

COVID-19 Re-Opening Plan – June 2020



INTRODUCTION

The day we have been waiting for is upon us as we return to the pool! As the City of Lakewood Recreational facilities remain closed, for the time being, we will only be utilizing the Ridge Recreation Center and Lilley Gulch Recreation Center pools. The following information is critical for each family to understand as we resume our swimming practices.

All FST members (swimmers, parents, coaches) are expected to adhere to the guidelines included in order to stay safe and healthy. These procedures were developed in consultation with all facility management and under the guidance of Jefferson County Public Health Department, the Colorado Department of Public Health and Environment, and publicly available resources from USA Swimming and the Center for Disease Control (CDC).

Any questions should be addressed to Head Coach Bill Rose, Head Age Group Coach Vinny Pryor, or an FST Board Member.

COVID-19 INFORMATION AND RESOURCES

Fortunately, there is no evidence to suggest that COVID-19 can be transmitted through pool water. Regular pool operation, maintenance, and disinfection (i.e. chlorine) all aid in the inactivation of the virus when it comes into contact with pool water.

Handwashing with lathered soap and water is unequivocally more effective than wipes, hand sanitizer, or any other form of decontamination in reducing the spread. We strongly encourage all of our athletes to wash their hands thoroughly before coming to practice and at a minimum, use hand sanitizer, after practice is over.

We ask that if any of our members have any of the following symptoms, they do not come to practice and to seek medical advice:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Fortunately for most of our athletes, their risk of COVID-19 remains low though. They can, however, still serve as vectors of transmission. Parents are encouraged to remind athletes that precautions are to not only protect the athlete, but also to limit the spread of the virus to vulnerable individuals.

The following resources may be utilized for ongoing updates on COVID-19:

- [CDC Coronavirus Website](#)
- [CDC Information on Water Transmission](#)
- [CDPHE Coronavirus Website](#)
- [CDPHE Guidelines on Personal Recreation \(incl. pools\)](#)
- [Jefferson County Coronavirus Website](#)

HEALTH PRECAUTIONS

All FST member families are required to sign the FST waivers (linked below) before their swimmer(s) are allowed back to the pool for training.

- [FST Liability Release Waiver](#)
- [FST Hold Harmless Waiver](#)

Testing and Return to Practice:

All testing and results should be reported to the coaching staff to monitor contacts and early signs of possible transmission within the team or groups.

A COVID-19 positive test will require both of the following before return to practice:

- A minimum of two weeks of self-quarantine from the date of the positive test
- A subsequent COVID-19 negative test

SWIMMING SAFELY

Personal Swimmer Conduct

To minimize the risk of transmission and help promote safety, the following personal swimmer conduct is expected during all FST practices. Failure to adhere to these principles will be asked to leave training for the day. If violations continue, further action will be taken up to and including suspension.

- No person-to-person contact
- Stay 6 feet apart at all times
- No splashing or spitting water at other swimmers and coaches
- No horseplay
- Sneeze or cough into a tissue or upper sleeve/arm area

Before Practice and Arriving at the Pool

- Complete Self-Check Health Screen (check for symptoms, wash hands).
- Change into swimsuit (swimmers will arrive and leave in swimming suits).
- Use the restroom at home – we will not be using locker rooms, and only using bathrooms in case of emergencies.
- Bring a full water bottle to avoid touching tap or water fountain.

- Swimmers, coaches, and parents escorting athletes to drop off zones are required to wear face coverings when entering the facility.
- When arriving, stay 6 feet apart and arrive no more than 10 minutes before practice is scheduled to begin.
- Swimmers will wait in a designated area prior to being allowed into the facility; Training groups will not be allowed into the facility until the previous training group has left the facility (a 15-minute buffer between training group finish and start times will be maintained).
- Swimmers will require a temperature reading prior to entry into the facility. Any athlete with a temperature equal to or above 100.4°F will not be allowed to enter the facility.

During Practice

- Coaches will tell the swimmers when they can enter the facility; Swimmers will proceed to their assigned area to place their bags and then move to their assigned starting spot in the pool for training.
- Swimmers will not use equipment (e.g., snorkels) during the initial re-opening phase; leave equipment bags at home until told to bring them to practice by your coach.
- In order to maintain accurate capacity numbers and safe deck-space, we are requesting that parents not enter the facility during practice sessions.
- We will follow USA Swimming recommendations for lane spacing to maintain social distancing; as a result, swimmer count in the lane will be reduced.
- Maximizing swim time and staying off the wall will decrease opportunities for transmission.

At the end of Practice and Leaving the facility

- When practices finish, coaches will direct the swimmers to exit the pool and go to their designated bag area.
- Swimmers will dry off and re-apply face coverings at their bag area. We will not be using the locker rooms.
- Coaches will direct the order in which athletes exit the facility.