past 72 hours if you have experienced any of the following symptoms, you may not be permitted in Lowry:
  - a. fever (100.4°F or higher)
  - b. chills
  - c. repeated shaking with chills
  - d. shortness of breath or difficulty breathing
  - e. fatigue
  - f. muscle or body aches
  - g. headache
  - h. new loss of taste or smell
  - i. sore throat
  - j. congestion or runny nose
  - k. nausea or vomiting
  - l. diarrhea
3. If you have had any known exposure to someone who has any COVID-19 symptoms, (which includes family and friends) you should remain at home and/or seek medical treatment. If any athlete or staff has a fever or symptoms of illness, they may not attend a practice until 14 days after the fever or symptoms have ceased. Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

## **Procedures for a Positive COVID-19 Test**

If a member of ACES (or a member of any team renting from ACES) tests positive for COVID-19, teams will follow these procedures:

1. The individual must let their Head Coach know immediately that they are self-reporting symptoms of COVID-19, have had a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
2. If the individual does not swim for ACES, the team's Head Coach must let Tom Byroick know immediately.
3. ACES (or coordinate with ACES) will notify the local health authorities of the COVID-19 case.
4. Staff, swimmers, and renters (as feasible) will be notified of potential COVID-19 exposures while maintaining confidentiality in accordance with the [Americans with Disabilities Act](#).
5. Lowry facility will be closed for a minimum of 24 hours for deep cleaning.
6. Individuals are expected to self-quarantine and/or seek medical attention if they are exposed to someone who is COVID-19 positive.

## **Lowry Entry/Exit and Practice Procedures**

1. All Teams - Coaches and swimmers must sign the [Waiver and Release of Liability](#) prior to arriving at Lowry.
2. Everyone will complete a **Daily Health Survey** no more than 12 hours and no later than 1 hour prior to arriving at the facility. ACES is using [this survey](#) and this [tracking log](#). Other teams will need to create their own form that includes the same elements and is trackable (if you need help creating these – for a fee, please contact [Coach Christina Kwon](#)).
3. When arriving at Lowry (please wear your mask):
  - A) **Cars that are dropping swimmers off** must pull into the drop off parking lot (see map below). Cars will only be permitted to enter the drop off area and parking lot 10 minutes before their scheduled practice time. Athletes and drivers will need to stay in their vehicle in the drop off lot. The Greeter will check athlete temperatures through the car window.
    - I) If they are at 100.3F or below, they can then exit the vehicle and proceed to the check-in table.
    - II) If they are 100.4F or higher, they will be asked to pull forward into a parking space to wait 5 minutes and have their temperature re-checked.
    - III) After a second check they will either exit the vehicle (100.3 or below) or be asked to leave (100.4 or above).
  - B) **Coaches and athletes that will be driving themselves** will park in the North lot then proceed to the check-in table to have their temperature checked.
    - I) If they are at 100.3F or below, they can then proceed to the check-in table at the south side entrance.
    - II) If they are 100.4F or higher, they will be asked to wait 5 minutes and get their temperature re-checked.
    - III) After a second check they will either proceed to the check-in table (100.3 or below) or be asked to leave (100.4F or above).
4. **Check-in table** items:
  - A) Coaches will need to have:
    - I) Current USA Swimming credentials

- II) Completed the Training for Coaches and passed the test (100%)
- III) Daily Health Survey - completed at least an hour before arrival
- IV) Completed passed temperature check
- B) Swimmers will need to have:
  - I) Daily Health Survey - completed at least an hour before arrival
  - II) Completed passed temperature check
- 5. Once the athlete or coach has checked in with the above items completed, they may proceed to their assigned side of the pool. Please follow the designated marks on the pool deck to stay distanced.
- 6. The Greeter will let swimmers know which Bag Drop path to follow (see map below). Teams will be assigned to group A or B by practice time.
- 7. Athletes must stay in the Bag Drop area until the coach escorts them to the pool entry point and assigns them to their lanes.
- 8. Athletes must wear masks when entering and exiting the pool area and during any activities on land. They must wear their mask until they are ready to put caps and goggles on and enter the water.
- 9. When athletes enter or exit the water, they will stand on the marked areas on the pool deck to maintain social distancing.
- 10. At the conclusion of practice athletes will return to the Bag Drop area to retrieve their towels and personal items. They will then be escorted by their coach to the exit on the north side of the pool.
- 11. The north parking lot will be designated for pick up or for swimmers that will be driving themselves only. Coaches will park in the North pick up lot.
- 12. Entrance will be through South gate only; Exit will be through North gate only. Signage for the entry/check in and exit is clearly marked.

### **Swimmer Rules and Procedures**

1. All athletes arrive and leave in suit. NO on site changing permitted.
2. Practice time will be actual in water swimming and will not include social time prior to getting in the pool. Swimmers must get right in the water when told.
3. Swimmers who cannot maintain the level of social distancing required will not be able to attend practices until they are able to do so.
4. Swim bags will be placed in designated Bag Drop areas on pool deck to ensure social distancing.
5. Every swimmer MUST bring their own equipment to every practice. Equipment from facility (including kickboards, pull buoys, doughnuts or any other training devices) or sharing of any equipment of any kind will NOT be allowed.
6. All Swimmers must bring own water bottle. No sharing!
7. Absolutely no spitting or nose blowing or nose wiping in the pool or on deck.
8. No changing out of suit at the completion of practice.
9. Athletes must leave Lowry by way of the Exit on the north side of the pool immediately at the completion of their scheduled practice time.
10. They must exit the pool and walk north to the pick-up parking lot and leave the facility immediately.

## **Parent/Spectator Rules and Procedures**

1. Parents/Spectators will not be allowed in the facility at any time and are expected to practice social distancing, including a wearing a mask when waiting for their swimmer. We would prefer that parents stay in their vehicle, in the North Lot, if they are planning on staying near the pool for the duration of their swimmers' practice.
2. With consideration to Safe Sport, parents/Spectators may observe practices from outside of Lowry fencing thereby making practice open and observable. Details on Safe Sport: <https://www.usaswimming.org/Home/safe-sport>.
3. Parents are expected to keep a close watch on the weather. If storms are in the area, parents are asked to stay close to the Lowry campus.

## **Coaches Practice Procedures**

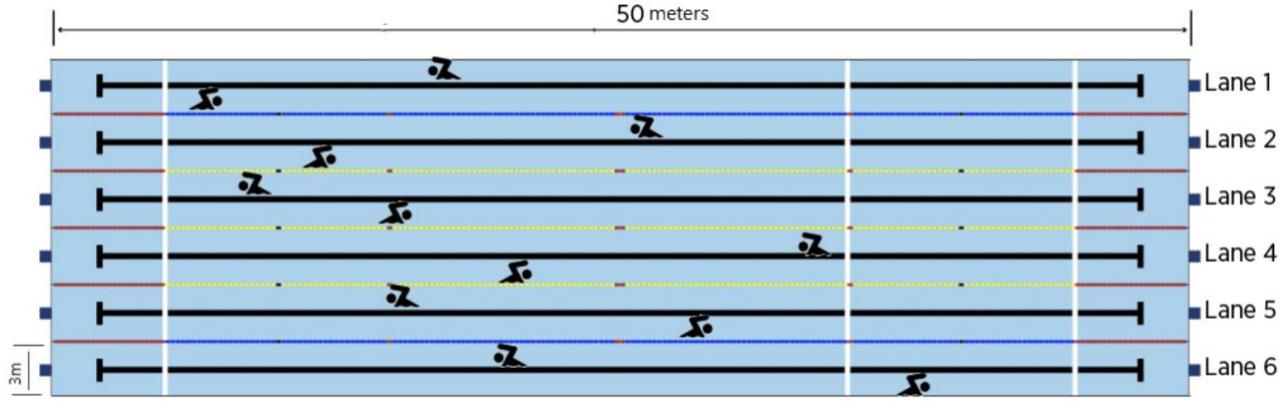
1. All coaches will need to take the coaches training and receive a 100% on the test.
2. All coaches wear masks, as required by the City of Denver.
3. Stay 6 feet away from athletes, unless there is an emergency.
4. Strictly follow and enforce all guidelines stated in the above Lowry Practice Procedures.
5. Bathrooms are for emergency use only and limited to one person at a time.
6. Bathrooms and high traffic areas will be disinfected hourly.
7. As in previous years in the event of a weather-related emergency, coaches will move all swimmers whose parents are not yet on the Lowry campus to the pump room and/or bathrooms. Coaches will do their best to keep everyone distanced and with face coverings on, but the primary focus will be to keep the swimmers sheltered.
8. Coaches should remember to stay hydrated, as coaching with face coverings on in the outdoors is no easy task.

**Map of traffic flow in and out of pool area:**

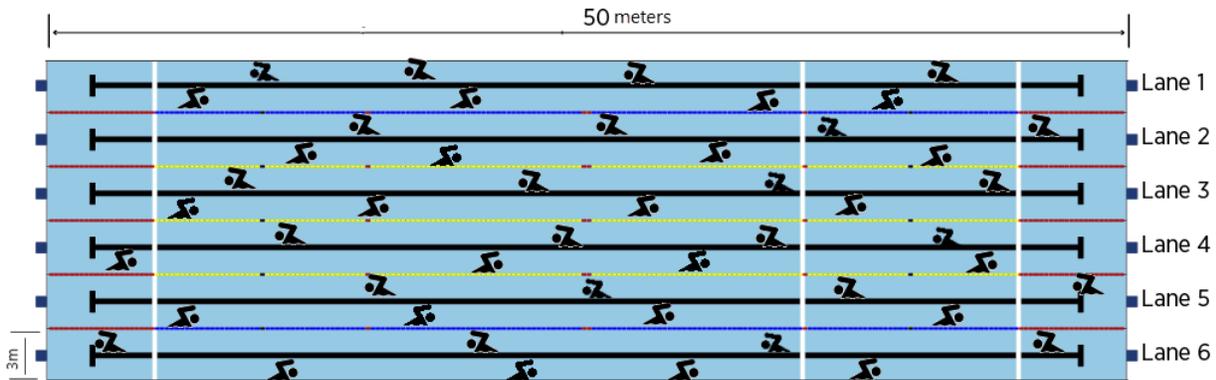


## Map of number of swimmers per phase:

### Phase One (1) – 18-24 swimmers (12 swimmers shown)



### Phase Two (2) – 36 swimmers



### Phase Three (3) – 48 swimmers

