

# Return to Lowry

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TRAINING FOR ACES  
SWIMMERS AND PARENTS



# Introduction

The purpose of this presentation is to educate all swimmers and parents using the Lowry pool on the new Standard Operating Procedures and Protocols.

# Protecting our Swimmers

## Coaches will:

- Enforce all parts of the Standard Operating Procedures and Protocols.
- Wear face coverings, in accordance with the Denver order on face coverings. [Click here](#).
- Frequently and thoroughly wash hands OR use hand sanitizer. Social distance as much as possible, [click here](#) for more information.
- Not use each other's equipment/tools.
- Limit access to employee only areas (pump room, office, concessions).

# Sanitizing Lowry

## Procedures

- Coaches will sanitize high traffic areas on the hour every hour, and after each practice.
- All coaches will follow the [CDC cleaning and disinfection for Community Facilities](#) and disinfect with EPA approved disinfectant on a regular basis.

Hand sanitizer stations will be located throughout the pool area and in the restroom.

# Expectations of Athletes

Must bring own water and equipment – no sharing (this includes caps and goggles).

No spitting or nose wiping in the pool or on deck.

There will be no social time.

Should practice responsible social distancing while away from the pool.

Must see physician to be cleared after being diagnosed or suspected to have COVID-19, or after close contact with someone diagnosed with COVID-19.

If an athlete travels out of the country or goes on a cruise, they must quarantine for 14 days before being allowed in at Lowry.

See the [Standard Operating Procedures and Protocols](#) for more information.

# Restroom/Locker Room Usage

Emergency use ONLY.

- Cones will be put next to each restroom. The athlete must move the cone to the front of the door to show that it is in use. These cones should be cleaned after each practice group.
- The locker room portion will remain closed.

ONE person allowed in the restroom at a time.

Coaches and athlete use ONLY.

NO parents/guardians or non-swimming siblings allowed in the restroom.

# Athlete Pre-Arrival

Must complete a daily health survey, no more than 12 hours and no less than 1 hour before scheduled practice time.

Athletes will use the [this survey](#).

Athletes should arrive 5-10 minutes prior to their scheduled practice. Must wear face covering while not in the pool (coach will tell them when to remove).

# Athlete Arrival Procedures

The parking lot in front of Lowry will be a one-way drop-off zone only. Please follow signs.

Athletes will have their temperature scanned through the window of the car. If any reading is 100.4F or higher, wait five minutes, then re-take. If the re-scan is 100.4F or higher, the athlete will be sent home.

- Athletes driving themselves will park and follow the sidewalk to the check-in desk.

Attendance and athletes pass on the temperature check will be logged.

Must arrive in suit – no on-site changing.

Follow marked entry flow.

Swim bags in designated area – must stay in own space (marked) until coach sends them to lanes.

# Parking

NO parking in the lot directly in front of Lowry.

All parents who are waiting and swimmers who drive themselves must park in the lot adjacent to Lowry (the pickup lot).

NO congregating in the parking lot. Congregating and socializing in the parking lot could jeopardize the ability to keep Lowry open.

# Athlete Departure Procedures

Must put face covering back on after exiting the pool and drying off.

Must leave in suit – no on-site changing.

Must leave immediately after the completion of their practice.

Followed the marked path.

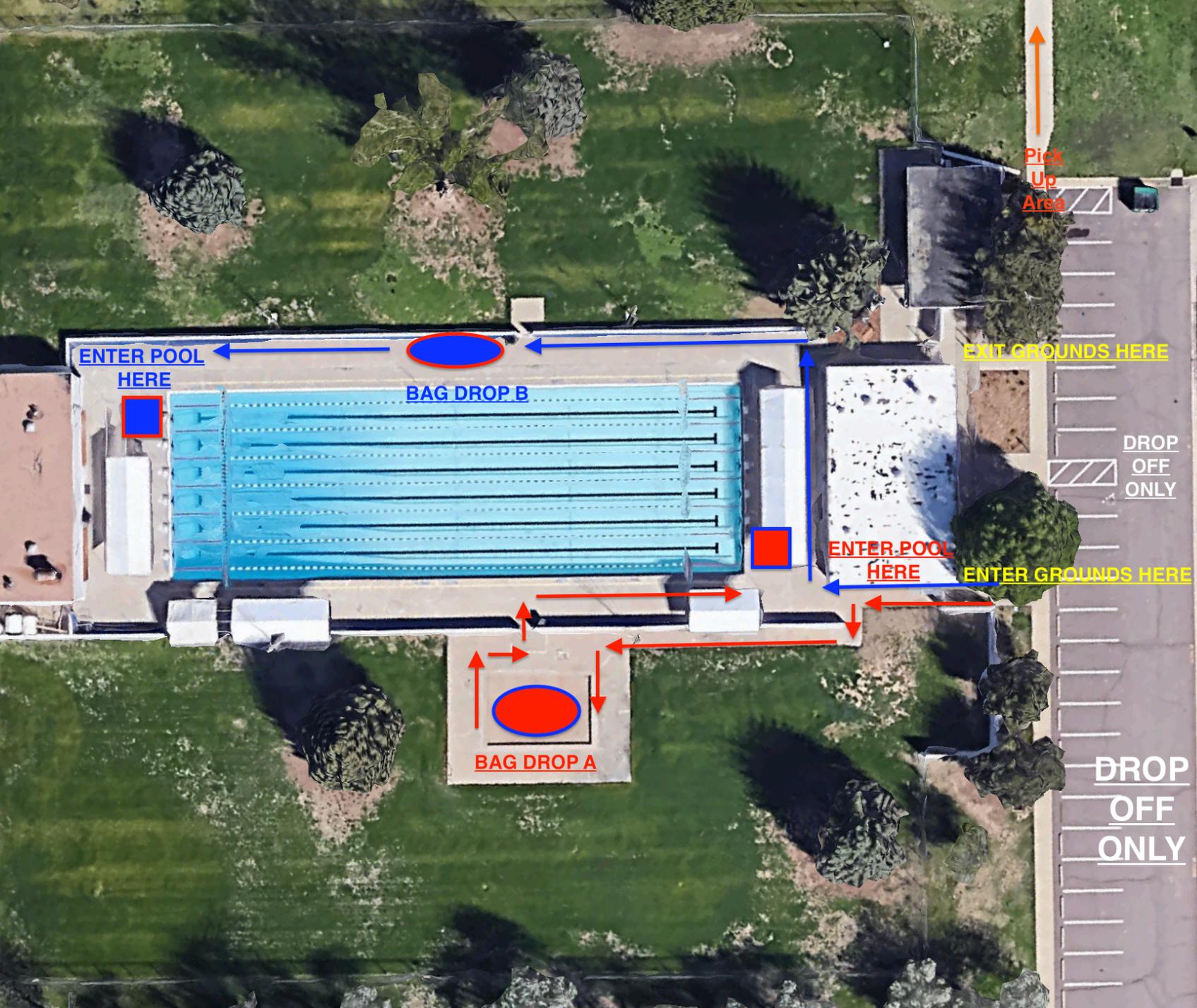
Swimmer pick up will happen in the parking lot adjacent to Lowry. Do NOT congregate/socialize.

# Video: Arrival/Departure Procedures

[Click here to watch our video](#) on arrival/departure procedures (courtesy of swimmer: Tanner Guderian).

# Lowry Pool Scheme

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# Expectations of Parents/Guardians

Please make sure that your athlete's Daily Health Survey is filled out more than 1 hour and less than 12 hours prior to the practice start.

When dropping their athlete off, parents/guardians must wait to receive an "all clear" signal from their athlete before departing.

Parents/Guardians are NOT allowed in the facility at any time and are expected to follow social distancing measures (including wearing a face covering) while waiting for their swimmer.

In compliance with Safe Sport, parents/guardians may observe practices from outside of Lowry fencing to keep practices open and observable.

Parents should keep a close watch on the weather. If storms are in the area, parents are asked to stay close to the Lowry campus.

# Procedures: COVID-19 Positive Individual

If an ACES team member tests positive for COVID-19, we will follow these procedures:

1. The individual must let Tom Byorick 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. ACES will notify the local health authorities of the COVID-19 case.
3. 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](#).
4. Lowry facility will be closed for a minimum of 24 hours for deep cleaning.
5. Individuals are expected to self-quarantine and/or seek medical attention if they are exposed to someone who is COVID-19 positive.

# Return to swimming/coaching

Any athlete or experiencing any symptoms of a fever (100.4F or higher), recent cough, shortness of breath or chest tightness, chills, repeated shaking with chills, muscle pain, sore throat, new loss of taste/smell, diarrhea, headache, or has had any exposure to someone who has had any symptoms (which includes family and friends) should remain at home, following CDC and local guidelines for quarantining at home for 14 days after the symptoms and fever have ceased and/or seek medical attention.

- Athlete and staff must not return until the criteria to [discontinue home isolation](#) are met, in consultation with healthcare providers.
- Athletes and staff must see a physician and be cleared for training after being diagnosed or suspected to have COVID-19.

[Click here](#) for more information from the CDC on COVID-19 symptoms and [click here](#) for the CDC's guide on what to do if you are sick. Also, [click here](#) for the CDPHE's symptom checker.

# COVID-19 Resources

You are expected to educate yourself on the basics of COVID-19.

[Click here](#) for the CDC resources on COVID-19 and [click here](#) for information on how COVID-19 spreads.

[Click here](#) for USA Swimming's Resources on COVID-19.

[Click here](#) for ACES Lowry Standard Operating Procedure.

# Contact Information

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